



# *Gitanyow Human Services*

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## **Job Description**

### **Mental Health Counsellor**

#### **Job Summary:**

The Mental Health Counsellor (MHC) will provide individual, group and family counselling/therapy for psychological or emotional problems such as stress, multi-generational trauma, and PTSD. The MHC will evaluate, develop and implement client plan in an office environment. The MHC will also make referrals to internal/external resources where appropriate to ensure clients needs are met.

The Mental Health Counsellor will work closely with the Wellness Counsellor and Gitanyow Health Team to promote wellness and preventative programs and activities in accordance to the Gitanyow Health Plan.

#### **Qualifications**

- Bachelor's Degree in Psychology, Social Work or related field from an accredited college or university, or equivalent
- 2 years experience in Mental Health field
- Class 5 BC Driver's License

#### **Knowledge Skills and Abilities**

- Understanding of Gitanyow/Gitxan Wellness, culture, protocols, and history would be an asset
- Knowledge and understanding of the Social Determinants of health of First Nations People, and the historical events of Canada's Indigenous population
- Familiar with various forms of counselling and therapeutic approaches, both western and Gitxan/Gitanyow
- A good understanding of Cultural Safety and Trauma Informed practice
- Ability to work collaboratively with Gitanyow and Gitxan Hereditary Chiefs and youth and organizations
- Strong assessment and screening skills
- Report writing skills

#### **Main Job Tasks and Responsibilities**

Under the direction of the Health Director, the Mental Health Counsellor will:

- Provides mental health, wellness and counselling support and intervention to community members either individually or in a group setting as appropriate

- Works with the Gitanyow Health team to develop and/or plan community-based programming, services, or events in accordance to the Gitanyow Health Plan
- Collaborates with community health staff, Traditional Healers, families, and community resources as needed
- Provides assessments and screenings as needed upon discovery of the presence of suicide risk and mental health related issues
- Provides referrals to external agencies, internal services, Traditional Healers and other culturally relevant resources
- Evaluates treatment outcomes to ensure effectiveness of services through continuous follow-up plans and actions
- Incorporate Cultural practice, tradition and customs into and around care and treatment plans for community members/families as a source of mental wellness
- Ensures client/family/community confidentiality and privacy in accordance with professional regulatory guidelines and following standards of practice and legal requirements
- Attend meetings/working groups/taskforce in the region that affect the Mental Health of Gitanyow members
- Respond to clients/community members after hours, in case of emergency
- Any other tasks/duties that may be relevant to the position as requested by the Health Director or designate

#### **Key Competencies**

- Written and Oral communication ability
- Therapeutic counselling skills
- Ability to work co-operatively with other members of the Gitanyow Health Team
- Ability to work independently with minimal supervision
- Clinical assessment ability
- Role Model a Health Lifestyle
- Professional personal presentation
- Organizing and planning
- Reliability
- Willing to travel as requested
- Willing to learn and take training when requested
- Access to vehicle and class 5 Driver's Licence. Use of company fleet may be arranged
- Security Clearance – criminal record check

**Rate of Pay:** Pursuant to the Hospital Employees Union collective Agreement with the Gitanyow Band Council (O/A Gitanyow Human Services)

**Work Site:** Gitanyow Health Centre, 5506 New Subdivision Rd, Gitanyow Indian Reserve

**Hours of Work:** Monday to Thursday 8:30 a.m. to 4:30 p.m. with flextime. Flextime will be necessary to accommodate needs of the clients and programs.

**Open until filled**  
*Qualified individuals may apply at:*  
 Gitanyow Health Centre  
 Erica Marsden, Health Director  
[erica@gitanyowhealth.ca](mailto:erica@gitanyowhealth.ca)  
 Facsimile: 250.849.5267