

## **Mental Health Therapist**

### *Reports to: Clinical Supervisor & Owner*

*Provide mental health assessment and treatment to youth and families in an individual, group, or family setting. Mental Health Therapists will counsel with emphasis on prevention and will work with individuals and groups to promote optimum mental health. May help individuals handle addictions and substance abuse, family, parenting, marital problems, suicidal ideation and tendencies, stress management, lacking self-esteem, and other issues associated with mental and emotional health.*

### **RESPONSIBILITIES:**

1. Provide mental health psychotherapy and related assessment and evaluation
  - Develop and implement treatment plans based on clinical experience and knowledge in accordance with state mandates and agency policy
  - Evaluate clients' physical or mental condition based on review of client information, participate in the intake process
  - Evaluate the effectiveness of counseling programs and clients' progress in resolving identified problems and moving towards defined objectives
  - Encourage clients to express their feelings and discuss what is happening in their lives, and help them to develop insight into themselves and their relationships
  - Guide clients in the development of skills and strategies for handling their problems
  - Counsel clients, individually and in group sessions, to assist in overcoming dependencies, adjusting to life, and making changes
  - Counsel family members to assist clients in understanding, dealing with, and supporting those we serve
  - Modify treatment activities and approaches as needed in order to comply with changes in the clients' status
  - Discuss with individual and their families discharge planning
2. Act as a client advocate in order to coordinate required services or resolve emergency problems in crisis situations
  - Meet with related parties, including but not limited to families, probation officers, police, social workers, school counselors or teachers, case managers, in order to exchange necessary information during the treatment process
  - Refer clients or family members to community resources or to specialists as necessary
  - Collaborate with other staff members to perform clinical assessments and develop treatment plans
  - Gather information about community mental health needs and resources that could be used in conjunction with therapy
  - Monitor clients' use of medications and work directly with prescribing physicians when needed.

3. Maintain confidentiality of records relating to clients' treatment, in accordance with state mandates and agency policy.
  - Collect information about clients through interviews, observation and evaluation tools in accordance with agency policy
  - Maintain accurate and up to date electronic records, including session notes and client assessments
4. Complete billing related paperwork as necessary, including prior authorizations, reauthorizations, and daily billing sheets.
5. Project based work as assigned

### **EXPERIENCE & QUALIFICATIONS:**

- A Therapist will have a Master's Degree and must have completed 3000 hours of supervised clinical worked and be fully licensed in the State of Wisconsin as a Professional Counselor, Licensed Clinical Social Worker, or other related licensure.
- Knowledge of therapeutic principles, methods, and procedures for assessment and diagnosis, treatment, and rehabilitation of emotional and mental health disorders and illnesses with a holistic, strengths based approach.
- Continued education required:
  - Learn about new developments in the field by reading professional literature, attending courses and seminars, and establishing and maintaining contact with other social service agencies.
  - Run workshops and courses about mental health issues