



Canadian Mental  
Health Association  
Niagara  
*Mental health for all*

## INDIVIDUAL COMMUNITY ACCESS VOLUNTEER POSITION

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**Position Title:** Individual Community Access Volunteer

**Reports to:** Volunteer Coordinator

### ***About CMHA Niagara***

*CMHA, Niagara is a non-profit, charitable organization committed to promoting mental wellness and to improving the lives of people in its service area who have mental illness as well as their families. CMHA Niagara achieves its mission through a number of programs and services. CMHA, Niagara is committed to a recovery philosophy and practice which focuses on the potential for people with mental illness to lead full, productive and engaged lives in their communities. The Branch works in partnership with many others who share in the commitment to supporting the broad determinants of health.*

### **Position Summary:**

Trained volunteers will be matched on a one-to-one basis with people living in the community who are recovering from mental illness. The volunteer will meet regularly with the client(s) out in the community to facilitate social and community connections. The objective is to promote, support and/or encourage independence the areas of social, leisure and recreational skills, working with the Case Manager (CM) and client's pre-stated goals. This role is non-clinical.

### **Essential Job Functions:**

- Develop a friendly, supportive relationship with selected client partner to assist in their development in social, leisure and recreational skills
- Work cooperatively with the client partner and professional staff to identify areas of common interest and plan activities
- Engage in various activities including: gardening, music, arts and crafts, yoga, cooking/nutrition, physical fitness/recreational activities, sports, etc.
- Consult with professional program staff (CM) as needed and maintain communication on a monthly basis (minimum) with Volunteer Coordinator
- Provide encouragement and support to client in reaching program goals
- May provide some life skills coaching at the direction of the professional program staff (taking bus, home organization etc.)
- Maintain privacy and confidentiality of client partner outside of reporting responsibilities with professional staff
- Develop case notes after each meeting with client partner
- Log hours and mileage

### **Essential Job Requirements:**

- Able to provide support and encouragement to people experiencing mental health issues to enhance their quality of life

- Minimum age of 18
- Willing to:
  - Provide application information and participate in a selection interview
  - Participate in volunteer orientation and ongoing training sessions specific to role
  - Participate in match closure meeting at end of commitment
  - Submit to a police records check
  - Provide the names of two credible references
  - Participate in an evaluation meeting
  - Sign a confidentiality statement
  - Background in social service field and those with lived experience an asset

**Benefits as a volunteer:**

- Gain experience working in the health and social service fields
- Opportunity to provide input into the development of community mental health services
- Opportunity to learn up-to-date, accurate information about mental illness and the people who experience mental illness
- Personal growth and satisfaction from helping others

CMHA Niagara is a culturally competent organization and is committed to building an inclusive community that respects the dignity and independence of candidates with multicultural and diverse backgrounds, multilingual abilities, and experience with the GBLTQ community. Candidates with a multicultural and/or diverse background would be considered an asset.

*If you are interested in applying for this exciting volunteer opportunity, fill out an online application at <http://www.cmhaniagara.ca/volunteer> or contact the volunteer coordinator below:*

Kayla Carneletto  
 Volunteer Coordinator, CMHA Niagara  
 kcarneletto@cmhaniagara.ca  
 905-688-2543 ext 633

***Vision***

*CMHA, Niagara is a catalyst for an innovative, inclusive and recovery-based community.*

***Mission***

*CMHA, Niagara furthers its vision by serving individuals holistically to develop and strengthen their place in the community:*

***HEALTHY INDIVIDUALS = STRONG COMMUNITIES***  
***HEALTHY COMMUNITIES = STRONG INDIVIDUALS***

***Values***

*Service    Respect    Integrity    Teamwork    Competency*