

## **Professional Support Program Counsellor (two positions available)**

### **About the Professional Support Program**

Doctors Nova Scotia's Professional Support Program (PSP) provides confidential peer-to-peer support for members and their families who are dealing with personal or professional problems. Veterinarians, veterinary students and veterinary assistants may also access support.

The PSP responds to the urgent needs of members in crisis and supports initiatives, workshops and other resources that promote wellness, resiliency and balanced living. Based across Nova Scotia, PSP counsellors have no affiliation with licensing and regulatory bodies or related university training programs of the professions they serve.

**Doctors Nova Scotia is seeking two PSP counsellors to provide advice, peer support and assessments to determine what services will best meet each client's needs.** Counsellors will also provide information about and recommendations to other services, such as private psychologists and counsellors, community support groups, and residential treatment programs.

The PSP counsellors will work closely with clients to address problems and answer questions, gather and provide information and advice, and connect clients to resources in their community. The PSP counsellors will establish and maintain relationships with clients while developing trust and rapport. The peer will act as a coach and mentor, helping clients set goals and work towards developing skills.

They will work collaboratively with DNS and system partners to create and support a comprehensive and holistic approach to wellness.

The role involves administrative duties, such as sending and receiving e-mails and telephone calls, and completing required documentation. Counsellors will also complete any training required for the position. They will communicate and work collaboratively with team members, attend team meetings and meet with supervisors to discuss performance.

### **Role description**

- Assess clients either in person or by phone to determine specific needs
- Provide peer counselling around common issues, such as stress, occupation issues and burnout
- Collaborate with PSP coordinator/counsellors and other stakeholders
- Maintain records in confidential database
- Manage cases of patients with complex issues
- Provide information about and recommendations to other services, such as private psychologists and counsellors, community support groups and residential treatment programs
- Facilitate referrals to psychiatrists and addiction medicine specialists

### **Qualifications**

- Actively practising medicine in Nova Scotia
- Extensive family medicine experience would be an asset
- Insured by the Canadian Medical Protective Agency

- Knowledge and skills in providing support from an anti-racist, anti-oppression framework
- Knowledge and skills in applying harm-reduction principles, ability to meet and engage in clients “where they are”
- Knowledge and experience providing trauma-informed peer support
- Understanding of issues of mental health/addictions
- Extensive knowledge of community supports and services an asset
- Excellent oral and written communication skills
- Ability to collect relevant data and submit reports as required in timely and accurate manner
- Able to work both on a team and independently and able to work with community service provider
- Candidates must have experience in mental health and/or addictions problems
- Knowledge and familiarity of mental health and social service systems
- Must possess excellent interpersonal skills and should be able to adapt to change situations
- Willingness to collaborate with others required

This is a paid position. Please submit your application to Jennifer Boyter, [jennifer.boyter@doctorsns.com](mailto:jennifer.boyter@doctorsns.com) by Friday, November 20. Please include in your application, a cover letter, curriculum vitae and three references.