

Peer Support Facilitator – Volunteer Position

Youth Rising Above (YRA) is an organization dedicated to inspiring, empowering and transforming the lives of the next generation...youth!

Our Mission: An inclusive and supportive space, including a knowledge exchange hub, where young people may access low-barrier opportunities through experiential learning focused on physical and mental health, education, and leadership development, to help overcome barriers caused by poverty.

Our Vision: A country where every young person has opportunities to live enriching and fulfilling lives through accessing innovative and engaging programs and services that are relevant and meaningful, while being inspired to contribute to the well-being and vibrancy of their communities.

Who We're Looking For: YRA wants to ensure our youth receive quality service from dedicated, passionate and intrinsically driven team members, which is why we're first and foremost seeking team members who will embody our values of **loving** youth unconditionally no matter their circumstance; **supporting** youth to achieve personal wellness; **encouraging** youth despite the challenges they encounter; safely **challenging** youth to build resiliency and overall growth; and **transforming** youth to become changemakers in their own communities. If you're looking to support an organization that puts its people first, thereby ensuring our youth receive the best possible care, and if you're driven to lift others up, consider joining our team!

Rising Together: Depression and Anxiety Peer Mental Health support groups seek to improve the overall mental well-being of youth through empathetic, holistic and trauma-informed conversation, and are open to young people aged 16-24 years old. Our groups adopt a person-centered approach to navigating through the circumstances and things that impact our mental health. Participants are open to interact with a community of other peers who may have been through similar circumstances, while they learn coping strategies, gain insight and listen to others express the feelings and emotions surrounding their mental well-being.

For more information on the Rising Together program, visit: www.youthrisingabove.org/rising-together

Peer Support Facilitator – Volunteer Position

Position Description: Facilitators are responsible for creating a safe and welcoming environment to provide support for youth seeking mental health care. With support and oversight from program staff, facilitators are responsible for carrying out program processes and leading supportive, empathetic, and trauma-informed conversations that are inclusive of diverse cultural, gender, social and psychiatric identities and meet youth 'where they are at.' Within both group and individual settings, Facilitators are expected to draw on both personal and community knowledge of diverse peer experiences with a holistic understanding, incorporating training and personal experience, resources sharing, and psycho-educational components into group conversation.

Team members are expected to engage in and actively seek out continuous learning and capacity building opportunities, both individually and collaboratively, and be involved in regular program evaluation processes to contribute to the quality assessment and improvement of program structures and service delivery. Peer Support Facilitators are required to complete a 32-hour training program and to shadow other experienced facilitators prior to leading groups on their own.

Anticipated Start Date: October 6th, 2021

Time Commitment: 5-6 hours per month

Location: Remote (with option of in-person facilitation/meetings in the future)

Mandatory Facilitation Training Dates: Wednesday evenings 6-9pm EDT, October 6th – November 24th, 2021

Responsibilities/Duties

- Successful completion of a 32-hour peer support training program, and additional training and facilitation shadow sessions as needed
- Provide support that is rooted in anti-oppression, and trauma informed and recovery perspective, and with supportive listening which offers hope, and encouragement
- Understand and carry-out program processes and group structure
- Facilitate groups in a way that engages youth and creates meaningful and relatable discussion
- Collaborate with team of facilitators on how to best support youth who access services, and improve program delivery, and better meet youth needs
- Participate in and actively seek out training and educational opportunities and knowledge of best practices in peer support and youth care
- Attend mandatory monthly or bi-monthly Community of Practice (COP) meetings and actively participate in regular educational discussions to build individual and team capacity, and develop new skills
- Identify youth in need of social supports, and/or advance mental health care beyond what is available at YRA, and support individuals with referrals to appropriate services, including crisis intervention services
- Contribute to basic data collection and program evaluation processes within the facilitation team and with youth service users

Qualifications

- Candidates must be 18+ years of age
- Candidates must currently reside in Ontario, Canada. Please note: to meet program requirements, preference will be given to candidates residing in the Greater Toronto Area (GTA)
- An ability to commit to minimum 1 year term of approximately 5-6 hours per month (includes facilitating ~2 peer support groups monthly/bi-monthly, attending COP meetings, and continuous education)
- A strong intrinsic desire to serve youth experiencing social marginalization and mental health challenges
- An ability to handle stressful situations, discuss difficult emotions, and comfortable recognizing the signs of someone going into or experiencing a crisis
- Demonstrates awareness of and sensitivity to issues relating to social marginalization, systematic oppression
- An ability to demonstrate sound judgement and critical thinking skills to create solutions for unique challenges and conflict situations
- Strong verbal and interpersonal communication skills
- A desire for continuous learning and personal development, including expansion of knowledge of community resources for mental health and social needs, psychoeducation, facilitation skills, conflict resolution, mental health coping, and factors affecting mental health
- Knowledge of the issues affecting youth accessing services from Youth Rising Above (such as poverty, homelessness, social isolation, systemic oppression)

Please note: Rising Together is committed to creating a facilitation team that reflects the identities and experiences of our program and wider Youth Rising Above population. However, in order to ensure a safe and

effective experience for program participants, it is required that candidates have not accessed Youth Rising Above services as a participant within the last 6 months.

YRA welcomes and encourages applications from persons of any gender identity, sexual orientation, persons with disabilities, members of visible minorities and Indigenous candidates. Should any accommodations be required during the application process, candidates are encouraged to contact YRA.

For questions about the application process, for accommodation needs, please email the Rising Together Program Coordinator (Rebecca – she/her) at rebeccaj@youthrisingabove.org.

Interested applicants must visit the [“Join Us”](#) page on the YRA website to complete an application and submit a resume. Candidates are encouraged to apply by September 24, 2021 by 11:59pm. We thank all applicants for their interest; however, only those selected for an interview will be contacted.

Application Form/Questions:

Google Form:

https://docs.google.com/forms/d/e/1FAIpQLSf03pcZdsLamd1b1Dn9bZ6rGQbXO8gjNKfGY74aIn-30CvNmA/viewform?usp=sf_link

Resumes & Cover Letters must be submitted directly on Indeed at:

<https://indeedhi.re/3CudxGB>