



## **ASD Mental Health Counsellor – Job Posting**

The Autism Resource Centre (ARC) in Regina has been supporting people with autism for over 40 years. Through programs and education, we facilitate independence and help people with autism reach their potential. We are seeking an Autism Spectrum Disorder (ASD) Mental Health Counsellor to lead our mental health services.

This position is a team of one, providing mental health counselling services and support to individuals with Autism Spectrum Disorder and their caregivers/families. The primary responsibility of the Mental Health Counsellor at ARC is to support ARC members in dealing with issues associated with both ASD and mental challenges who are experiencing distress, trauma, cumulative stress and/or problems in daily living related to ASD.

### **Responsibilities also include.**

- Develop individualized, evidence-based, and strength-based interventions and positive behaviour support plans.
- The delivery model includes also includes small group support. This multifaceted position encompasses building community connections, liaising with other community service providers and community capacity building through presenting information, education, and training.
- Facilitate programs as subject matter experts.
- Communicate and collaborate with internal and external stakeholders including families and referring agencies.
- Maintain file upkeep and documentation of our members. Complete reports and documentation in a clear, accurate, and timely manner.
- Connect participants with the community resources, and increase the inclusion of the participants within their community.
- The delivery model includes individual (one-on-one) and small group support. This multifaceted position encompasses building community connections, liaising with other community service providers and community capacity building through presenting information, education, and training.
- The incumbent must be able to work effectively independently and possess a strong desire to work collaboratively with clients, and families, within a multidisciplinary team that includes both staff and external stakeholders.
- Perform other related duties as assigned

## **Skills and Traits**

- The ability to inspire, motivate, mentor, and support others.
- Exceptional interpersonal skills with the ability to form strong professional working relationships.
- The ability to work in collaboration and cooperation with a group of people with different functional expertise working toward a common goal.
- Ability to set clear goals and meet program objectives.
- Ability to work within an ethical framework with knowledge of relevant legislation.
- Ability to design and facilitate training and workshops as required.
- Ability to display empathy, patience, understanding and a person-centred approach in day-to-day interactions.
- Ability to be flexible and adapt to new situations
- Open to continuous learning and professional development.
- Strong written and oral communication skills
- Proficient computer and business administrative skills.

## **Qualifications:**

- Completion of a Masters' Degree in Counselling, Psychology, or Social Work;
- Holds a professional license or registration with Saskatchewan Association of Social Workers, Saskatchewan College of Psychologists, or the Canadian Counsellor and Psychotherapy Association or registration with a mental health association;
- Post-graduate counselling experience with multiple populations including those on the autism spectrum; and demonstrated knowledge and professional practice skills in frontline services including case management, counselling or clinical services, program management, and/or brief service/crisis intervention. Clinical training in Cognitive Behaviour Therapy and Applied Behaviour Analysis is desirable;
- A minimum of 2 years of clinical experience in the development, delivery and coordination of ASD-mental health-specific treatment program plans for children, youth and adults with ASD.

**To apply for this position, please forward your resume and cover letter that clearly outlines your qualifications for the position to Angela Ricci, Executive Director: [angela@autismresourcecentre.com](mailto:angela@autismresourcecentre.com) by May 20, 2022.**