

# POSITION DESCRIPTION

## Mental Health Therapist

### OPERATIONAL STRESS INJURY CLINIC

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<b>DEPARTMENT</b>	Operational Stress Injury Clinic	<b>UNION:</b> MAHCP
<b>SUPERSEDES</b>	September 2008	<b>SAP JOB CODE:</b> 30003929
<b>EFFECTIVE</b>	March 2013	

**Revised March 17, 2023**

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#### POSITION SUMMARY

Directly accountable to the Manager Health Services/Resident Care of the Operational Stress Injury (OSI) Clinic, the Mental Health Therapist for the OSI Clinic is responsible for the delivery of clinical interventions for the military, ex-military, veterans, RCMP and their families. Evaluates the psychosocial status of clients, makes a psychosocial diagnosis and plans and implements interventions. Participates as part of an interdisciplinary team.

Performs all duties in accordance with established health and safety regulations/guidelines, policies and procedures (e.g. utilizing personal, protective equipment as per safe work procedures). Notifies their Manager or their designates (i.e. supervisors) of all occurrences, injuries illnesses or safety and health concerns which are likely to harm themselves, their co-workers, or any others who enter the premises.

#### SUMMARY OF QUALIFICATIONS

##### Education

- Clinical master's degree in a mental health profession from an accredited school.

##### Occupational Certification

- Valid Manitoba driver's license.
- Registration as applicable is preferred.

##### Experience

- Five (5) years' experience in a mental health setting.
- Three (3) years' experience in the independent delivery of cognitive-behavioral therapy to individuals and couples.

##### Knowledge

Demonstrates general knowledge and support of:

- The vision, values, goals, and objectives of the Winnipeg Regional Health Authority and the Deer Lodge Centre.
- The Deer Lodge Centre's Mission Statement, Residents Bill of Rights and Code of Conduct.
- Personal Health Information Act, Protection of Persons in Care Act, Workplace Hazardous Material Information System (WHMIS), Principles of Routine Practices (Universal Precautions) and other legislated acts.
- Knowledge of community resources, in order to develop partnerships with existing structures, and offers adjunctive therapies to clients.
- General knowledge of Manitoba's health-care system.

Demonstrates specialist level knowledge of:

- Evidence-based treatment for individuals, couples, and groups, specifically cognitive-behavioral therapies.
- Anxiety and mood disorders, in particular depressive illnesses and post-traumatic stress disorder.

- Psychiatric medication used in the management of mental and emotional disorders.
- Current research in these issues and their implications for effective treatment.
- The execution of collaborative research within a clinical setting, including study design, execution, data analysis, and communication of results.
- The military health-care system and other federally administered health-care systems and benefits.

## Abilities and Skills

- Ability to function independently.
- Ability to communicate effectively, orally and in writing.
- Ability to plan meetings, client visits and appointments.
- Ability to maintain client files.
- Ability to deal with difficult situations involving disturbed clients.
- Ability to practice with a high degree of independence.
- Courteous and cooperative.
- Computer use: uses a variety of software programs such as word processing, spreadsheets (Excel, communication (GroupWise)).
- Exhibits sensitivity, discretion and compassion to clients.

## STATEMENT OF RESPONSIBILITIES

### Patient/Resident Care Clinical Practice

- Provide clinical interventions to clients in keeping with the overall mandate of the national network of OSI Clinics.

### Communication

- Representing the OSI Clinic and the Centre on national or regional working groups, and promoting the role of the OSI Clinic within the Centre and in the community.

### Professional Responsibility

- Participating and assisting on working committees with the National Centre for Operational Stress Injuries, including professional and clinical service committees.
- Plan, prepare and produce documents, reports, and statistical analysis etc., related to the provision of identified clinical services.
- May act as Case Manager to coordinate client services.
- Prepare, write up and produce documents, correspondence etc., for community service agencies, provincial institutions, professional groups, etc.
- Participate in analyzing and interpreting bio-psycho-social information gathered by the interdisciplinary team.
- Participate in the Canadian Council on Health Services Accreditation (CCHSA) process for the clinic.
- Implements report recommendations where appropriate.
- Chair, or participate, in interdisciplinary meetings and on various provincial and national committees.
- Conduct file reviews and complaint processes as required.
- Revise and analyze applicable clinical program protocols in collaboration with Veteran Affairs Canada and the Department of National Defense; identify changes and make recommendations.

### Quality Improvement

- Participates in a continuous quality improvement program for the Clinic.
- Participate in maintaining a safe and favourable work environment in cooperation with the Centre's Safety Officer and the Joint Occupational Safety & Health (JOSH) Committee.

- Intervene systematically as mediator/ facilitator with clients and family to assure individual human rights are respected. Advocate for compliance to rules, regulations and ethical and professional obligations as well as take corrective action when these are violated.

### **Education & Research**

- Participates in research within the clinic and within the national network of OSI Clinics, including development of research questions, design and execution of studies, and communication of results.
- Trains undergraduate and graduate-level students within the defined clinical activities.

### **Other Responsibilities**

- As assigned.

## **POSITION ELEMENTS**

### **Environmental Conditions**

- May be required to work extended hours.
- May involve exposure to disease, radiation, toxic materials, noise, allergens, etc.
- May encounter aggressive and/or agitated patients/residents/staff/visitors.
- Travel is a regular requirement of the position.

*L'cg:/*  
Senior Manager

*April 12, 2013*

Date

**Hu\$ Director**

*April 11/13*

Date