

UMatter Behavioral Health Expert/Facilitator – Youth Mental Health Job Description

Friendship Circle of Washington

The Friendship Circle of Washington serves young people with intellectual and developmental disabilities as well as typically developing teens across King County. Our 12 programs are built on the belief that human connection and community are the cornerstone of quality of life and indeed, success. We empower our participants with special needs, supporting them to cultivate meaningful relationships and live a fulfilling life. We uplift our typically developing teen participants, equipping them with the internal tools and external support systems to successfully navigate mental health challenges and prevent future crises. With powerful peer relationships at the center of all we do, we break down barriers associated with disability and mental health, supporting young people of all abilities to develop the social-emotional and life skills to live a happy life and realize their goals.

UMatter is Friendship Circle of Washington's response to the desperate need for adolescent mental health services in King County. Since 2020, U Matter has operated teen-led, in-school mental health awareness weeks, teen support groups, and educational programs. U Matter focuses on both peer-to-peer and professional support with the aim of breaking down mental health stigma to ensure that more teens in need of support feel comfortable accessing necessary services. U Matter is on the cusp of great growth and we are seeking an experienced Behavioral Health Expert/Facilitator to help support and grow this program.

Primary Responsibilities:

- Plan and facilitate teen support groups;
- Schedule and facilitate case management meetings with teens;
- Maintain up-to-date case notes and notes on Support Groups;
- Ensure teens are receiving relevant community mental health resources;
- Cultivate key connections with faculty at King County area high schools;
- Engage in continuous training to stay updated with the latest best practices in the field of youth mental health;
- Become a suicide prevention certified SafeTalk trainer;
- Aid U Matter Program Manager with teen recruitment when necessary;
- Other duties as assigned

Required Qualifications & Personal Qualities

- Certificate in a mental health-related field (CYMHS, LMHC, LCSW, MSW, etc.);
- Experience working with teens in the mental health realm is preferred;
- Effective written and oral communication skills;
- Strong organizational skills and the ability to work on a team are essential;
- Ability to maintain confidentiality and strong personal boundaries, while building trusting relationships with teens;
- Demonstrate proactive initiative and enthusiasm in fulfilling U Matter requirements while

- working closely with Program Manager and Program Director;
- Comfort navigating the unexpected and exciting challenges/ambiguity that accompany the program start-up phase;
 - Excellent organizational, written and oral communication skills including the ability to manage multiple channels of communication, including social media, email, text, etc.
 - Some Sunday and Evening flexibility.

Annual Salary: \$56K+, based upon experience. Benefits included.
Open until filled.

To inquire please send a cover letter detailing your qualifications and interest along with a resume to esther@friendshipcirclewa.org.