



DESCRIPTION: Under the supervision of the Blue Skies Mental Wellness Team (BSMWT) Manager clinician will provide brief therapy interventions to assigned client caseload of 15-20 clients with perinatal mood disorders including: perinatal depression, postpartum blues, anxiety symptoms, peri-natal OCD, PTSD, perinatal trauma histories, postpartum psychosis and other depressive disorders. This position will provide knowledge of stabilization efforts, referral resources and consultation to referring program staff regarding client's progress and work to provide clients with weekly counseling to support presenting concerns of perinatal clients. The clinician will work as a part of the BSMWT in accepting referrals from the team manager and other Home Visiting System of Care staff in the Alameda County Public Health Department. Depression and anxiety screening will be completed upon referral along with case notation, treatment planning, consultation feedback, client advocacy and referral linkages for clients..

DISTINGUISHING FEATURES: Knowledge of individual counseling practices and brief therapy techniques to support perinatal/postnatal clients with early childhood mental health interventions. Awareness of trauma informed care intervention strategies, relationship building skills, signs and symptom of perinatal mood and anxiety disorders. Ability to work effectively with the target community and provide supportive, non-stigmatizing mental health support and preventive treatment for pregnant and parenting clients. Ability to provide co-facilitation of Mom to Mom Depression Group 4 times per year or as assigned by supervisor.

EXAMPLE OF DUTIES:

- Ability to accept case referrals in timeline manner and engage contact and relationship building approaches to service delivery
- Provide brief counseling/therapy to caseload of 15-20 perinatal/postpartum clients referred by home visiting case managers and PHN's
- Conducts individual counseling to support client's perinatal mood disorders and symptoms and provides psycho-education on behavioral health care symptoms and the role of medication management in alleviating such symptoms, diagnosis illness and dual recovery/co-occurring disorders, as needed
- Awareness of dyadic parenting therapy techniques and keeping the baby at the center of therapeutic work
- Ability to work with teams of BHC's, Case Managers, PHN's and other specialist from Multidisciplinary programs in the Public Health Department.
- Provides clinical support by interviewing clients and conducts initial and on-going psychosocial strength based, non-stigmatizing assessment style, and periodic depression and anxiety screenings
- Develops initial and on-going treatment plans on assigned clients and identifies and pursues necessary resources to implement support for clients as needed

- Maintains psycho-social and symptom histories on assigned clients for referral purposes and monitoring clients progress during brief treatment supports
- Provides crisis intervention as needed; stabilizes clients in crisis including brief interventions during sessions and arranges for referrals, hospitalization and coordinated treatment if required
- Maintains all case records in accordance with Quality Assurance standards of Alameda County Public Health Department and BSMWT
- Participates in monthly case review team meetings, bi-monthly reflective supervision meetings, monthly MPCAHA-all staff meetings and other meetings as assigned
- Prepares reports, case summaries, correspondences and other written materials
- Collaborates with other departments and agencies related to client best treatment planning efforts

MINIMUM QUALIFICATIONS:

Possession of a master's degree from an accredited school in social work, marriage and family therapy, licensed professional counseling, psychology or counseling/psychology

Required: License in Marriage and Family Therapy, Licensed Clinical Social Worker, Psy.D or Licensed Professional Counselor

Strong experience working with African American Communities in urban settings providing brief individual counseling/therapy, consultation feedback and strength based, solution focused counseling to African American parents with children ages 0-5. Awareness of social-economic factors, complex trauma and socio-inequities impacting African American families, early childhood mental health/developmental approaches to support healthy birth outcomes and family dynamics.

KNOWLEDGE AND SKILLS:

- Ability to work effectively with families/clients with complex histories of trauma
- Ability to work collaboratively with multi-disciplinary teams, community resources and organizations
- Knowledge of historical impact of trauma and Post Traumatic slave syndrome
- Knowledge of impact of PTSD on African American communities
- Awareness of attachment theory
- Ability to engage sometime difficult to reach clients and work beyond apparent client barriers to prevention/treatment support
- Ability to communicate clearly and effectively, both orally and in writing
- Experience working with parents and children of color in urban settings
- Ability to offer non-stigmatizing, open, integral and culturally relevant counseling support
- Knowledge of baseline computer applications related to work task and keep case file organized and updated on case progression