



## **Family Peer Supporter – Parent Group Facilitator**

**Are you a dynamic, committed individual looking to make a difference in the lives of members of our community?**

### **About CMHA:**

The Canadian Mental Health Association (CMHA) holds a unique position in Alberta. Every day it acts as a bridge between the medical world and the wider community. By maintaining a focus on client-centered work, CMHA is a provincial leader in mental health awareness and education, peer support, suicide prevention, help and distress lines, rural mental health service delivery, and in the 10-year plan to end homelessness. In a wide variety of approaches and venues, CMHA's evidence-based programs and resources build awareness, reduce stigma, build resiliency, and supports recovery.

### **About the Project:**

Evidence supports early intervention and family support as critical to the recovery of children and youth with mental illness. The Canadian Mental Health Association (CMHA) in Alberta has been asked to coordinate the implementation of peer-to-peer family support groups in six Alberta cities co-created with the Ministry of Human Services.

Parents and caregivers often have a difficult time coping with a mentally ill child or young adult and often wonder how best to parent and provide support. Families impacted by a mental illness diagnosis or addiction can find it particularly difficult to get the help they need. Many families indicate the need for greater support and education related to the mental health needs of their children.

A quality peer-to-peer family support program provides compassionate support, along with specific information and resources to aid individuals in maximizing their ability to assist their dependents affected by mental illness while maintaining their own mental health.

CMHA's peer-to-peer family support group's target population is the parents and caregivers of children or young adults experiencing a mental health concern. The support groups are for adults only. The program will start with an information session and then 8 weeks from start to finish. Each group will be supported by two CMHA staff members, one will be the "Family Peer Supporter – Parent Group Facilitator", and the other will be the "Parent Group Host".

**The Position:**

POSITION TITLE: Family Peer Supporter – Parent Group Facilitator

POSITION SUMMARY: The Parent Group Facilitator will learn to provide Peer Support to family members through the facilitation of an 8 week Peer to Peer Support Group

PLACEMENT: This is a contract position; the hourly wage will be \$35.00.

TIME COMMITMENT: Three hours per week starting June 02 ending March 31, 2018.

***Please note that the successful candidate will be required to take training over two weekends in June 2, 3, and 4 as well as June 23, 24, and 25, 2017. Ability to attend weekend training is a requirement for this position. Hours and expenses for participating in training will be paid.***

**Qualifications/Requirements:**

- Have experience in supporting a loved one or family member with a mental health concern.
- Experience working or volunteering within addiction or mental health considered an asset.
- Familiarity with peer support and have a deep commitment to understanding the recovery model, and willingness to share your experience/story as part of your peer role.

**Peer/Client Service Responsibilities:**

- Commitment and availability to attend 2 weekends of training and participate in webinar and telephone training and support
- Willingness to be mentored by a fellow peer and willingness participate in consultation with the Alberta Division Project Coordinator
- Participate in the CMHA 'Peer Community of Practice' and ongoing peer support mentorship program
- Remain current with new policies, services, resources and legislation applicable to the mental health community and peer movement.
- Demonstrated behavior consistent with organizational values and peer support code of conduct.

**Skills and Personal Attributes:**

- Ability to effectively provide empathetic and supportive direction via all communication types.
- Supports peer empowerment and assists peers in learning how to advocate for their own needs.
- You demonstrate deep respect the group you support, your peers and community partners.
- Active listening skills.
- Sound judgement and the ability to work independently and as part of a team.
- Strong relationship building skills and demonstrates good judgement regarding boundaries and limitations related to peer's concerns, a peer's personal or financial concerns and interpersonal relationships with peers.

**Application Process**

Submit a resume and cover letter to [adminassistant@woodbuffalo.cmha.ab.ca](mailto:adminassistant@woodbuffalo.cmha.ab.ca) Please put “**Family Peer Supporter – Parent Group Facilitator**” in the subject line. The attachments should be in MS word or PDF format. For more information, please email the above e-mail address.

Competition will remain open until a suitable candidate is hired.

Only successful candidates will be contacted.