



Metro Community Health Center

Mobile Therapist

Metro Community Health Center extends great benefits to our eligible employees.

MCHC current benefits are:

- MCHC pays 100% of the employee premium for UPMC Medical, United Concordia dental, STD, LTD and Life insurance
- VBA vision coverage is offered as voluntary coverage that is paid for by the employee
- Medical and Dependent Care FSA and HRA
- 2 weeks of paid parental leave
- 20 days (4 weeks) of PTO for your 1st two years
- 12 paid holidays
- 401k with a 4% match

POSITION SUMMARY

Metro Community Health Center is looking for a dedicated Mobile Therapist to join our Mobile Mental Health Program. The chosen candidate will deliver therapy and treatment to children, adolescents, and adults, diagnose mental illnesses, and provide treatments in underserved communities throughout Pittsburgh. Our services aim to bridge gaps in healthcare access across various neighborhoods and demographics, serving populations like the uninsured, homeless individuals, those in poverty, substance abuse sufferers, disabled individuals, at-risk children, veterans, isolated seniors, members of the LGBTQA+ community, sex workers, and others who need mental health support but struggle to access traditional care settings. In addition to therapy, the mobile therapist will participate in outreach and educational activities at various events and gatherings, ensuring that high-quality care is accessible to everyone, regardless of their financial situation.

ESSENTIAL FUNCTIONS

- Screen, assess and provide psychotherapy to adults, adolescents, and children with common mental health and substance abuse issues.
- Use standardized assessment tools and measures to determine appropriate treatment recommendations.
- Collaborate with clients to develop strength-based, developmentally appropriate, individualized treatment plans and use evidence-based techniques such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Behavioral Activation,

Problem Solving and Motivational Interviewing to support clients in reaching their treatment goals.

- Offer crisis intervention support and referral to clients in acute distress or experiencing psychiatric emergencies.
- Work with Mental Health Case Manager to facilitate care coordination, resource navigation, and linkage to services as deemed clinically and socially necessary for mental health treatment.
- Participate in regularly scheduled caseload consultations with assigned clinical supervisor.
- Maintain accurate and up-to-date clinical documentation including progress notes and treatment plans.
- Use provided tools to track patient care and treatment as needed to evaluate specific outcome measures.
- Stay current on best practices in mental health treatment by attending relevant training and workshops.
- Ensure compliance with ethical and legal standards of practice, including maintaining client confidentiality and upholding professional boundaries.
- Support the 988-crisis system by helping stabilize community members, reducing Emergency Department visits, and enhancing overall community mental health.

POSITION REQUIREMENTS

Skills/Abilities

- Strong clinical assessment, diagnostic and treatment planning skills.
- Effective communication and interpersonal skills.
- Flexible scheduling to accommodate client needs and activity schedules, some evening and weekend work required.
- Demonstrates critical thinking skills along with success in managing difficult patient situations.
- Must demonstrate cultural competence and sensitivity in working with individuals from diverse backgrounds.
- Must be able to establish rapport with clients, demonstrate empathy and maintain a nonjudgmental attitude.
- Travel to neighborhoods such as Wilkinsburg, Braddock, Forest Hills, Homestead, Penn Hills, Downtown, Uptown, Rankin and other communities up the Monongahela River.
- Mobile van setting
- Proficient in using technology platforms or tools commonly used for documentation and communication purposes.

Education/Experience

- Master's degree in counseling, Social Work, Psychology, or related field.
- Pennsylvania State licensure as a therapist (LCSW, LPC, LMFT, etc.).
- Experience providing evidence-based, trauma informed therapy and psychiatric services to diverse populations using various methodologies, principles, and theories.

Physical Requirements:

While performing the duties of this job, the employee is regularly required to sit; use hands to manipulate objects, tools or controls; reach with hands and arms; and talk and hear. The employee must frequently lift and/or move up to 10 pounds and occasionally lift and/or move up to 50 pounds. Specific vision abilities required by this job include close vision, distance vision, peripheral vision, depth perception and the ability to adjust focus. Noise level in the work environment is usually quiet.