STUDENT PEER SUPPORT PROGRAM

Position Description

Strengthening peer support on university campuses is an important component of the *Stay Connected Mental Health Project*. Each of the five partner universities will receive funding for two Student Peer Support Workers for the duration of the Project. *The Stay Connected Mental Health Project* is an initiative of the Nova Scotia Health Authority Mental Health and Addictions Program and is supported by the QEII Health Sciences Foundation in partnership with the IWK and our partner universities. The Student Peer Support Worker position is as follows.

Position Summary

- *Form a supportive, coaching relationship with a student who has a mental health problem.*
- *Provide support by modeling positive personal coping strategies and academic success skills.*
- *Support a fellow student by facilitating self-reflection and growth, building confidence, and encouraging healthy lifestyle choices and positive coping strategies, within the parameters of a peer support relationship.*
- *Encourage the access of mental health services, if required.*

Benefits for Student Peer Support Worker

- *Training in: mental health education, peer helping skills, responding to a mental health crisis, positive coping strategies, learning strategies, and stigma.*
- *Opportunity for self-reflection and personal growth.*
- *Develop transferable skills relevant to future career aspirations (teaching, counseling, health promotion, and other "helping" roles).*
- *Student Peer Support Workers who successfully complete the program will receive a $5000.00 honorarium for the work term of August 27, 2018 - April 20, 2019 (34 weeks).*

Eligibility

- *2nd year or above with a strong academic standing in 2017/2018*
- *Available to attend approximately 25 hours of training August 28-30, 2018 (Halifax)*
- *Available to provide weekly peer support*

- *Registered and attending classes*

Skills and Experience

- *Interest in providing personal support to a fellow student*
- *Strong communication and problem solving skills*
- *Ability to listen and convey empathy and acceptance*
- *Self-reflective, mature, and reliable*
- *A high degree of self-awareness and capacity to apply appropriate boundaries*
- *Experience providing personal support and forming helping relationships an asset (mentoring, tutoring, or coaching)*
- *Experience with peer support modalities, whether receiving support or in a leadership role an asset*
- *Experience with overcoming a personal, mental health or academic challenge. Personal experience with overcoming a mental health challenge is considered an asset; please self-disclose.*
- *Awareness and sensitivity to diversity and equity issues*
- *A valid criminal record check including vulnerable sector check*
- *Awareness of on campus resources*

Responsibilities

- *Participate in weekly peer support activities which may involve drop in centre, structured group setting or meeting with an individual student. Commitment of 7 hours per week on average required.*
- *Participate in all mandatory training sessions offered throughout the duration of the contract.*
- *Meet twice a month with the Program Coordinator or Campus Support Person and submit weekly logs of support sessions, or as determined by these two entities.*
- *Attend monthly campus team meetings*
- *Attend support network meetings with all student peer support workers across the 5 partner universities (every 3-4 weeks)*
- *Address any concerns with the peer you are supporting and promptly notify the Program Coordinator or Campus Support Person of any issues. Concerns might include: decrease in student's physical or mental health or concerns for safety.*
- *Adhere to program policies regarding confidentiality and boundaries.*
- *Contribute to the planning, organizing and /or co-delivery of Mental Health 101 presentation to staff and faculty on home campus.*
- *Adhere to University policies.*

To apply: please submit a resume with cover letter detailing your experience and interest in the position to the Alex Hall front desk by Thursday, March 1, 2018 at 4 p.m. `