

Volunteer Center of Santa Cruz County

Community Connection
Wellness Connect Division

Mental Health and Wellness Specialist

General Description

Under supervision of the Wellness Connect Program Director, the Mental Health and Wellness Specialist will provide a range of mental health wellness services to support transition age youth (TAY) who are experiencing emerging or untreated mental health challenges. The position helps connect TAY ages 14+ to meaningful activities through a variety of treatment interventions including supported employment, co-occurring support, motivational interviewing, supported education, prevention and crisis intervention. The position collaborates with the County TAY team to help participants achieve resiliency, independent living and sustainable recovery.

Functions And Duties

1. Works under the supervision of the Wellness Connect Program Director to engage program participants and support them in achieving meaningful activities.
2. Utilizes evidence-based practices of Supported Employment, NAVIGATE and Motivational Interviewing to provide mental health services to TAY experiencing new and significant mental health challenges.
3. Teaches participants coping skills, symptom management and psychoeducation to assist individuals in achieving recovery and resiliency.
4. Provides vocational assessment, employment counseling, and job skills training to help program participants identify and define their employment, vocational, educational, and wellness goals.
5. Facilitates outreach presentations to schools, community-based organizations and other TAY stakeholder groups to provide education, prevention and access to mental health wellness services.
6. Provides counseling support and resources to family members and caregivers of TAY participants as needed.
7. Provides support to participants in accessing community resources including referrals to the College Connection and Career Services programs for academic and vocational support.
8. Assists participants in identifying and addressing barriers to employment, education and/or other independent lifestyle goals through use of symptom management techniques, coping skills and/or development of independent living skills.
9. Supports participants in job search assistance, resume writing, developing interview skills, volunteer matching, and job placement assistance.
10. Develops and maintains records of program participants' job seeking efforts, job placement activities and vocational attainments, as well as records of services provided to participants for Medi-Cal billing purposes and other program and outcome evaluation studies.
11. Provides job coaching to program participants in supported employment positions.

12. Collaborates with Community Connection staff for assistance in identifying supported employment opportunities and appropriate work opportunities in the competitive job market.
13. Attends and participates in Community Connection's All Staff meetings and cross team meetings.
14. Tracks and produces relevant information for the purposes of monthly and/or quarterly reports.
15. Maintains minimum Medi-Cal billing requirements, as determined by the supervisor.
16. All other duties as assigned.

Required Skills and Abilities

- A.A. in a related field and six months of relevant experience, or two years of relevant experience working in jobs of a similar nature.
- Experience working with people with psychiatric disabilities.
- Experience working as a vocational counselor, employment specialist or similar position.
- Ability to organize and document own work and supervise work efforts.
- Ability to demonstrate basic counseling skills of active listening, accurate reflection, problem solving, etc.
- Capability to form positive, productive, and collaborative relationships with co-workers, program participants, partnering agencies, other community agencies, and community members.
- Ability to work with those of various cultures and backgrounds.
- Strong boundary skills and the integrity to handle sensitive information in a confidential manner.
- Ability to self-start and perform work without specific directions.
- Professionalism, punctuality, flexibility, and reliability are imperative.
- Excellent verbal, written, and interpersonal skills.

Plus Factors

- Personal or family experience with mental health challenges.
- Bilingual in Spanish and English.
- Experience with Cabrillo College and mental health resources in SC County.

Employment Terms and Conditions

The Mental Health and Wellness Specialist reports to the Wellness Connect Program Director. Hourly pay is dependent on experience. This is a full-time position budgeted at 32-36 hours per week, depending on the applicant's preference. The position includes our comprehensive benefits package including 401(k) plan with employer match, health insurance, paid vacation, sick leave, holiday pay, chiropractor/acupuncture, vision, and Employee Assistance Program access. This position also requires mandated reporting and adherence to HIPAA and 42 C.F.R.

All qualified applicants will receive consideration for employment without regard to race, color, religion, national origin, ancestry, physical handicap, or disability, medical condition, marital status, gender, sexual preference, age, veteran status, or any other non-merit factor unrelated to job duties.