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**JOB TITLE:** Perinatal Mental Health Therapist

**SUMMARY:** The Perinatal Mental Health Therapist will provide specialized therapeutic services to adolescents and young women navigating the emotional and psychological aspects of pregnancy, childbirth, and early parenthood.

**REPORTS TO:** Social Work Supervisor

**STATUS:** Part-time, nonexempt

**HIRING PAY RANGE:** $80 - $100 per hour, depending on experience

**Who we are:**

Now in our 121st year of service to the Charlotte community, Crittenton is a non-profit organization whose mission is to empower women and children through education, health, residential care, and supportive services. We envision ending the generational cycle of poverty and trauma, creating better tomorrows. We’re nationally accredited and guided by a trauma-informed model of care to make our clients feel safe, supported, and empowered.

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Want to see where you could be working?

Head to our website to view a virtual tour of our beautiful new 38,000 square-foot facility!

[www.crittentonofnc.org](http://www.crittentonofnc.org)

**Working here:**

The Perinatal Therapist will focus on addressing issues such as prenatal and postpartum depression, anxiety, birth trauma, grief and loss, relationship dynamics, and adjustment to parenthood. The ideal candidate will have experience in perinatal mental health, a strong understanding of the challenges faced by parents during this life stage, and a compassionate, client-centered approach to therapy. Preference will be given to therapists who are bilingual and have lived experience in the foster care system. This is a contract/grant-funded position.

**Specific Duties and Responsibilities:**

* Provide trauma-informed and culturally responsive individual therapy to pregnant individuals and new parents participating in Crittenton’s residential program.
* Offer specialized support for individuals dealing with prenatal and postpartum depression, anxiety, birth trauma, grief, and loss.
* Conduct intake assessments and develop personalized treatment plans based on the client’s needs and goals.
* Support clients in developing coping strategies to manage stress, anxiety, and emotional challenges related to the perinatal period.
* Facilitate group therapy sessions or workshops focused on perinatal mental health, when appropriate.
* Collaborate with other healthcare providers, including obstetricians, midwives, pediatricians, and other mental health professionals to provide holistic care.
* Maintain accurate and up-to-date clinical documentation in accordance with ethical and legal standards.
* Develop appropriate diagnostic impressions and treatment plans for all clients in a timely and culturally responsive manner.
* Refer clients to appropriate case management services, in support of client’s optimal functioning.
* Document therapeutic services and service delivery via proper client paperwork, initial assessment forms and progress notes, according to agency standards.
* Follow agency protocols around typical clinical risk management issues, to minimize risk to the client and to the agency.
* Able to work independently as well as collaboratively in a team environment.
* Obtain necessary Continuing Educations Units (CEUs) in accordance with license/ certification.
* Incorporate trauma-informed care philosophy, practices, and strategies in all activities.
* Maintain caseload of up to 12 individual clients.
* Complete data collection, data entry, and required reports and other related administrative paperwork in accordance with the program timelines and standards.
* Attend internal and external meetings with staff.
* Promote, support, and demonstrate Crittenton’s mission, vision, and values through both behavior and job performance and adhere to policies, procedures, and standards on a day-to-day basis.
* Effectively coordinate client care with other service providers, case managers, and community resources to assure continuity of care as needed.
* Stay informed about the latest research, techniques, and resources related to perinatal mental health.
* Provide crisis intervention when necessary and make appropriate referrals to additional services or resources.
* Adhere to the Code of Ethics as governed by the National Association of Social Workers or the American Counseling Association.

**Qualifications:**

* At least 3 years of directly related experience
* Proven experience working with trauma survivors, particularly foster care youth or young adults.
* Training or certification in evidence-based trauma modalities, including DBT, TF-CBT, and MST.
* Strong understanding of cultural humility and the ability to work with diverse populations.
* Experience addressing behavioral challenges, trauma, and independent living skills development.
* Ability to work independently and collaboratively in a team environment.
* Must have clean driving record and valid driver license
* Commitment to Crittenton’s mission, vision, and values
* Must pass background check and drug screening (**answering “yes” to having a conviction(s) does not automatically disqualify you from employment. The nature of the offense, date of occurrence, and the job for which you are applying are also considered)**

Preferred Qualifications:

* Lived experience with the foster care system.
* Additional training in substance use treatment or co-occurring disorders.
* Experience with data collection and outcome reporting in therapeutic settings.

**Education:**

* Master’s degree or higher in Social Work, Counseling, Psychology, or related field.
* Current licensure (LCSW, LCAS, LPC, LMFT, or equivalent) in the state of North Carolina.