

Position Description: Wellness Coach

Duties and Responsibilities:

1. Provides care coordination to individuals in mental health and substance use treatment who have complex health conditions.
2. Provides screening and monitoring of health indicators to assess for health risks.
3. Provides care management services including developing wellness plans, providing education and training on benefits of exercise, nutrition, smoking cessation, stress management, and weight management.
4. Promotes client self-direction, empowerment, and holistic care.
5. Develops a bidirectional coordination protocol between CRC and SSM Health.
6. Documents client contacts in the electronic health record.
7. Completes documentation including service delivery within established time frames.
8. Complies with all agency policies and procedures.

Qualifications and Other Skill or Knowledge Requirements: Bachelor's degree in social work, public health, exercise science, healthcare or other relevant field. Ability to communicate effectively both orally and in writing with persons of diverse backgrounds and perspectives. Understanding and consistent articulation and practice of recovery principles, person-centered care, motivational interviewing, and trauma informed care.

Supervisory Relationships: Reports to the Project Director

Amount of Travel and Any Other Special Conditions or Requirements: Regular local travel.

Valid driver's license and proof of auto insurance required.

Salary Range: \$18 to \$18.96 per hour

Hours per Day or Week: 40 hours per week.