



# Youth to Text and Telehealth for Engagement in Care

## Y2TEC Counselor Job Description Example

**Job Summary Description:** In the US, youth and young adults living with HIV (YLWH) have the lowest level of virologic suppression compared to older age groups and experience significant health disparities with regard to HIV treatment initiation and clinical outcomes. Additionally, mental health (MH) and substance use (SU) impact every step of the HIV care continuum from diagnosis to virologic suppression and exacerbate socioeconomic challenges of linkage and sustained access to healthcare.

The iVY (Intervention for Virologic suppression in Youth) study is an NIH-funded randomized clinical trial that aims to test the efficacy of a "youth-friendly" technology-based intervention among YLWH (18-29 years old) in CA. This piloted and protocolized intervention combines: (1) brief weekly sessions with a counselor via a video-chat platform (video-counseling) to discuss mental health, substance use, HIV care engagement, and other barriers to care; and (2) a mobile health application (app) to address barriers such as ART forgetfulness and social isolation. The intervention's goal is to identify those who require more MH, SU, and/or HIV-related counseling; provide information, motivation, and behavioral skills for dealing with MH, SU, and HIV care engagement challenges to address mild-moderate MH symptoms or low-moderate levels of SU; and assist with linking/ relinking to more extensive MH, SU, and/or HIV treatment, as needed

Video-counseling will be delivered by the Behavioral Health Counselor, who will be trained and receive clinical supervision/consultation from a licensed clinical psychologist. The Behavioral Health Counselor will use their skills to provide culturally appropriate, trauma-informed, evidence-based individual counseling and crisis intervention. They will also support research activities such as refining the intervention manual, developing treatment checklists, creating and implementing research procedures, preparing manuscripts for publication, and developing presentations or presenting data, as needed.

### **Key Responsibilities:**

- Provides counseling, clinical consultation and / or psychotherapy to clients. Develops and communicates treatment plans, provides crisis intervention/management and emergency services as required.
- Assesses clients and determines appropriate therapeutic approaches in consultation with other behavioral health professionals as appropriate.
- Arranges for therapeutic interventions for clients with serious disturbance problems.
- Leads educational workshops, support groups and/or retreats for center.
- Participates in, or leads, training sessions and workshops to enhance treatment skills.
- May lead paraprofessionals in performance of clinical duties.
- May provide management consultation or coaching to department managers.

## **Knowledge, Skills and Abilities**

- Thorough knowledge and understanding of clinical counseling principles, methods, procedures, and standards.
- Thorough knowledge of legal and ethical issues related to patients' rights.
- Ability to evaluate the progress of therapeutic approach and modify as necessary.
- Ability to develop and present educational programs and/or workshops.
- Highly effective problem-solving and critical-thinking skills.
- Ability to work in a highly collaborative manner with a diverse client group.
- Highly effective verbal and written communication and interpersonal skills.
- Knowledge of business software and specialized applications/systems used in behavioral health settings.
- Experience working with ethnically, culturally, and sexually diverse populations.
- Knowledge of HIV treatment and prevention with a focus on harm reduction.
- Minimum of six months experience providing counseling services to adults with HIV, six months experience with young adults (18-29), and six months experience working with people who use substances.
- Demonstrated skills in evidence-based individual psychotherapy (e.g. CBT, DBT, Motivational Interviewing, etc.).
- Comfort in using technology such as use of telehealth, text messaging, and mobile apps.

**Education/Licenses:** *Master's degree in a related area or equivalent experience.*

Eligible for registration with the California Board of Behavioral Sciences or the Board of Psychology. This registration, not necessarily licensure, is required to legally perform these clinical services with this population.

Common problems solved by the employee:

- Psychosocial assessment and treatment is often difficult because of clients' variable motivation, concentration, and reporting accuracy, combined with multiple psychiatric and medical disorders. The counselor needs to implement assessment and interventions in ways that clients can relate to.
- The counselor will anticipate and identify clients' challenges to engagement in HIV treatment, and will suggest/implement solutions according to study protocol and clinical training/experience.
- The counselor will develop intervention and research protocols to ensure study goals are met.

Less frequent and more complex problems solved by the employee:

- The counselor needs to monitor for, identify, prevent or manage adverse therapeutic outcomes with clients, and to foresee outcomes that may negatively impact the client, study, UCSF or collaborating health care providers.
- The counselor will review processes and outcomes, and present suggestions to increase effectiveness of services.

Problems/situations that are referred to this employee's supervisor:

- Client death, injury, or other adverse outcome
- Patient census drops or is unmanageably high