

Certified Substance Abuse Counselor I

Reports To: Substance Abuse Program Director

Location: Yreka, Happy Camp, and Orleans Communities

Salary: \$14.00 to \$17.00 per hour, depending on experience

Summary: The mission of the Karuk Tribe's Substance Abuse Program is *"to provide culturally sensitive services to Native Americans and their families as well as other people living in the communities we serve."* The Certified Substance Abuse Counselor shall be responsible for providing a full range of drug/alcohol treatment, prevention and aftercare recovery services for clients and their families as needed. The Counselor shall identify trends, problems, and needs for service in the Karuk communities and shall collect and analyze data for organizational improvement. The Counselor shall carry out their duties with professional and personal integrity while being a team members, providing continuity of care in compliance with JCAHO/AAAH standards.

1) What are your typical job responsibilities?

Run outpatient program. Facilitate groups and education, do intakes and discharges, one on one counseling sessions, develop treatment plans and recovery plans, work with courts and social workers, facilitate Batterer's Intervention groups, case management, CAIR/AAIR provider (including billing).

2) How do you *really* spend your day?

I spend my day managing files, talking with clients, and facilitating groups.

3) How do you organize your day to ensure you get everything done?

I generally dedicate a day to doing certain tasks, one day I will file stuff, one day I will do billing, and Thursdays I work in Happy Camp doing groups.

4) What education/career paths lead you to this position? Were there any life changes that guided your way to this position (ex; closing of the mill, desire not to leave area, family)?

I got a job at a residential treatment center just trying to work my way through college. This was a job, not a career, which turned into a career.

5) Uppers; what is the thing that you love most about your job?

What I love most about my job is being able to help others turn from a state of despair and hopelessness into something meaningful.

6) Downers; what is the thing that you love least about your job?

What I do not love about my job is that I must work with broken lives day in and day out. It tends to take its toll on me personally.

7) What inspires, excites, and/or motivates you in your job?

What inspires me and motivates me the most about my job is when someone beats the odds and makes it. Seeing someone overcome the demons and become a productive member of society.

8) What does your average work week schedule look like (ex; hours worked, meetings, appointments, traveling, etc.)?

My average work week looks like more hours than I get paid for, often times including nights and weekends. I have groups scheduled four days a week, currently Mondays have two BIP (Batterer's Intervention Program) groups scheduled, 10 am & 1 pm. On Tuesdays I have a BIP group at 10 am and an AOD (Alcohol and Other Drugs) group at 5 pm. Wednesday there is an AOD group at 5 pm. Thursday I have BIP groups in Happy Camp at 2 pm & 4 pm. I have regularly scheduled one on one appointments scattered throughout Monday through Thursday. Fridays I leave open for client transports, field work, and other misc. work. There are always meetings and trainings that have to be worked in or the regular schedule must be modified.

9) How do you relieve stress?

I relieve stress by spending time with my family in Redding on the weekends, particularly my parents and/or my granddaughter. I ride my motorcycle. I enjoy movies, fishing, and going to church. I pray a lot and talk to my mother, mentor, and friends.

10) Does your job include a lot of traveling? Do you enjoy it?

My job does require a lot of traveling and it really does not bother me. I enjoy driving, especially the river road.

11) What advice would you give to someone interested in this line of work?

I would tell someone interested in this line of work that one must have a servant's heart. People do not do this work for the money. I would also advise them to have a strong network of support available and to use it. Find ways to not take on the stresses of the people that we work with. Most importantly, take care of yourself, the greatest tool counselors can have is their own health.

12) What does a typical day in your world look like?

A typical day in my world is full of sunshine, warmth, smiles, flowers, and love!