

YouThrive – Youth Wellness Centre

38 James Street South, Suite 200 Hamilton, ON

Year 2 Practicum

Spring/Summer 2024

Please provide a description of the practicum site and student activities:

YouThrive is a new mental wellness program which is a partnership between Youth Wellness Centre, Thrive Child and Youth Trauma Services, Aboriginal Health Centre, and Hamilton Regional Indian Centre. Our program provides mental wellness services such as individual counselling, individual and group peer support, psychiatry, psychology, and occupational therapy services to Black, Indigenous and racialized young persons and their families. The goal of the program is to provide mental health services for young persons and their families who have or are currently experiencing race-based trauma in their lives. The front-line team members are all persons who identify as Black, Indigenous and racialized. Our goal is to provide an alternative to mainstream mental health services and also our scope of work entails engaging child and youth mental health service providers in formulating methods to increase their level of cultural accountability and therefore, their capacity to support Black, Indigenous and racialized clients.

Prospective students would be able to shadow and facilitate individual assessments and counselling sessions. In addition, prospective students would be able to support with program development and evaluation activities for the program. Students would also be able to assist with facilitating peer support groups.

The program is mobile and some travel may be expected by student, depending on the needs of the client.

Practicum Requirements:

- **Black, Indigenous and/or racialized student**
- Immunizations per PHA Guidelines
- N95 Respirator/Mask Fitting
- Covid Vaccinations
- Influenza Vaccination (Flu shot)
- Lived experience/Current member of the community being served
- Evening attendance

Fields(s) of Study for this Practicum:

- Children and their Families
- Social Justice and Diversity
- Mental Health and Health

Does your practicum require any previous experience? If yes, please specify.

- Experience working with Black, Indigenous and racialized young persons in a social service setting.
- Some experience working in a mental health setting

Please indicate whether this practicum will be in-person, remote or hybrid.

Hybrid

Please indicate whether this practicum will involve direct work or a mix of direct and indirect.

Mixed

Number of practicums offered? 1

Field Instructor(s)' name and credentials:

Jaleesa Bygrave, BSW, MSW, RSW

Do you require a resume? Or resume and cover letter?

Both required

Accessibility Considerations:

- Will the student have access to a private space for notes or computer use? Yes
- Are there breaks between clients/patients/meetings? Yes
- Is the practicum considered fast-paced? Medium
- Is there a high noise level in the practicum? Low
- Is the site wheelchair accessible? Yes
- What are the physical demands of the practicum?
- Are there any other accessibility considerations that potential applicants with disabilities should be aware of?

Parking is a barrier as there is no parking lot and staff/learners would have to pay for parking or access public transit to get to placement.

Students registered with University of Toronto Accessibility Services may receive appropriate accommodations for practicum settings. To register: <https://studentlife.utoronto.ca/department/accessibility-services/> or call 416-978-8060

If you are interested in this practicum, please send a cover letter and resume to miri.ben.dat@utoronto.ca by 4 pm on February 29, 2024. Applications will be forwarded on to the site.