



Young Adult
Mental Health
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Peer Ambassador (from the BIPOC Community)

Application Posting Date: December 6th, 2023

Application Close Date: December 22nd, 2023

POSITION DESCRIPTION

Stella's Place is an innovative mental health service for young adults (16-29 years). We utilize innovative clinical practices and processes that put young adults in the 'driver's seat' of their own recovery plan. We are expanding our team to meet the growing demand for our service. Our Access Team is recruiting Peer Ambassadors. In this role you will work as a member of our multidisciplinary team to facilitate and support participants with their recovery process. You will draw from your lived experience with mental health challenges and recovery to assist participants in setting goals for their own recovery. Your collaborative work with participants will be as a coach and liaison in assisting participants to advocate for themselves.

This position requires you to use self-disclosure in a positive and practical manner to support participants' understanding of our program and service model of care. Peer Ambassadors are expected to actively engage with participants both and co-facilitate programs both in-person and through our online program delivery.

At Stella's Place, we run both clinical and drop-in programs that are specific in supporting racialized individuals. As part of our values and our service delivery to Stella's Place participants, these programs are exclusively run by racialized individuals. As such, we are looking for racialized candidates to fill this position.

As a Stella's Place Peer Ambassador, you will be involved in both low-barrier and clinical programs. You will assist in the development and delivery of programs and participate in facilitating internal co-designs that are a core component of Stella's Place programming.

Further, Peer Ambassadors are part of committees, support agency wide events, research activities, support the organization with speaking engagements and activities, and build our organizational culture.

You are expected to work in collaboration with the organization to foster a workplace that embraces diversity of experiences, opinions and identities, encourages teamwork and complies with all applicable and regulatory requirements.

The Peer Ambassador position is designed specifically to provide experience and exposure to an agency setting over the course of the year-long commitment for those new in their career. Under the Peer Ambassador, candidates must also be within the ages of 18-29.



KEY FUNCTIONS AND RESPONSIBILITIES

Programs and Services

- Connect with and support Stella's Place participants that visit our Cafe space each week
 - Foster connections with participants via lived experience and through sharing your understanding of both Stella's Place programs and community resources
 - Hold an understanding of service information and community resources that are reflective of the diverse needs of the participants
 - Support participants in understanding and connecting with other service providers and programming at Stella's Place
 - Support DBT participants to apply learning concepts in practice
 - Co-facilitate programs in a manner that center the participants and maximizes their well-being
 - Work collaboratively with the Senior Peer and the Access Manager in program development, with a key focus on program delivery
 - Work collaboratively with the Senior Peer, Clinicians, and Access Counsellor Navigators in delivering both Clinical and Access programming
 - Contribute to outreach, research and data collection for Stella's Place programs
 - Actively engage and support other Peer Ambassadors during team meetings where Peer Ambassadors can share experiences, discuss challenges, raise ideas and brainstorm solutions
- ### Participant Supports
- Participate in regular meetings with the Senior Peer and the Access Manager

Documentation

- Documentation of relevant participants interaction in accordance with Stella's Place policies, procedures and protocol
- Timely completion of participants TREAT notes, data entry as required
- Accurate and timely completion of all administrative documentation including timesheets and expenses
- Timely responses to emails and meeting invites
- Up to date and accurate recording of your daily activities in your electronic calendar

Performance Management and Professional Development

- Participate cooperatively in Stella's Place performance management system process/system



- Participate in ongoing professional development and mandatory training
- Actively engage and participate in supervisory process

Other Duties as Assigned

- Attend and participate in team/staff meeting, and all staff meetings as required
- Participate in agency quality improvement activities, e.g. committee work, special events, etc.
- Participate in quality improvement activities at the team/program level
- Ability to engage in programs and meetings with your camera on
- Participate in external committees as required
- Duties may change from time to time

QUALIFICATIONS

The successful candidate will have lived experience and have received mental health support in the past. Past participants of Stella's Place who completed the DBT program prior to 2019 or earlier are also welcome to apply.

Computer literacy and the willingness to learn new computer programs are required including the ability to use online platforms to provide programs and services. Your role will include documentation via online applications.

- Experience providing peer support through a volunteer or paid work experience
- An understanding of either CBT, DBT, Somatic Therapy, Mindfulness, Expressive Art, Yoga, Music Therapy as well as significant comfort with group facilitation and public speaking
- You possess excellent communication and interpersonal skills that will serve you well when working collaboratively with our diverse multidisciplinary team
- You possess effective decision-making, organizational and problem solving skills
- Ability to apply Recovery principles and empowerment-oriented philosophies and practices in work with participants
- Ability to observe boundaries, engage in appropriate emotional regulation, refrain from dual relationships with participants, maintain confidentiality, and engage in reasonable self-care strategies designed to reduce stress by balancing work/life responsibilities
- Your skills will include the ability to be flexible, self-reflective, supportive and demonstrate excellent boundaries
- The ability to work effectively in a dynamic and a fast-paced multidisciplinary environment and the ability to support a positive and healthy work environment are essential



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- Experience working with participants, staff, and organizations serving participants with a diversity of experiences, opinions and identities are required
- Ability to centre participants' needs during your interaction or in program or planning spaces

ASSETS

- Completion of Dialectical Behavioural Therapy and an understanding of the therapeutic skills
- Participation in training on Peer Support/Recovery
- Knowledge of Wellness Recovery Action Planning (WRAP)

REPORTING AND HOURS

- This is a full-time position prorated at 30 hours per week
- Report to the Access Manager, with training and supervision provided
- Some evenings and/or weekend hours may be required

COMPENSATION

- A generous health and vacation package; including comprehensive medical, dental and vision health benefits, 3 weeks vacation and 15 health days annually prorated to FTE
- Vacation increases after one year of service
- \$37,000 per annum at 30 hours per week

YOUR APPLICATION

Interested and qualified candidates are invited to submit their applications to jobs@stellasplace.ca

To be considered for the Peer Ambassador position at Stella's Place, you must be 18 to 29 years of age and submit your CV and a cover letter clearly stating:

- Your professional background/experience
- Why you would be a good fit with Stella's Place

We thank all candidates for their interest. Only applicants who include cover letters will be considered.

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.



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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.

Please note that due to participant confidentiality and conflict of interest we will not be accepting candidates that have accessed Stella's Place services within the last year.

We thank all candidates for their interest. Only applicants who include cover letters will be considered.