

CMHA values diversity and welcomes applications from First Nation, Inuit and Metis, New Canadian, racialized, differently abled and LGBTTTQIA+ communities.

***Mental Health and Well Being Education Presenter
CMHA Ambassador***

Purpose:

Mental Health and Well Being Education Presenters are volunteers that will support CMHA's mission, vision and values by providing presentations to junior high and high school students, workplace groups and community groups in the Alberta Capital Region. Presenters will work to reduce the stigma of mental illness and promote CMHA Edmonton's goal of mentally healthy people living in caring communities.

Tasks:

- Provide presentations on mental health and wellbeing to students in schools, workplace groups and community groups as requested
- Respond to questions about CMHA Edmonton as needed
- Travel to presentation site or CMHA office as needed
- Be prepared and able to present via online platforms (for example Zoom)
- Represent CMHA Edmonton in a professional manner while abiding by CMHA Edmonton code of conduct and policies

Time Commitment:

- Between 2 to 5 hours per event
- Monday- Friday during daytime hours, with occasional evening and/or weekend opportunities
- Minimum 1 or 2 events per month
- Minimum 6-month commitment

Skill & Knowledge Requirements:

- Engaging and outgoing personality
- Previous public speaking and group experience, punctual, reliable, non-judgemental, warm and empathetic
- Great understanding and knowledge of mental health and recovery
- Education in a mental health field, Mental Health First Aid (MHFA) or / Applied Suicide Intervention Skills Training (ASIST) preferred
- Recovery oriented

Other Requirements:

- A personal cell phone to communicate with volunteer supervisor or delegate upon arrival and departure from event site
- Ability to travel within the Alberta Capital Region while transporting equipment and supplies

- Ability to lift and carry up to 25 lbs
- Police Information Check with Vulnerable Sector Search
- Intervention Record Check

Training & Skill Development

- Orientation to agency and position (Approximately 4 hours)
- Position-specific training including one opportunity to observe a presentation, and one opportunity to co-present, before delivering presentations independently.
- Optional monthly in-services on matters related to mental health, mental illness and recovery
- Completion of Gender-Based Analysis+ within the first 3 months of start date

Screening:

- Application Form
- Interview
- Police Information Check with Vulnerable Sector Check
- Intervention Record Check
- Reference Checks (2)
- Performance will be evaluated periodically

Supervision:

- Volunteer reports the Education Services Administrative Coordinator
- Volunteer receives support from the Education Services Administrative Coordinator and the Volunteer Resources Coordinator.

Benefits:

- Volunteer recognition activities throughout the year
- Ongoing training opportunities with monthly agency-wide in-services
- Recognition for years of service
- Invitation to the CMHA Edmonton Annual General Meeting and other special events
- Monthly CMHA Edmonton newsletter

Working Conditions:

- Give presentations at schools, post-secondary institutions, workplaces, community centres and conference centres.
- May be required to complete tasks including materials pick-up and drop-off, setting up and tearing down of Information Booths, and staffing Information Booths as part of the presentation you are providing.
- Wheelchair accessibility cannot be guaranteed at all events.
- CMHA Edmonton will provide all printed materials, signage, booth materials, first aid kit, PPE including face mask and hand sanitizer and more.

Volunteers will embody the vision, mission and values of CMHA Edmonton

Our Vision

Mentally healthy people in caring communities.

Our Mission

Building healthy and resilient communities by providing mental health services, education resources, and crisis intervention.

Our Values



**Canadian Mental
Health Association**
Edmonton
Mental health for all

Social justice and inclusivity
Empathetic, respectful relationships
Collaboration and partnerships