

**External Job Posting:**

**Children's Mental Health Worker - Full Time**  
**(Encompass Living - Tamarack)**

**AGENCY OVERVIEW:**

Carizon Family and Community Services specializes in children's mental health, youth engagement and development, family violence services, individual and family counselling, parental support and education, credit counselling, workplace resilience, settlement support and community wellness.

**POSITION OVERVIEW:**

This position is responsible for creating and maintaining a healing environment for children to heal, learn and grow. The **Children's Mental Health Worker** demonstrates competence in modeling and living six core areas: 1) creating and maintaining a healing and learning environment, 2) commitment to holistic wellness, 3) love of children and commitment to child rights, 4) knowledge and skills in therapeutic interventions, 5) understanding of trauma, mental health and family functioning and 6) professional skills. The competencies of these six core areas are consistently used when interacting, coaching and engaging children in healing and learning experiences. The Children's Mental Health Worker is part of a collaborative multi-professional team that designs and implements individualized wellness plans for children within Encompass Health and Learning.

This is a unionized position, Service Employees International Union (SEIU) Local 1 Canada.

**RESPONSIBILITIES:**

***Healing and Learning Environment***

- Create and maintain a healing environment for children through one's own attitude, behavior and ongoing knowledge and skill acquisition on how to do so.
- Create and maintain a learning environment for children through one's own attitude, behavior and continuous learning and development.
- Build trusting and therapeutic relationships with children and their families that promote healing and learning.
- Model, through one's own actions and attitude, personal practice of the Sanctuary Model and Carizon's cultural commitments.
- Contribute to post traumatic growth and healing for each child and family.
- Use and practice Carizon's cultural commitments in all work activity at Carizon: self- responsibility, teamwork, open communication, authenticity and integrity, and personal growth.
- Demonstrate genuine passion and compassion when approaching one's own work.

***Commitment to Holistic Wellness***

- Understand and model through personal behavior a mind-body-spirit connection for the children, and lead them in exploring how their emotions, feelings and beliefs affect their overall wellness.
- Model and teach children a variety of wellness practices (eg. Yoga, use of breathe, meditation) that can enhance their daily lives.
- Engage the children in daily wellness (eg. exercise, healthy eating, healthy choices, Brain Gym) practices to provide them with strategies and healthy habits they can use throughout their lifetime.
- Actively use children's daily experiences as learning and development opportunities so they learn to make healthy choices for themselves before they leave Carizon.

***Love of Children and Commitment to Child Rights***

- Approach all work for and with children from a child's rights perspective.
- Involve each child in decision making with respect to daily experiences, structure, rules and routines.
- Ensure children's experiences include fun and laughter.
- Engage family, guardians, siblings, extended families and/or a significant person in each child's healing and

learning experiences.

### ***Knowledge and Skills in Therapeutic Interventions***

- Develop and offer children individualized experiences to treat trauma, build resiliency and address emotional, social and mental health challenges of children within a nurturing and structured healing and learning environment.
- Design and implement individual and group experiences that are grounded in the three program pillars:
  - Healing of Body-Mind-Spirit
  - Belonging
  - Learning
- Lead the children in structured daily physical/recreational activity and engage with them in daily unstructured play.
- Lead the children effectively through meditation, relaxation, mindfulness, visualization, positive affirmations and forgiveness exercises.
- Use evidence-supported techniques in coaching and counseling children (eg. EFT, Yoga,).
- Actively participate with the children in nutritional learning and naturopathic consultations.
- Engage children in outdoor activities such as gardening to demonstrate the connection to the earth and the therapeutic value of being outside.

### ***Understanding of Trauma, Mental Health and Family Functioning***

- Know and understand the impact of trauma on the whole person, of mental health issues and symptoms, and of family functioning.
- Help children and their families appreciate symptoms as communication, identify and address underlying issues, build resilience, confidently make choices and seek solutions to their challenges.
- Coach children and family/guardians to test and discover solutions for managing complex issues in a variety of therapeutic activities.
- Help children and families leverage their strengths and grow from challenges so that children can be successful at home, in their community and school settings.
- Collaboratively develop, as part of a team, individualized wellness plans in partnership with families, guardians, and important individuals in a child's life.

### ***Professional Skills***

- Use creativity to plan and implement individual and group experiences.
- Communicate with parents/guardians, families, colleagues and other stakeholders verbally and through written correspondence.
- Assume responsibility as a team member for the success of the team and engage actively and openly to contribute to positive client experiences and work environment.
- Complete data collection, record keeping, clinical recording and all communications as required in a clear and concise professional manner.
- Articulate thoughts and opinions in a clear and professional manner.
- Manage multiple priorities and meet deadlines, including the completion of individualized wellness plans and other reports.
- Any additional duties as assigned by Supervisors or Managers

### **QUALIFICATIONS:**

- Child and Youth Worker Diploma or diploma/degree in a related field
- One year of relevant and satisfactory work experience
- Membership in good standing in a relevant professional association, as required

**HOW TO APPLY:**

Interested applicants are invited to submit their resume (in confidence), before 4:00 p.m. on the last day of this posting to: Human Resources via email: [hr@carizon.ca](mailto:hr@carizon.ca), quoting the competition number in the cover letter and email subject line. *We request that candidates please send their cover letter and resume together as one combined document (Word.doc, PDF etc.).*

*\*Carizon is an equal opportunity employer and supports workforce diversity. At Carizon, we believe that diversity enriches our performance, clients, services offered, the communities where we live and work, and the lives of our employees. If you require accommodation during the recruitment process, please contact Human Resources ([hr@carizon.ca](mailto:hr@carizon.ca)). While we thank all applicants for their interest, only those candidates selected for an interview will be contacted.*

**\*\*Carizon requires all employees to obtain a Vulnerable Sector Criminal Background Check prior to commencing employment.**

<b><u>SALARY:</u></b> As per SEIU collective agreement	<b><u>STATUS:</u></b> Permanent Full-time	<b><u>COMPETITION NUMBER:</u></b> 60-15 (SEIU-09)
<b><u>LOCATION:</u></b> 1855 Notre Dame Dr. St. Agatha	<b><u>HOURS OF WORK:</u></b> 34 hours per week	<b><u>POSTING PERIOD:</u></b> Jan. 25 – Feb. 5, 2016
<b><u>EMPLOYEE GROUP:</u></b> SEIU Local 1.0n	<b><u>SCHEDULE:</u></b> TBD	<b><u>START DATE:</u></b> ASAP