



## **EMPLOYMENT OPPORTUNITY**

**Position:** Travelling Mental Health & Wellness Worker

### **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.

The organization is accepting applications for **Travelling Mental Health & Wellness Worker**.

### **Position Summary:**

The Travelling Mental Health & Wellness Worker provides mental health counselling, case management, support and intervention services to First Nation Matawa members. The majority of the nine communities are remote, not road accessible and only assessable by air transportation.

### **Some specific Duties Include:**

- Provide solution-focused counselling services to Matawa members who are in Thunder Bay as well as the Matawa First Nation remote communities.
- Case management skills (scheduling and managing appointments, home visits, and wellness checks which may be in person and/or virtually).
- Support Matawa members 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, and substance misuse and addictions.
- Advocacy and assistance with system navigation, support, and referrals (coordinate and

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[www.matawa.on.ca](http://www.matawa.on.ca)



network with community services and supports to provide members with services that address their individualized needs).

- Maintain accurate and confidential client records electronically and in a timely manner.
- Follow duty to report requirements as necessary.
- Work as part of a multi-disciplinary team (includes but is not limited to MHC Staff, Chief & Council, Matawa Health Directors, Crisis Teams and Workers, Elders and Traditional Knowledge Keepers).
- Plan, coordinate, and deliver/facilitate culturally relevant mental health and wellness programming for Matawa members. Flexibility with delivery and facilitation of programming is required as this may be done in person, hands-on/land-based, or online/virtually.
- Participate in regular supervision meetings.

For more details, please review the Travelling Mental Health & Wellness Worker Job Description.

### **Benefits of working for the Matawa Health Co-operative:**

- Optional flexible schedule to support work-life balance.
- HOOPP pension plan available to all employees.
- Canada Life benefit plan that includes dental, healthcare and vision care.
- Employee & family assistance program (EFAP) available to all employees.
- Competitive salaries and paid vacation time.
- Making a difference for Matawa communities.

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

**Salary:** Commensurate with experience

**Term:** Full-Time Position

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

Matawa Health Co-operative  
RE: MH & Wellness Worker  
523 Algoma St. N.  
Thunder Bay, ON P7A 5C2  
Fax: (807) 346-2371  
Email: [mhc-careers@matawa.on.ca](mailto:mhc-careers@matawa.on.ca)

**Deadline:** Open Until Filled

**For additional information, please view the job description at the Matawa website:**

[www.matawa.on.ca](http://www.matawa.on.ca)

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