



Volunteer Peer Supporter Position

Peer Support Nova Scotia (PSNS) provides social support services to persons receiving mental health care through the NSHA and supports transition to community-based peer support. Mental Health Innovations (N.S.) is the contracted service provider of this program.

Volunteer Peer Supporter Position:

Volunteer Peer Supporters work closely with PSNS Peer Supporter-Peer Support Coordinators (PSPSC). The primary role of the Volunteer Peer Supporter is to provide peer support to individuals when they are ready to make the transition from the PSPSC to the Volunteer Peer Supporter. This program is looking for individuals who could fill the role of one to one peer supporter and/or group co-facilitator.

Location: Various communities across Nova Scotia

Key Responsibilities:

Primary responsibilities include:

- Assist in providing a safe, welcoming and confidential environment;
- Provide support to peers and facilitate conversation;
- Help peers make positive connections in their community;
- Engage in supportive listening;
- Adhere to the core values of peer support;
- Participate in the community practice;
- Engage in self-care.

For those wanting to co-facilitate peer support groups, additional key responsibilities include:

- Assist in setting up location;
- Support co-facilitator to manage group dynamics;
- Facilitate discussion among group members;
- Ensure that the agenda and times are respected.

Qualifications for Both Positions:

- Must be 18 years of age or older.
- Must have personal lived experience with their own mental health and/or substance use challenges; and have been in a positive state of recovery for an extended period of time.
- Have a desire to support individuals in the community, in particular those who transition back into the community after receiving inpatient or outpatient care.
- Must have access to a reliable phone.
- Reliable access to the internet and transportation is considered an asset.
- Experience providing peer support is considered an asset.
- Having standard first aid and CPR is considered an asset.
- Having Mental Health First Aid is considered an asset.

For those wanting to co-facilitate peer support groups, these additional qualifications are preferred:

- Experience facilitating or co-facilitating peer support groups.
- Ability to embed the values and principles of peer support in a peer support group setting;
- Ability to create and maintain a safe group environment that provides participants with opportunities to learn and grow at their own pace;
- Ability to guide the group in establishing and maintaining group norms and guidelines;
- Ability to communicate in a clear and positive manner and help others do the same;
- Ability to manage difficult situations within the group and maintain individual and group safety.

PEER SUPPORT

—NOVA SCOTIA—

Those who become Volunteer Peer Supporters will be provided peer support training by Peer Support Nova Scotia.

Expectations:

Length of Commitment: Minimum 1 year.

Time Commitment: 5-10 hours per month.

Monthly check-in phone call that includes: Self-care and community of practice dedicated time (this is included in the 5-10 hours per month of your time).

Screening Process: All volunteers with PSNS must have a clear criminal background check with vulnerable sector search, and a clear child abuse registry check.

Application Process:

If you are interested in being a Volunteer Peer Supporter, please follow this link to our online application form or download our application form.

If you have any questions or would like more information about our volunteer program, please contact:

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Peer Support Nova Scotia

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