



Young Adult
Mental Health

Stella's Place Volunteer Opportunity

Young Adult Council Member

Posting Date: March 22, 2022
Application Close date: April 8, 2022

Stella's Place is the place for young adults (age 16-29) with mental health needs in the Greater Toronto Area. We provide free, comprehensive mental health services in a positive, peer engaging, non-residential community setting. These include clinical treatment services, group therapies, peer support and navigation, creative arts, fitness and wellness, as well as our online peer support app, Bean Bag Chat.

Summary:

Stella's Place is looking for young adults (16 to 29 years old) with lived experience of mental health challenges and/or substance misuse who are personally invested in supporting the mission and vision of Stella's Place by offering a young adult perspective on Stella's Place programs to ensure they are built and evaluated with, for and by young adults.

This is a one-year volunteer role (May 2022 - April 2023). The Council consists of 12 members. A monthly \$50 honorarium is offered to Council members.

Responsibilities:

- Meet regularly as a Council providing feedback and safely/bravely communicate to the best of one's abilities
- Ensure that the mission and vision of Stella's Place are carried out with, for and by young adults
- Plan and implement Stella's Place community events
- Contribute to advocacy initiatives for young adult mental health
- Ensure Stella's Place is a welcoming and diverse space focusing on resources supporting young people on their mental health journeys.
- Review annual evaluation report on outcomes, impact and young adult feedback and make recommendations
- Contribute to implementation and review of Stella's Place policies and practices relating to co-design, young adult engagement and quality improvement.
- Act as Ambassadors to speak on behalf of Stella's Place to prospective donors, government partners, media, at conferences and various community events.



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- Review and provide recommendations on the annual program & facility plans.
- Develop and publicise a bi-annual (at minimum) newsletter to update Stella's Place recent projects and to present YAC's goals and initiatives to the community.
- Provide input to Stella's Place Leadership and Board of Directors, as requested by the Board.
- Contribute to Stella's Place advocacy initiatives in the young adult mental health space.

Qualifications:

- Have direct lived experience of mental health challenges or substance misuse
- Be between the ages of 16 – 29
- In order to ensure objectivity, individuals currently enrolled in the intensive registered programs of Stella's Place are not eligible to serve on the YAC.
- Be inclusive of a range of diversities (e.g., racialized persons, indigenous people, persons with disabilities, persons of minority sexual orientation or gender identity, and all those who can provide different perspectives and contribute to diversification at Stella's Place.)
- Not be a current staff person of Stella's Place

The Stella's Place Young Adult Council (YAC) membership aims to include diverse representation with respect to age, neighbourhood, cultural background, socio-economic status, and gender identity.

Commitments:

- One year volunteer role
- Monthly 3 hour meeting
- Up to 3 hours between meetings with the opportunity for more (it's your choice!)
- Actively participate in the YAC activities including attending meetings, providing feedback and encouraging open and safe communication that accommodates every member's needs
- Prioritise their self-care to ensure they are mentally and physically available to contribute to the YAC
- Listen actively and respect different ideas and express a personal opinion without judgement
- Identify the challenges and suggest potential alternatives and/or solutions to the Staff Liaison



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The first meeting will be held virtual on May 1 2022 from 11AM to 2PM. Meetings moving forward will be held in person at Stella's Place.

Applications:

Please complete this [application form](#) to tell us more about yourself. All applications will be due on April 15, 2022. Selection will be finalized in late April.

Thanks for your interest. This will be an amazing opportunity for young adults and for Stella's Place.

DIVERSITY, EQUITY, AND ACCOMMODATION:

Stella's Place is committed to having a workforce that is reflective of the diversity of the City of Toronto in general and of our participants in particular. We strongly encourage applications from racialized persons, Indigenous persons, persons with disabilities, persons of diverse sexual orientation, gender identity and gender expression and all those who can provide and contribute to diversification of perspective at Stella's Place.

Stella's Place is committed to hiring practices that are inclusive and barrier free. Stella's Place will provide reasonable and appropriate accommodation during all stages of the hiring process in accordance with the Ontario Human Rights Code in order to ensure the equal and fair assessment of all job applicants. Applicants are asked to make any accommodation request in advance.