

**Mental Health Clinician - Ref. No. 20081**  
**Youth Health Centre**  
**Term | Full-Time**



**The Alex: Changing Health. Changing Lives.** The Alex Community Health Centre is a not-for-profit organization that is changing how we look at health care in Calgary. Our health, housing and food programs support our most vulnerable neighbours, tackling tough health and social issues head-on. Using a multi-disciplinary team approach, we focus care on assessment, intervention and promotion of all aspects of health. We embrace a model of health care that is accessible, responsive and participatory. In addition to the Community Health Centre, we run a Seniors Health Centre, a Youth Centre, two Mobile Community Health Buses, one Dental Health Bus, four Housing First Programs, and a Community Food Centre.

**What we do and why we do it:**

The **Youth Health Centre** (YHC) has been making a difference in the lives of Calgary's youth aged 12 – 24 since 2008. We understand the unique challenges faced by vulnerable youth in our community. Our dedicated team of professionals are passionately committed to providing services and supports that break down barriers to a healthy future.

Reporting to the Youth Clinic Team Lead, the Mental Health Clinician is a key member of the Youth Team and is responsible for utilizing a variety of theoretical approaches to support clients to achieve stability and wellness. The Mental Health Clinician offers evidence-based therapies to individuals and groups, facilitates skills and process groups, and works closely with an interdisciplinary health and social team. While carrying a case load and completing required assessments, evaluation instruments, and other documentation, Mental Health Clinicians seek to resolve clients' issues and support their move to independence or other community supports where appropriate. This is a 6-month term position.

**What you will do:**

- Collaborate with the interdisciplinary team to provide evidence-based therapies within the session guidelines
- Move clients off caseloads within session guidelines and be receptive to taking new clients
- Provide 50-minute therapy sessions to 4-5 clients daily at minimum
- Offer culturally-sensitive services
- Complete required documentation with excellence, in accordance with agency policy and procedures, and respective of professional college requirements
- Conduct assessments as appropriate and contribute to individualized service plans
- Use evidence-based treatments in the areas of mental health and substance abuse to address participant needs (e.g., cognitive behavioral therapy, dialectal behaviour therapy, motivational interviewing, solution-focused therapy, etc.)
- Work from a harm reduction or recovery approach based on the client's readiness for change
- Work collaboratively with clients, families, and community partners to assist clients in achieving treatment and recovery goals
- Facilitate group programming for clients using principles of psycho-education, cognitive behavioral therapy, and other evidence-based models when appropriate
- Provide same-day therapy to clients where needed, appropriate, and possible.
- Assist with data entry and collection as directed

## What you bring:

- Master's degree in Psychology, Social Work, or a related field
- Eligible for registration with their professional discipline in Alberta
- Social Workers must be authorized to perform psychosocial interventions
- Minimum two years of experience as a Mental Health Clinician
- Awareness of FOIP, HIA, and HIPA and doctrines such as the Mature Minor
- Knowledge around working with suicidal individuals and how to handle such situations appropriately while considering confidentiality and client safety.
- Specialized training in evidenced-based therapies is an asset (e.g., cognitive behavioural therapy, dialectal behavior therapy, solution focused therapy, etc.)
- Ability to set goals and work with clients within appropriate timelines and refer to other agencies/programs if needed
- Awareness of the importance of evidence-based treatments and flexibility to practice from different perspectives
- Experience working with vulnerable populations with significant mental health and substance use issues.
- Awareness of increased complexities in providing virtual therapy during COVID times
- Understanding of harm reduction and trauma informed care
- Exceptional communication, organization, advocacy, teaching, and rapport-building skills
- Commitment to contributing positively to team culture
- Ability to work in high-stress situations with clear and open communication
- Openness to a wide scope of practice with commitment to innovation and flexibility
- Strong initiative in times of limited supervision
- Awareness of the value that research and evaluation bring to therapy
- Standard First Aid Level C - CPR & AED are required
- A satisfactory vulnerable sector criminal record clearance and a Child Welfare Intervention Check
- Knowledge of the United Nations Declaration on the Rights of Indigenous People (UNDRIP) and the Truth and Reconciliation Commissions (TRC) 94 Calls to Action is an asset

## Why You Want to Work with Us:

The Alex is an innovative and diverse organization which seeks to invest in its employees and see them succeed in their chosen careers. If you are seeking a deeply rewarding, yet challenging career helping Calgary's vulnerable populations, this might be the place for you!

## How to apply:

If you are as passionate as we are about making a difference in people's lives, please submit your resume to [jobs@thealex.ca](mailto:jobs@thealex.ca) and be sure to include the job title and reference number in the subject line. This position will remain open until a suitable candidate is found.

*We thank all applicants for their interest, however, only those selected for an interview will be contacted.*

For further information about The Alex and its programs, we encourage you to visit our website at [www.thealex.ca](http://www.thealex.ca)