

Faculty Of Nursing
NP Mental Health and Wellness Clinic
Peer Wellness Mentor-Fall 2024

Position Title: Peer Wellness Mentor
Department: Faculty of Nursing, NP Mental Health and Wellness Clinic
Term(s): Ongoing beginning Fall 2024
Hours: 20 hours/term
Length of Position: 4 Months/term; (Fall, Winter and Spring/Summer)

ABOUT THE NP MENTAL HEALTH AND WELLNESS CLINIC

The Faculty of Nursing, Mental Health and Wellness Clinic is a nurse-specific resource: by nurses; for nurses. At the Faculty of Nursing, our mission is to care for each other by building psychological health and safety among ourselves and the people we serve. There can be heavy emotional demands in Nursing, and it can be a challenging program, and profession. The NP led clinic recognizes this and is designed to support staff and students that are struggling with experiences of anxiety, depression, unresolved grief, past trauma, or overwhelm to build awareness, self-care and resilience practices to support their wellness. The clinic forefronts the importance of learning to take care of ourselves, as none of us can give from an empty cup.

All our services are sensitive to and inclusive of everyone regardless of gender identity or expression.

POSITION DESCRIPTION

The successful candidate for this volunteer position will work closely with the team at the NP Led Mental Health and Wellness Clinic to promote mental health, resiliency, and overall wellness among Faculty of Nursing members, with a focus on students. They will help create, facilitate, and promote clinic events and be ambassadors for the clinic with their peers. This is a **non-clinical role**, and it would be **beyond the scope of this role** to offer counseling, crisis intervention, or therapeutic guidance.

Location of Work:

This position will require in person onsite work with the Faculty of Nursing. There are limited options for remote work in this position and rural students in the program will be given preferential access to any remote opportunities.

MENTOR RESPONSIBILITIES

Volunteers are required to attend 2 one-hour Peer Support Program meetings per term. As a volunteer you are expected to make up the remainder of your term hours (18) with several options. These include:

- Teaching about mental wellness in classrooms
- Outreach activities
- Specific events during the term
- Co-design work for the program
- Support clinic drop-in times
- Innovative ideas you bring forward that have been approved by Clinic Director

COMMITMENT LEVEL

This is a term-to-term position. You may request an extension of your volunteer position without reapplying if you still meet all the requirements.

There is a minimum commitment of **20 hours per term**.

Preapproved training opportunities may count for up to 3 hours per term.

BENEFITS

This role offers unique training and learning opportunities for participants and interpersonal skill development. You will also be exposed to unique nursing roles and learn about mental health and wellness to support your own developing practice.

This program is uniquely codesigned with the students that volunteer, opening an opportunity for creativity, advocacy, and development of a lasting resource for future nursing students.

QUALIFICATIONS

Personal attributes required for this role will include professionalism, maturity, and sound judgement. You will need to possess the ability to initiate conversations and engage with your peers in a supportive role. You will possess excellent listening and communication skills. Additionally, the successful candidate will hold a deep respect for diversity, encompassing diverse expressions of gender identity, sexual orientation, ethnicity, race, faith, age, and ability.

You must be in good standing with the University of Calgary and be attending classes in a part-time or full-time capacity for the term you are volunteering in. Awareness of resources and the referral processes for both on and off campus is an asset.

Preference will be given to applicants with lived experience.

Preference will be given to students that have completed at least one year of their post-secondary education.

TRAINING (Required prior to starting)

- Volunteer OH&S Orientation (online 30 minutes)
- Site specific orientation
- Create a MyImpact volunteer account and be able to navigate Better Impact
- Community Helper Training (mandatory; 3 hour)
- Suicide awareness training (mandatory); examples include:
 - LivingWorks Start Online Suicide Prevention Training (Online)
 - ASIST Training (2-day training)
 - SafeTALK/Question, Persuade, Refer

APPLICATION PROCESS

Interested candidates are asked to complete the online application (https://survey.ucalgary.ca/jfe/form/SV_9Thy6yvRmgcSKQ6). If you wish to ensure your place in a specific term, the deadline for submitting applications is **one week before the official start of term**.

Inquires may be sent to wellnessnursing@ucalgary.ca. Please include “Peer Support Volunteer” in the subject line.