

ELK GROVE UNIFIED SCHOOL DISTRICT

CLASS TITLE: MENTAL HEALTH THERAPIST

BASIC FUNCTION:

Provide mental health services including counseling, consultation, treatment and case management for individuals and families, and performs related duties as required. Assist with program planning, assessment, feedback, supervision, mentoring, writing reports and contract administration. The mental health services may be provided at other district counseling centers, in student homes, at school sites and/or in the community.

ESSENTIAL FUNCTIONS:

Any one position may not include all of the duties listed nor do the listed examples include all tasks which may be found in positions of this class.

Provide direct mental health services including counseling, consultation, treatment coordination, individual/group therapy, collateral and rehabilitation services and case management/brokerage for individuals and families.

Provide consultative support as a subject expert to teachers, administrators, and parents regarding mental health or behavioral issues, understanding cultures, and substance abuse.

Provide information and support to teachers and administrators regarding classroom environment and school climate responsive to needs of students.

Conduct conflict mediation groups to enhance student communication skills.

Participate in school meetings related to discussion and planning for improvement of individual student's needs.

Provide technical expertise, information and assistance to the administrator regarding assigned functions; participate in the formulation and development of policies, procedures and programs as requested.

Communicate with administrators, personnel and outside organizations to coordinate activities, resolve issues and conflicts and exchange information.

Operate a computer and assigned software; operate other office equipment as assigned.

Provide input to program and staff evaluations.

Attend and participate in a variety of meetings, workshops and conferences.

Act as liaison between client, families, school personnel and community agencies.

Train (counseling) program interns. Plan and conduct training and workshops for staff and parents.

Provide supervision of unlicensed therapists and subordinate staff.

Plan and conduct in-house utilization reviews.

Provide site supervision as needed.

Provide feedback to administration regarding program operations.

Assist in providing case management.

Co-sign for the work of trainees and interns as appropriate.

Attends program related meetings, training, and workshops.

Serve on various committees.

Participate in inter and intra agency planning and staff meetings related to clients.

Provide outreach casework and support services including home visits, individual and group counseling, individual and family intervention.

Provide referrals to appropriate in-district and community resources.

Maintain appropriate evaluation and treatment records.

Plan/conduct/oversee additional counseling center activities as required.

Complete and submit a variety of forms, evaluations and program reports.

Perform related duties as assigned.

DEMONSTRATED KNOWLEDGE AND ABILITIES

KNOWLEDGE OF:

Rules and regulations applicable to providing mental health services and such services in public schools.

Psychotherapy principles and practices, including treatment of individuals, couples, families, groups, and children.

Cognitive and behavioral therapeutic interventions for special populations

Interviewing techniques.

Community agencies and referral resources.

Diverse populations and culturally sensitive practices.

ABILITY TO:

Work effectively with children, adolescents and adults, group home and school staff and agency representatives.
Visit district sites, group homes, county/agency offices and participants.
Communicate effectively both verbally and in writing.
Speak effectively in public.
See to read, interpret and explain policies, programs and reports.
Hear and speak to exchange information and make presentations.
Follow oral and written instruction with a minimum of direction.
Work independently and make decisions within the framework of established guidelines.
Work confidentially with discretion.
Analyze and determine appropriate methods and interpret and apply guidelines to accomplish goals.
Establish priorities and deadlines.
Formulate and implement treatment plans.
Analyze and resolve problems with tact and diplomacy.
Complete MAA billing counseling logs.
Plan, provide feedback and assess program.
Assist with supervising and mentoring staff.
Establish and maintain records.

EDUCATION AND EXPERIENCE REQUIRED:

A Masters Degree from an accredited university and/or college with major coursework in social work, psychology, and counseling or closely related field. At least one year full-time experience in providing mental health services, social services, case management, or counseling with children and teens under the supervision of a BBS approved supervisor.

LICENSES AND OTHER REQUIREMENTS

Valid Marriage Family Therapist (MFT) or
Valid Marriage Family Child Counselor (MFCC) Certification/License or
Valid Licensed Clinical Social Worker (LCSW) or
Currently Registered Marriage Family Therapist Intern (MFTi) or
Currently Registered Associate Clinical Social Worker (ACSW)

WORKING CONDITIONS:

Office environment.
Classroom environment during observances.
Occasional home visits to meet with families of students
Interruptions and sometimes crisis situations

HAZARDS:

Possible contact with hostile or abusive individuals with unpredictable behaviors, both students and adults.