



# People's Emergency Center

Nurturing Families, Strengthening Neighborhoods, Driving Change

## Therapist

**Department:** Transitional Housing- Rowan and Behavioral Health

**Classification:** Non-Exempt, part-time

**Reports to:** Behavioral Health Manager

### JOB DESCRIPTION

#### **Summary**

The part time (20 hours/week) therapist provides individual and family counseling, BH assessments, group support and psycho-education to residents in the transitional housing program at Rowan House. Therapist works closely with the TH case manager social services team to offer collaborative services to families in the program.

#### **Essential Duties and Responsibilities**

##### **Service Delivery**

- Provide comprehensive PTSD and DV assessments as well as other BH assessments assessed as needed. Document these results in CARES.
- Work with residents to provide comprehensive individualized written BH service plans and referrals for more intensive or additional supportive services. Document these plans in CARES.
- Provide trauma sensitive and informed counseling based in best practice model (CBT, TF-CBT) with coping skill focus.
- Provide or refer residents to therapeutic groups in collaboration with Youth Services Inc.
- Provide advocacy on behalf of the resident including assistance in navigating the mental health and social services systems in order to obtain the necessary resources
- Provide psycho-education to all residents on trauma, IPV and resilience
- Provide on-going Crisis prevention and intervention
- Conduct regularly scheduled appointments with residents via home visits in units, telephone, tele-therapy via zoom and face-to-face contact
- Provide periodic reassessment of the resident's emotional well-being and safety and modification of the service plan in CARES as necessary
- Make referrals as appropriate for more intensive mental health and/or supportive services based on client need
- Offer trauma informed team input via weekly case conference meetings and MDT's, being intentional about the balance between need- to- know information and confidentiality of residents in therapy and with IPV/DV histories; identify coping skills and safety needs to assure that services are collaborative and synchronous
- Maintain Data and Contract Compliance with the grant and participate in grant related meetings as needed
- Maintain timely, accurate and complete case file recording both paper and database



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- Manage outcomes as per grant and maintain communication regarding status of outcomes
- Attend individual and group supervision meetings with the Behavioral Health Services Manager and BH team

## Administrative

- Represent PEC at external service provider groups as requested
- Prepare and assist with annual budget preparation as requested

## Competencies

- Trauma Informed Knowledge and skills
- Domestic Violence/Intimate Partner Violence training and understanding
- Knowledge and skills to offer Cognitive behavioral Therapy and Trauma focused- CBT
- Strength based knowledge and skills
- Constructive Conflict Resolution skills
- Excellent Oral and Written Communication skills
- Organizing and Planning ability
- Demonstrates Professional demeanor and ethics
- Ability to engage with diverse clientele and build relationships
- Change Mastery and Creativity
- Group facilitation skill

## Required Education and Experience

- Master's Degree in social work, counseling, or related field
- Prior experience in individual and group counseling
- Prior work with trauma and DV survivors
- Experience in facilitation of psycho- educational groups
- Experience working with low-income adults from diverse backgrounds and multiple bio- psychosocial risk factors.
- Motivational Interviewing skills

## Additional Eligibility Qualifications

Must be knowledgeable about CBT, Trauma, and issues such as youth homelessness, poverty, substance abuse, sexual violence, interpersonal violence, emotional and mental health issues and feelings of hopelessness and powerlessness.

## Work Environment

This job operates in an office environment. This role routinely uses standard office equipment such as computers, phones, photocopiers, filing cabinets and fax machines.



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## **Physical Demands**

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. While performing the duties of this job, the employee is frequently required to sit, talk, and hear. The employee is occasionally required to walk, use hands and fingers to feel, handle, or operate objects or controls; and reach with hands and arms. The employee must occasionally lift and/or move up to 30 pounds.

## **Other Duties**

This job description is not designed to cover or contain a comprehensive listing of activities, duties or responsibilities that are required of the employee for this job. Duties, responsibilities, and activities may change at any time with or without notice.

*PEC is an equal opportunity employer. All applicants will be considered for employment without attention to race, color, religion, sex, sexual orientation, gender identity, national origin, and veteran or disability status.*

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