



## **EMPLOYMENT OPPORTUNITY**

**Position:** Cultural & Land-Based Mental Health Worker (Youth)

### **Background:**

Incorporated in 2017, the Matawa Health Cooperative (MHC) is a Matawa First Nation owned and controlled health co-operative that provides health care services to enhance existing health services to achieve long-term health and well-being for all members within the nine (9) Matawa First Nations. It is overseen by a Board of Directors and is a member of the Health Care Co-operatives Federation of Canada. The MHC is community-driven with available services being tailored to individual community's needs. It is the first of its kind in Canada.

The MHC works to incorporate traditional healing and medicines in addressing the wholistic health needs of the Matawa First Nations focusing on the priorities of mental health and addictions, diabetes, and chronic diseases.

MHC is now accepting applications for **Cultural & Land-Based Mental Health Worker (Youth)**.

### **Position Summary:**

The MHC Cultural & Land-Based Mental Health Worker (Youth) will work collaboratively with the MHC Cultural Coordinator, MHC Mental Health Team, trusted Elders, Traditional Knowledge Keepers, and existing Matawa First Nations community front-line staff/supports to ensure that cultural and land-based opportunities are readily available and accessible to Matawa children, youth, and families. The MHC Cultural & Land-Based Mental Health Worker (Youth) will assist with coordination, support, and involvement as it pertains to cultural and land-based workshops, programming, events, etc.

The MHC Cultural & Land-Based Mental Health Worker (Youth) will offer their presence with the intent of offering mental health support and interventions should any situations arise requiring it. Additionally, they will be responsible for assisting the Cultural Coordinator with the development, distribution, and promotion of wellness-based resources and materials that focus specifically on Indigenous ways of being, traditions, and culture. All of this must be done from a holistic perspective; seeking to address all areas of wellness including: physical, mental, emotional, and spiritual.

### **Specific Duties Include:**

- Assist the MHC Cultural Coordinator with the development, planning, and delivery of cultural and land-based wellness programming and/or events to Matawa children and youth who are in Thunder Bay as well as the Matawa First Nation remote communities. Flexibility with delivery and facilitation of programming is required as this may be done in person, hands-on/land-based, or online/virtually;
- Offer mental health support and interventions should any situations arise requiring it. Maintain competency as it relates to mental health and wellness issues and topics, and act as a resource person to Matawa children and youth;

- Support Matawa children and youth in addressing mental health issues that may include but are not limited to: trauma, grief and loss, depression/anxiety, self-harm/suicide prevention services, harm- reduction, safety planning, substance misuse and addictions;
- Develop, distribute, and promote cultural-based wellness resources and materials that are focused on Indigenous ways of being, traditions, and culture;
- Plan, organize, offer, and delivery of cultural and land-based wellness presentations & workshops;
- Offer education and accessibility to our Matawa children and youth as it pertains to traditional, spiritual, and land-based healing practices, approaches, and beliefs (e.g.; sweat lodge, ceremony, fasting, traditional teachings, use of and harvesting of medicines, medicinal use of plants, etc.);
- Work to establish an online presence on social media platforms with the intent of reaching a greater audience/more Matawa members;
- Maintain accurate and confidential client records electronically in a timely manner;
- Follow duty to report requirements as necessary;
- Work as part of a multi-disciplinary team/work collaboratively with Director of Mental Health Services, Cultural Coordinator, MHC's Mental Health Team, Youth Staff, MHC's Health Promotions Educator, and MHC's Mental Health Promotions Resource Worker (Youth);
- Connect Matawa children and youth to culturally relevant supports as requested/needed;
- Will require frequent travel to Matawa First Nation communities, often by small aircraft;
- All other duties as deemed necessary by your immediate Lead/Supervisor.

#### **Preferred Qualifications, Experience, Knowledge, and Abilities:**

The Cultural & Land-Based Mental Health Worker must possess a diploma related to the field of Social Work (e.g., Indigenous Studies, Native Child & Family Services, Social Service Worker). Applicants with a Secondary School Diploma/equivalency will be considered in instances where they have credible hands-on experience which would have prepared them to be capable of performing the duties and responsibilities associated with this position. Minimum of 2 years' experience working with Indigenous children, adolescents and/or families in a social services field preferred.

Applicants must be able and willing to travel to the Matawa communities as required, and must have a valid G Class Driver's License (Ontario). Applicants must be willing to provide a police criminal background check and a vulnerable sector check.

Candidate should have excellent leadership skills. They should be creative, patient and encouraging. Candidate should have a genuine interest and passion for cultural, traditional, and land-based activities with an ability to engage others and spark their interest and curiosity as it pertains to cultural, traditional, and land-based activities. Candidate should demonstrate sound ethics (personally and professionally) and the ability to display and support Matawa Health Co-operative's vision, mission, and goals in providing respectful and effective health care/mental health services.

#### **The incumbent should also have proficient knowledge in the following areas:**

- Strong understanding and knowledge of traditional, spiritual, and land-based healing practices, approaches, and beliefs;
- Knowledge of assessment tools and harm-reduction practices;
- Knowledge of basic counselling techniques/foundational theories, principles, and practices as they relate to Social Services, Social Work, and/or Counselling;
- Familiar with privacy, confidentiality, and duty to report;

- Understanding and knowledge of cultural history, teachings, and stories (e.g., storytelling, legends, clan systems, Grandfather teachings, medicine wheel);
- Understanding/ knowledge of traditional land-based/life skills (e.g., hunting, fishing, trapping, hide tanning, birch bark/bead work, clothing and footwear, ribbon skirt/shirt making, and moccasins, etc.);
- Understanding and knowledge of traditional, spiritual, and land-based healing practices, approaches, and beliefs (e.g.; sweat lodge, ceremony, fasting, traditional teachings, use and harvesting of medicines, medicinal use of plants, etc.);
- Familiar with creating and facilitating programming as well as development of resources and materials;
- Experience with planning, organizing, and delivering programs/events;
- Knowledge of culturally inclusive supports/services, both in Thunder Bay and Matawa communities;
- Knowledge of First Nations culture, history, community-based services, geographic realities, and social conditions within remote First Nations communities;
- Cultural Competency.

**Location:** Thunder Bay, Ontario (with travel to Matawa road-access and remote communities)

**Salary:** Commensurate with experience

**Term:** Full-Time Position, Dependent on Annual Funding

**How to Apply:** Please send your cover letter, resume and three references to:

Matawa Health Co-operative  
 RE: Cultural & Land-Based Mental Health Worker (Youth)  
 233 Court Street South  
 Thunder Bay, ON P7B 2X9  
 Fax: (807) 346-2371  
 Email: [MHC-Careers@matawa.on.ca](mailto:MHC-Careers@matawa.on.ca)

**Deadline:** Open Until Filled

***Matawa First Nations Management has adopted a COVID-19 Vaccination Policy by which all staff, who are eligible, must be fully vaccinated. If you have any questions or concerns regarding this, please contact us.***



- CIRCLE OF BELONGING -