



JEWISH **FAMILY** SERVICE

Jewish Family Service is a 130-year-old non-profit organization providing social services to individuals and families in the Jewish and greater communities of the Puget Sound region. We help people achieve well-being, health and stability.

We are currently seeking a **Teen and Young Adult Mental Health Counselor** to join our Counseling and Addiction Services team. This full time (37.5 hours/week) position is responsible for providing teen and young adults (ages 13 to early 30s) mental health counseling as part of a clinical team in a non-profit agency with a Teen and Young Adult (TYA) initiative. The counselor will be serving members of the Jewish community, and people impacted by poverty, trauma, and mental illnesses such as depression and anxiety. This position is part of the clinical team that includes general mental health counselors and an addictions specialist. This position is currently working primarily remotely using an agency provided laptop but will be based out of the Seattle Capitol Hill office and will be eligible for a hybrid work schedule.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Mental Health Counseling with Teens and Young Adults (13 to early 30s)
 - Provides therapy to a 9-10 client caseload.
 - Trauma-informed, person-centered psychotherapy to build teen and young adult skills around communication, trauma processing, emotional regulation, stress reduction and stabilization.
 - Partner with teens and young adults to determine and address therapy goals over a time-limited period (up 1 year per client).
 - Example methods:
 - Trauma-Informed Cognitive Behavioral Therapy (TF-CBT), Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Processing Therapy (CPT), Dialectical Behavioral Therapy (DBT)
 - JFS can financially support training in these modalities for those that are not already trained.
- Group Counseling
 - Assist in facilitating support and therapy groups.
 - Provide direction in the design and facilitation of groups addressing various mental health needs and strategies.
- Community Based Work
 - Collaborate with Director of Mental Health Education on community-based mental health education and training, and meet with community mental health and Jewish stakeholders.
 - Facilitate trainings / provide topic-expertise in educational events.
 - Outreach to local organizations with a goal to reach teens and young people within the Jewish community (i.e., summer camps and schools), as well as those who encounter high barriers (homelessness; LGBTQ stigma and discrimination; etc.)
 - Participate in weekly consultation with other counselors as well as liaise with providers across Jewish Family Service who are engaged in client care.
 - Participate in internal interdepartmental TYA meetings, and brainstorm additional ways to support the TYA audiences.
 - Essential duties as assigned.

QUALIFICATIONS:

- Master's Degree in Human Service Field (e.g. Master's Degree in Social Work; Master's Degree in Mental Health Counseling; or equivalent from a college or university with at least one year related experience and/or training; or equivalent combination of education and experience.
- Independent or associated Master's-Level License in Mental Health Field
 - Licensed Independent Clinical Social Worker (LICSW) or associate (LSWAIC)
 - Licensed Mental Health Counselor (LMHC) or associate (LMHCA)



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- Licensed Marriage and Family Therapist (LMFT), or associate (LMFTA)
- Cultural competency (or willingness to be trained) in working with Jewish clients and descendants / family members of Holocaust survivors.
- Sensitivity and understanding of the challenges specifically affecting survivors of domestic violence and sexual assault, as well as the impact on children/youth witnessing domestic violence.
- Past training/experience (or willingness to be trained) in: domestic violence, sexual assault, and anti-oppression work; trauma-informed, evidence-based psychotherapies; as well as intergenerational and historical trauma.

SALARY AND BENEFITS:

- The starting pay for this position is \$31 to \$34 an hour.
- Jewish Family Service offers a generous benefits package including:
 - JFS provides 18 free NASW continuing education credits per calendar year for staff during work hours.
 - JFS will pay the annual cost for the mental health license renewal.
 - There is additional professional development funding (for continuing education) that each clinician has access to annually.
 - Approved supervision for associated licensed mental health professionals.
 - 100% employer-paid premiums for employee medical, dental, life insurance, long-term disability, and employee assistance program.
 - 15 annual vacation days increasing to 20 after 2 years, and generous paid sick time.
 - Paid Federal and Jewish holidays.
 - 5% employer contribution to 401k retirement plan (no employee contribution required).
 - Additional benefits include: vision coverage and FSA enrollment.
 - JFS values and provides opportunities for continued growth and learning for all team members.

If you are interested in joining our team visit our careers page: <https://www.jfsseattle.org/careers/>

*Please submit **both a cover letter and resume***

NO PHONE CALLS PLEASE.

EEO/Disabled/Vets