

Expressive Arts Therapist, Outpatient Mental Health Service

Sioux Lookout First Nations Health Authority

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Sioux Lookout, ON

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Nodin Child and Family Intervention (CFI) Services provides mental health counselling, support, and intervention services to First Nation children/youth and families from communities served by Sioux Lookout First Nations Health Authority. The majority of these 33 communities are remote, not road accessible and only reachable by air transportation. Nodin CFI has a number of services: counsellors travelling to First Nation communities to see clients, a crisis response program, community based counsellors, and an Outpatient Mental Health Service based in Sioux Lookout. The Expressive Arts Therapist is one of the team members of the Outpatient Mental Health Service responsible for providing arts based and play therapies in individual, family and group sessions. This therapist will divide their time between working within the Sioux Lookout office and also working in the First Nations communities served by SLFNHA. The Outpatient Mental Health Service provides intensive brief counselling, crisis intervention and safety planning to individuals demonstrating very "high risk" behaviours, serious emotional/behavioural disorders, and trauma symptoms that cannot be responded to at the community level. If meeting eligibility criteria, individuals travel from the communities for a short stay in Sioux Lookout to receive mental health support from a multi-disciplinary team. The Expressive Arts Therapist will report to the Outpatient Mental Health Clinical Manager.

Qualifications

- Expressive Arts Therapy Diploma is required
- Graduate or Undergraduate degree in Psychology and/or Social Work, with relevant clinical/counselling experience is required
- Proof of registration in a recognized professional body
- Proof of creative experience through submission of a portfolio of 5-10 personal art images and/or art related group healing activities will be an asset
- Minimum two (2) years direct clinical experience providing age and developmentally appropriate individual and group psychotherapy
- Proficiencies in assessment and evidence-based psychotherapy for working with children, youth and families
- Demonstrated ability to work as a member of a multidisciplinary team in the planning and treatment aspects of client care

- Excellent empathic/interpersonal skills necessary to build therapeutic relationships
- Experience formulating appropriate art based interventions for a wide range of mental health issues that promote healing, growth and change
- Specific training and experience using a trauma informed approach to care
- Capacity to provide support that promotes mental wellness, child growth and development, healthy parent-child relations and positive child-school dynamics
- Highly skilled at providing family therapy and engaging caregivers in treatment
- Flexibility, problem solving skills, creativity, and organizational/time management skills
- Excellent verbal and written communication skills, and computer literacy required
- Very competent report writing skills
- Knowledge of First Nations people, history, culture, health priorities and social issues impacting mental health
- Strong public speaking skills with experience designing and delivering educational and therapeutic groups
- Working knowledge of the Child and Family Services Act, Mental Health Act and Serious Occurrence Reporting
- Ability to assist with program development and function effectively during periods of rapid change and transition
- Must be willing to travel using air transportation, and also requiring a valid Driver's License
- Must be willing to relocate and live in Sioux Lookout
- Ability to communicate in one of the First Nations dialects of the Sioux Lookout region is an asset.

Responsibilities

- Work with children, youth and their families in group settings or individually
- Use a multimodal of creative processes and psychotherapy to help clients explore personal issues, express thoughts and feelings, and to resolve difficult psychological problems
- Creative and innovative in developing and implementing arts based therapy (i.e. painting, drawing, sculpting, movement, drama, music, writing) which are culturally appropriate and meet the needs of First Nations
- Help clients to develop appropriate coping skills that facilitate recovery from mental health issues and trauma
- Maintain clinical client records by documenting all client contacts, treatment plans and progress in a timely/accurate manner
- Create and share reports (as appropriate) to summarize issues, assessment findings, interventions and treatment recommendations
- Ensure clients prior to discharge are referred to other supports/services as deemed necessary and coordinate care with other health service providers
- Comply with all clinical, legal and ethical practices
- Produce statistics and prepare reports for management as requested
- Participate in the development of the Outpatient Mental Health Service

- Develop educational or training programs and deliver to interested groups to improve knowledge, build capacity and strengthen client care
- Attend individual supervision meetings and performance evaluations with the Outpatient Clinical Manager
- Attend regular meetings with Outpatient Mental Health Service team for planning and consultation
- Liaise with First Nations communities, hospitals, community based services, other specialists and other organizations for the purpose of developing strong partnerships and continuity of care
- Work in collaboration with all of the other staff who work in different areas of Nodin CFI and SLFNHA
- Other duties as required deemed necessary by your immediate supervisor