

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 perform 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, 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 for individuals and families.

Provide collateral support services including home visits and family intervention.

Provide consultative support as a subject expert to teachers, administrators, and parents regarding mental health, social emotional wellbeing, 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 educational experience.

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 concerns and exchange information.

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

Provide input regarding program structure and services.

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

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

Plan and conduct training and workshops for staff and parents.

Provide supervision of unlicensed therapists. Co-sign for the work of trainees and interns as appropriate.

Serve on various committees.

Provide referrals to appropriate in-district and community resources.

Maintain appropriate documentation of interventions and supports.

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

Perform related duties as assigned.

DEMONSTRATED KNOWLEDGE AND ABILITIES:

KNOWLEDGE OF:

Laws and ethics 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

Motivational 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, and county/agency offices.

Communicate effectively both verbally and in writing.

Speak effectively in public.

Effectively read and analyze a variety of materials.

Interpret and explain policies, programs and reports.

Effectively communicate to exchange and understand information.

Follow oral and/or 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 concerns 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 Master’s 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, teens, and families 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

Valid Licensed Professional Clinical Counselor (LPCC) or

Currently Registered Associate Marriage Family Therapist (AMFT) or

Currently Registered Associate Clinical Social Worker (ACSW) or

Currently Registered Associate Professional Clinical Counselor (APCC)

WORKING CONDITIONS:

Office environment.

Classroom environment

Occasional home visits to meet with families of students.

Crisis situations

HAZARDS:

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

BOARD APPROVED: June 25, 2024