



Position: Behavioural Health Consultant

Employment type: Temporary until December 2023, Part-time (0.9 FTE, 36 hours per week)

*This is a partially decentralized position working in various medical clinics throughout Edmonton; primarily in west and southwest neighborhoods. As you may visit multiple clinics within a workday, a valid driver's license and access to a vehicle is required. The EWPCN Central Office is located inside Meadowlark Health & Shopping Centre.

Job Posting ID: BHC-2511

Objective: Mental Health and Wellness is a growing priority for healthcare providers in the Edmonton Zone. Behavioural Health Consultants support patient care by providing consultative behavioural health services to physician members and their patients.

Behavioural Health Consultants (BHCs) are generalists (often nurses or social workers) who work to promote overall health using Cognitive Behavioural Therapy (CBT) model, in combination with motivational interviewing and acceptance and commitment theory. BHC's focus on how thoughts, feelings, and behaviors negatively impact health or functioning. BHCs do not provide counselling.

They work as part of the integrated Medical Home team and are ideally co-located in family doctor offices to facilitate the delivery of team-based care. Common issues treated by BHCs include stress, emotional reactions like anxiety and depression, dysfunctional lifestyle behaviors such as emotional eating and addiction, and health diagnosis when a component of thoughts/feelings or behaviors contributes to decline.

Care is delivered by way of 9 – 10 pre-booked 15-30-minute patient appointments per day. The appointment starts with an assessment, followed by brief interventions using a patient-centered, strength-based approach emphasizing goals and teaching. BHCs do not provide counselling. The focus of the BHC's work is on collaboration, and you must be flexible in your work schedule to be successful. Time management skills are essential to success in this role.

- ❖ Working with a multidisciplinary team, BHC's focus on overall population health, prevention and self-management with patients who are experiencing medical and behavioural health problems
- ❖ BHC's partner with the patient and their primary care physician to help the patient build personal resiliency and to encourage taking personal responsibility for their health.

- ❖ Our forward-thinking BHC's are compassionate and eager to support the community using a variety of multi-disciplinary resources.

ABOUT THE EDMONTON WEST PRIMARY CARE NETWORK:

With a mission to support family physicians in improving primary care through relationships, collaboration and innovation, Edmonton West Primary Care Network is a group of family doctors who work with other health professionals to coordinate the comprehensive delivery of primary care services for their patients. Our team of health professionals include Nurses, Dieticians, Pharmacists, Behavioural Health Consultants, Social Workers and Exercise Specialists who collaborate to provide comprehensive primary care services for the community.

Qualifications

- 4 year post-secondary degree in Nursing or Social Work
- 3 – 5 years of experience in Cognitive Behavioural Therapy (CBT)
- Strong knowledge of health psychology and the use of psychotropic medications is essential.
- Collaborative
- Flexibility and adaptability (able to pivot)
- Excellent time management skills
- Knowledge of Behavioral Health Consultant Model is an asset
- Driver's license and access to a vehicle to travel between clinics
- Police Information Check including Vulnerable Sector Check
- Experience working with electronic health records is an asset

In this role, you can expect to:

Provide Direct Team-Based Patient Care:

- You have developed consultation liaison skills regarding behavioural health and medical concerns
- You are familiar with goal directed, solution focused, lifestyle change interventions
- You are passionate about the multidisciplinary care model
- You have excellent written and verbal communication skills
- You are patient-centered and act with integrity, respect and compassion, including high self-awareness pertaining to confidential information
- You like the idea of working in a variety of medical clinics, have excellent time management skills and the ability to prioritize and multi-task
- You are flexible and collaborative with strong follow-through and attention to detail
- You are computer-savvy and use research to guide your decision making and recommendations
- You see our vision and mission, and have seen how a preventative focus on wellness in primary care creates on-going relationships that positively impacts patients for their entire lives.

Utilize Your Leadership Skills to:

Providing the best primary care to our community.

- Demonstrate your enthusiasm and passion for providing quality care
- Actively participate in program development and evaluation
- Be adaptable and establish yourself as a go-to resource for IDT members
- Conduct research and clinical teaching activities that encompass all domains of practice
- Develop collaborative strategies to improve patient care
- Promote EWPCN programs and resources in the community

Our Primary Care Team enjoys:

- Ability to work within your full scope of practice and impact the community in a positive manner, with opportunities to collaborate with other disciplines
- 80% employer paid benefits, including: extended health, travel, dental, life and disability insurance coverage
- Retirement Savings: 8% RRSP Matching Program
- 3 weeks (6%) of annual vacation
- Access to sick, personal and professional development hours
- Up to \$750 per year to fund professional development opportunities, in addition to EWPCN-directed training

Applications

To apply, please send your resume and cover letter to Iryna Kannin, Human Resources and Payroll Administrator at human.resources@ewpcn.com. The posting will remain active until August 18, 2022, so we invite you to submit your application as soon as possible.

Thank you for applying to the Edmonton West Primary Care Network!