



Canadian Mental
Health Association
Niagara
Mental health for all

SOCIAL SUPPORT VOLUNTEER POSITION

Position Title: Social Support 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 provide social interaction to those with mental illness. The Volunteer will meet regularly with the client(s) via telephone, Skype or email to encourage social connections. The objective is to promote, support and/or encourage independence the area of social skills while providing a listening ear to the concerns of the client. This role is non-clinical.

Essential Job Functions:

- Speak with clients on a weekly/biweekly basis to encourage social skills and/or to assist the client while on the waitlist for services at CMHA
- Actively listen to client to develop a friendly, supportive relationship
- Speak with client about various topics depending on their needs (social, leisure, etc.)
- Provide encouragement and support to client in reaching program goals
- Maintain privacy and confidentiality of client outside of reporting responsibilities with professional staff
- Develop case notes after each meeting with client
- 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 662

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