

## MENTAL HEALTH REHABILITATION SPECIALIST

Our agency strives to embody the concept of trauma-informed, resilience-oriented services, both internally and externally with our clients, customers, and community partners.

### **POSITION PURPOSE (DEFINITION)**

Under general supervision provides support to children, youth, and families in a variety of settings including home, school, and community consistent with identified therapeutic needs; provides 1:1 behavior coaching in the home, school, or community; provides referral and linkage to community resources; provides parent education and support as directed; performs related work as assigned.

### **ESSENTIAL DUTIES**

- Provides a variety of services as outlined in a child or youth's Mental Health Treatment Plan and/or Problem List using a trauma focused, strength-based, client-centered work approach; may participate in the development of such plan/list.
- Provides 1:1 behavioral intervention for children and youth in a variety of settings.
- Links the child, youth, or family to needed medical, educational, social, prevocational, vocational, and rehabilitative resources and other needed community resources; may provide transportation for children, youth, or family members on a limited basis.
- Provides time-structuring activities, appropriate time out strategies, and immediate behavioral reinforcements.
- Provides cognitive behavioral approaches, such as cognitive restructuring, use of hierarchies, and graduated exposure.
- Assists the child/youth to engage in, or remain engaged in, appropriate activities.
- Assists in developing the child or youth's ability to sustain self-directed appropriate behavior, internalize a sense of social responsibility, and/or enable participation pro-actively in community activities.
- Assists, teaches, and mentors the child, youth, and family to meet the child or youth's needs in the following areas: daily living skills, social skills, grooming and personal hygiene skills, medication compliance, and support resources.
- Encourages, teaches, and mentors recreational and leisure activities within the family to support the child or youth's growth and development; fosters social skills to enable the child or youth to maintain healthy peer relationships.
- Monitors, supports, and assists the child, youth and family on a regular basis in developing and maintaining the skills required to achieve self-sufficiency; arranges for money management and educational, socialization, parenting skills, rehabilitation, health and other social services in order to meet the child or youth's needs.
- Teaches, demonstrates, and reinforces positive parenting techniques on an individual or group basis to improve the child or youth's functioning in the home, at school, and in the community.
- Ensures safety of child or youth at all times during the provision of services.

Kerry Venegas, Executive Director

Child Care Services • Disability and Special Education Services • Community Services • Behavioral Health



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- Accurately and efficiently documents all work performed using the electronic health record program provided by Changing Tides Family Services; may be required to do concurrent documentation; submits billing documentation in accordance with administrative directions.
  - Participates in required professional development activities, which may include individual supervision and group supervision.
  - Coordinates work with other professionals and paraprofessionals who are serving the student/client.
  - Maintains contemporary knowledge of evidence-based practices and best practices.
  - Demonstrates sensitivity in working with children, youth, and their families, and other professionals who may come from diverse cultures.
  - Maintains confidentiality of information and ensures appropriate releases of information are on file prior to sharing information; adheres to HIPAA regulations.
  - Efficiently uses a personal computer, laptop, or other electronic equipment and electronic software supplied by Changing Tides Family Services.
  - Participates at community events, meetings, and activities which support Changing Tides Family Services to achieve its goals as requested/when appropriate.
  - May be assigned to research various mental health topics; makes reports as assigned.
  - Exercises sound independent judgment and takes appropriate action.
  - Applies home visiting best practices when in the field.
  - Meets any productivity standard which may be assigned.
  - Participates in quality assurance activities which may include peer reviews.
  - Immediately communicates with the Clinical Services Director and Family Empowerment Services Director any instances of unusual incidents or accidents; submits reports as required.
  - Reports suspected cases of child abuse and elder abuse in accordance with mandated reporting requirements.
  - Operates under the clinical direction of the Clinical Services Director or designee.
  - Complies with Changing Tides Family Services Personnel Policies and other formal Changing Tides Family Services guidelines and policies.

## **QUALIFICATIONS**

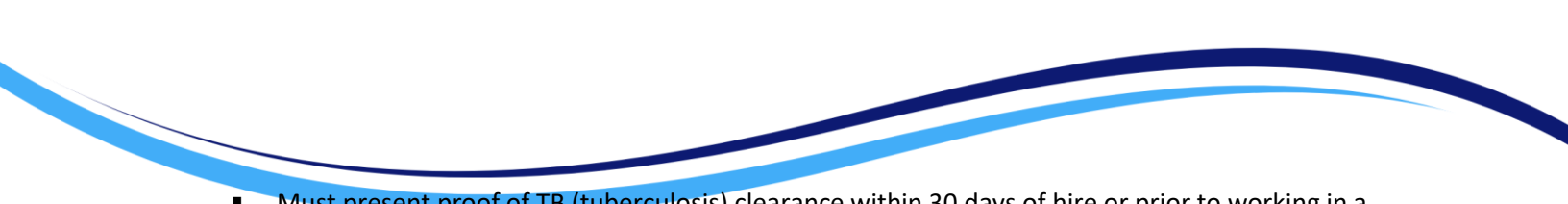
### **Education and Experience**

Requires:

- Bachelor's Degree in psychology, social work, child development or related field,
- Four years' work experience with children, youth, and families
- A Master's Degree will substitute one completed year of education for one year of work experience
- An Associate of Arts Degree in one of the above fields and six years of work experience will be considered

## **ADDITIONAL REQUIREMENTS**

- Must be able to pass a criminal history fingerprint clearance at the DOJ and FBI level
- Must possess a valid California driver's license, current automobile insurance, a vehicle for work and a driving record consistent with agency insurance carrier requirements.

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- Must present proof of TB (tuberculosis) clearance within 30 days of hire or prior to working in a school setting
  - Ability to work a varied schedule including evenings, weekends, and early mornings
  - Ability to meet with students/clients and/or their families in a variety of settings throughout Humboldt County

6/2023