

CANADIAN MENTAL HEALTH ASSOCIATION – YORK AND SOUTH SIMCOE BRANCH

VOLUNTEER PLACEMENT DESCRIPTION

CHOICES

Position Title:	CHOICES - Volunteer Coach
Reports To:	Program Coordinators, Lisa Wood and Shirley Woods
Purpose:	Be a positive role model for young people. Choices is a program that encourages youth between the ages of 12-17 to make informed and relevant decisions and to promote positive choices in their lives.
Requirements:	<ul style="list-style-type: none">- Must be 19 years of age or older- Available during the day and evenings- Attend a 10-week <i>Choices</i> group for youth ages 12-17, as a volunteer coach.
Location:	Various locations across York Region & South Simcoe

MISSION STATEMENT OF AGENCY

As a leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery from mental illness.

PROGRAM OVERVIEW

What is a coach?

Coaches are from all walks of life. Coaches are a positive role model for youth and are an integral part of the success of the Choices program. Coaches share values of trust and respect. They value their role and are supportive to youth. As a result of this role, you will be strengthening our community, where we live, work and play.

What is Choices?

Choices is a 10 week group for youth age's 12-17. The focus is on substance abuse **prevention** by helping youth develop resistance, social and self management skills. Weekly topics include communication, decision making, relationships, goal setting, coping strategies, self respect, and social media. The groups are highly interactive, evidence based curriculum, involves activities, videos, games, discussions, behavioral rehearsals, and guest speakers to keep the youth engaged. Choices targets youth who demonstrate social and psychological factors that are known to lead to substance use and other risk taking behaviors.

RESPONSIBILITIES AND DUTIES

- Adhere to CMHA's written Volunteer Policies and Procedures.
- Inform supervisor of issues that might interfere with volunteer placement or performance of volunteer role.
- Contribute to the development of the agency/program.
- Maintain confidentiality with respect to information about clients, family members, and others.
- Work in partnership with the Program Coordinators.
- Ability to work with limited supervision following orientation.

COMMITMENT

- Completion of a minimum of six months volunteer placement
- Attend weekly groups for 10 weeks.
- Groups may run in the evenings, with a commitment of 2-3 hours each evening.
- Groups may run during the day at a variety of schools in York Region and South Simcoe with a commitment of 2-3 hours each day.
- Notify program coordinators, in advance if you are not able to be present for a group.
- Reliable, have a passion for and enjoy working with youth, and be an understanding listener.
- Completion of general orientation and on-the-job training; to be arranged with Supervisor
- Complete a Vulnerable Sector Screening Check.
- Attend Volunteer Training.
- Be available for an interview with either of the program coordinators.
- Complete training in AODA, WHMIS, and Violence in the Workplace.
- Monthly Activity Forms identifying volunteer hours will be completed and submitted to the supervisor for signature at the end of each month.

CMHA, York Region Branch supports the recovery of people with mental illness and promotes diversity in the workplace. We encourage consumers, women, aboriginal people, people with disabilities, and members of the LGBT, visible minority and immigrant communities to apply.

To request this posting in an alternate format or to request accommodation in the application process, contact us by email at nbrouillard@cmha-yr.on.ca

While we thank all candidates for their interest, only those selected for an interview will be contacted.