



JOB DESCRIPTION

MOVING BEYOND DEPRESSION™ CLINICIAN

October 2024

The mission of Healthy Start is to improve maternal and child health and to reduce poor birth outcomes and infant mortality in Allegheny County.

Position Overview:

The MBD Clinician provides In-Home Cognitive Behavioral Therapy using the evidence-based clinical model Moving Beyond Depression to Healthy Start participants and participants referred from community partners. The MBD Clinician also provides short-term therapeutic interventions and care coordination to support Healthy Start families in connecting to higher-level mental health therapies.

The MBD Clinician conducts psychosocial assessments and provides In-Home Cognitive Behavioral Therapy (IH-CBT) to women in their homes. The purpose of the intervention is to facilitate recovery from maternal depression in women served by home visiting programs, thereby promoting the healthy development of infants and children. The Clinician works closely with the home visiting team/program and other community services to ensure continuity of participant care; may also support fathers and other family/household members. The clinician may lead individual and group sessions to support treatment goals of the participant.

Skills and Competencies:

- *Training and experience delivering cognitive behavioral therapy*
Training and experience in delivering psychotherapy to women with mood disorders. Training and experience in working with serious mental health conditions and complex clinical presentations.
- *Psychosocial knowledge*
Psychosocial knowledge and clinical ability sufficient to provide services to moms and dads enrolled in home visiting programs. Experience working within family systems is preferred.
- *Appreciation for diversity*
Understanding and showing respect and appreciation for the uniqueness of all individuals; leveraging differences in others' perspectives and ideas; appreciating cultural differences and adjusting one's approach to successfully integrated with others who are different from oneself.
- *Professional demeanor*
Demonstrates a strong work ethic, sound judgment, diplomacy and tact. Ability to maintain professional boundaries with clients in their home.
- *Communication*
Excellent verbal, written and interpersonal communication skills.
- *Independence, accountability and autonomy*
Ability to work independently with minimal supervision.
- *Flexibility*
Being open to change and considerable variety in work environments. Effortlessly adjusting to new or changing situations and unexpected events. Willing to work flexible hours.
- *Motivation*
Demonstrating the ability to encourage and motivate participants to continue/complete treatment using motivation interviewing and other skills.

Qualifications of Position:

The Clinician must possess a master’s degree in social work, counseling or related mental health field. Must be passionate about community-based work and home visiting. At least three years’ experience working with maternal depression and/or cognitive behavioral therapy preferred.

Other:

- COVID-19 vaccination
- Act 33/34 and FBI clearances are required
- Must possess a valid unrestricted Pennsylvania Driver’s License
- Must possess current and valid unrestricted automobile insurance and be listed as an insured driver
- Must have reliable transportation to support families on a need basis

Supervisory Relationship:

This position works under the direction of the Mental Health Program Manager.

Physical Demands:

- Position is “hybrid” office/ community/ home. This is **not** a “remote” position.
- The work performed is 30% office work requiring sitting, typing and answering phones, with occasional light lifting, carrying, stooping, standing, bending, walking and filing.
- Intense mental, visual and aural attention is required as the work involves responding to requests, planning or performing work that is at times, can be fast-paced.
- The other 70% of the position is conducted in the field. Candidate must possess the ability to work at locales outside of the office environment.
- Out of town and overnight travel may be required on occasion.

Compensation:

The starting salary range for this position is \$40-45,000, commensurate with skills and experience. We offer a comprehensive and competitive benefits package.

FLSA Status: Exempt

Email resume and cover letter to hr@hsipgh.org.

Reasonable accommodations may be made to enable individuals with disabilities to perform essential functions. Nothing in this job description restricts management’s right to assign or reassign duties and responsibilities to this job at any time.