

## MENTAL HEALTH THERAPIST

DISTINGUISHING FEATURES OF THE CLASS: The work involves the use of counseling and therapeutic techniques in helping patients with social, emotional, and related difficulties associated with their disability. The work is performed within prescribed routines in assisting the patient to adjust to his/her environment. A Mental Health Therapist does related work as required.

### TYPICAL WORK ACTIVITIES:

- Participates in the intake and screening of new patients, evaluating and diagnosing the patient and problems;
- Participates as a team member in individual, group, and family therapy;
- Provides social work services to help patients adjust to their disabilities and social environment;
- Refers clients to other governmental and non-governmental agencies;
- Coordinates various activity and treatment programs with other social agencies;
- Compiles case studies, recording pertinent information;
- Plans with the community mental health team and with community agencies to relate the patient's treatment and rehabilitation program to his social situation prior to his discharge;
- Collects and maintains appropriate data from various sources such as professional staff and patients' families to establish an overall approach to the solution of patients' mental and social problems;
- Maintains information on community and health resources which can be utilized during the patient's care and subsequent to his discharge;
- Participates in the process of transfer of patients to other levels of treatment as appropriate.

FULL PERFORMANCE KNOWLEDGES, SKILLS, ABILITIES, AND PERSONAL CHARACTERISTICS: Thorough knowledge of the practices and procedures of social work and of the social factors affecting disease and disability; skill in utilizing counseling and therapeutic techniques; ability to communicate effectively both orally and in writing; emotional maturity; physical condition sufficient to perform the essential functions of the position.

**MINIMUM QUALIFICATIONS:** Graduation from a regionally accredited or New York State registered college or university with a Bachelor's degree and either:

A) A master's degree in social work;

OR

B) A master's degree in clinical psychology, mental health counseling, counseling psychology, community counseling, school psychology, or psychiatric nursing, which must have included a supervised clinical field experience/practicum as a requirement of the degree program;

OR

C.) A master's degree in psychology or psychiatric nursing and at least five months of clinical counseling experience in a setting where psychiatric, psychological, or medical supervision or consultation regarding the patient is provided to the employee rendering therapeutic services through regular structured sessions using a treatment plan whose goal is to modify attitudes and behavior which stem from diagnosed mental health conditions;

OR

D.) A current registration and license to practice as a Registered Professional Nurse in New York State and possession of a bachelor's degree in nursing and four years of clinical counseling experience using a treatment plan whose goal is to modify attitudes and behavior which stem from diagnosed mental health conditions.

NOTE: Your degree must have been awarded by a college or university accredited by a regional, national, or specialized agency recognized as an accrediting agency by the U.S. Department of Education/U.S. Secretary of Education. If your degree was awarded by an educational institution outside the United States and its territories, you must provide independent verification of equivalency. A list of acceptable companies who provide this service can be found on the New York State Civil Service website. You must pay the required evaluation fee.

CATTARAUGUS COUNTY CIVIL SERVICE COMMISSION

Revised: 10/31/2022