



## Recreation Therapist Job Description

**Location: YMCA of Cumberland, Amherst, NS**

**Program: Integrated Youth Services (IYS)**

**Position Status: Part-time**

**Compensation: \$30.00 - \$41.00 per hour**

**Reports To: Site Manager of Youth Leadership and Development**

**There is potential inside all of us – we all have it in us to shine.**

Every charity exists to help solve a problem – our charity exists to help solve many problems, from childcare shortages, social isolation, mental health issues, access to wellness, and more. Today, our network is spread across 100+ program locations in HRM and the province, meeting the most urgent needs of our communities in mental health supports, accessible childcare, supporting an increasing immigrant population, safe spaces for youth to grow and lead, helping to navigate a precarious labour market, delivering wellness programming for all, and creating community for isolated older adults.

We give people the tools, encouragement, and safe space to discover their inner strength. When they know someone's in their corner, with unconditional support, they realize they can do more than they thought possible. It's your support, expertise, and guidance that helps people ignite their full potential and shape our neighbourhoods into vibrant and healthy communities.

**With us at their side, they can Shine On.**

### **As part of your total compensation:**

- Receive a complimentary YMCA membership to our Health & Fitness facilities
- Discounts on YMCA childcare and camp programs
- 3 weeks' Vacation entitlement and paid wellness days
- Comprehensive benefits package and pension
- EFAP Program

### **About the Role:**

Integrated Youth Services (IYS) is a dynamic international and pan-Canadian movement that aims to transform how youth access and receive services for substance use, mental health issues, and other key challenges. Operating within a community-led, partnership-based model, Integrated Youth Services-Nova Scotia (IYS-NS) will offer young people and their caregivers a range of in-person and virtual services, programs, and support, in one convenient location. In doing so, IYS-NS sites will provide a coordinated response that puts youth and caregivers at the center.

Reporting to Site Manager and working under the clinical direction of the site Mental Health & Addiction Clinician, the Recreation Therapist (RT) employs a relational, empowering, trauma-informed, and equity-focused approach to practice with youth ages 12 to 25. The RT facilitates well-being and improved quality of life for and with youth who are experiencing challenges related to mental health and addictions.

The RT collaboratively develops and implements tailored, responsive individual and group programming, including life skills programs, mental health/addiction education and peer support groups, and cultural and recreational activities.

The RT works collaboratively with youth, members of the Integrated Youth Services team, and others, to help youth meet their goals and to support changes to care plans as needed.

**In this role you will:**



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Embrace a wholistic approach to youth well-being, informed by the [Pan-Canadian Guiding Principles of IYS](#), the social determinants of health, and the principles of equity, diversity, inclusion, reconciliation, accessibility, and anti-racism (EDIRAA).

Under the clinical supervision of the site MHA clinician, provide direct service to youth, ages 12 to 25, including:

- Collaborating with colleagues, youth, and caregivers to identify appropriate youth to work with the RT/OT, develop treatment goals, develop and implement treatment plans, integrate with other services, and continually monitor youths' progress to ensure the appropriate type and intensity of services.
- Conducting, interpreting and utilizing standardized assessments of functioning and life skills.
- Collaborating with care providers to integrate service delivery at all levels, successfully connect youth/caregivers to services, and facilitate the coordinated transfer and secure attachment of young people to adult services.
- Where required, assisting youth in entering data (identified in the minimum data set) into the IYS-NS data platform.
- Making use of data to guide care conversations and interventions.
- In accordance with an established site outreach plan, proactively engage with youth and young adults in the community who may benefit from IYS, in order to develop a rapport and introduce them to IYS.
- Maintain timely and accurate electronic case documentation.
- On an ongoing basis, work with site staff and management, IYS coalition member organizations, Youth and Caregiver Advisory Committees, Collaborating Service Providers, and the IYS-NS Provincial Leadership Team, to ensure that the Pan-Canadian Principles of IYS guide all aspects of site services.
- Take part in relevant committees, working groups, and IYS-NS Communities of Practice.
- Take part in IYS planning, development, team-building, research, evaluation, and quality improvement initiatives (locally, provincially and occasionally nationally).
- Take part in regular performance appraisals and employer/IYS-NS training and professional development.
- Act professionally and ethically, following all organizational and IYS-NS policies procedures, applicable legislation and regulations, and professional standards and code(s) of ethics.
- Assist with the reception, welcome, and drop-in functions of the IYS-NS site.

### Education and Skills Qualifications:

- Bachelor of Recreation with an emphasis in Therapeutic Recreation or Bachelor of Science in Therapeutic Recreation required.
- Certified as a Therapeutic Recreation Specialist by the National Council of Therapeutic Recreation Certification (NRTRC) required.
- Demonstrated ability to develop and maintain a strong, positive relationship with youth who are struggling with addiction and/or mental health challenges required.
- Experience in assessment, functional goal-setting, treatment planning, and case management required.
- Demonstrated well-developed knowledge and skill in the areas of equity, diversity, inclusion, reconciliation, accessibility, and anti-racism (EDIRAA) required.
- Demonstrated skill in group facilitation and program development required.
- Demonstrated extensive knowledge of mental health and addiction issues required.



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- Demonstrated knowledge of and commitment to trauma-informed care and person-centred care required.
- Demonstrated excellent skills in communication, conflict resolution, de-escalation, and crisis intervention required.
- Demonstrated good judgment and high levels of interpersonal sensitivity and diplomacy.
- Demonstrated skill in role modelling, mentoring and youth development required.
- Demonstrated ability to take direction, and to work both independently and collaboratively required.
- Demonstrated ability to work as part of an interdisciplinary team required; previous experience working in an integrated service delivery model preferred.
- Demonstrated ability to prioritize workload, be flexible in response to changing demands, and ensure effective organization and time management required.
- Demonstrated ability to maintain timely and accurate client records required.
- General knowledge and skill regarding MS Office computer applications, file management, email programs, data entry, and conducting online searches.
- Ability to provide services in person, via text & telephone, and virtually (from the IYS site) required.
- Competencies in other language(s) an asset.

### To Apply:

Please apply online **by January 23, 2025** at [administration@cumberland.ymca.ca](mailto:administration@cumberland.ymca.ca)

Please note that all successful candidates are required to provide:

- Criminal Record Check, Vulnerable Sector Check, and Child Abuse Registry Check (less than 6 months old), if 18 years of age or older
- Attend all required Child Safeguarding Training and undergo all Child Safeguarding Policy requirements in the assigned timeframes
- Valid First Aid and CPR Certificate (or willingness to obtain within 3 months of employment)
- Proof of Naloxone training within the last 12 months (or willingness to obtain within 3 months of employment)
- Current certification in Non-violent Crisis Intervention (or willingness to obtain within 3 months of employ)

Please note, Background checks are reviewed on an individual basis – offenses, if any, are based on role and Child Safeguarding requirements, and may not eliminate candidates from employment at our YMCA.

At the YMCA, we are committed to fostering a diverse, inclusive, and equitable workplace where every team member feels valued, respected, and empowered to bring their full, authentic selves to work. We believe that a variety of perspectives, backgrounds, and experiences enrich our YMCA, enabling us to better serve our communities and fulfil our YMCA Purpose. As an equal opportunity employer, we welcome applications from individuals of all backgrounds, including Black, Indigenous, People of Colour, racially diverse, 2SLGBTQIA+ individuals, gender-diverse people, people with diverse abilities, members of ethnic minorities and faith groups, foreign-born residents, and veterans to apply.



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If you require accommodation during the hiring process, please inform us in advance to arrange reasonable and appropriate accommodation.

