



Canadian Mental
Health Association
Nova Scotia
Mental health for all



Position: Listening to One Another Elder Advisor (2 Positions)

Organization: Canadian Mental Health Association NS Division

Reporting to: CMHA NS Executive Director

CMHA NS Summary:

The Canadian Mental Health Association Nova Scotia [CMHA NS] Division is part of a nation-wide charitable organization that promotes the mental health of all and supports the resilience and recovery of people living in communities. CMHA NS Division's mission is to promote the mental health of all Nova Scotians, recognizing cultural diversity.

Our Organizational Values:

- **Community and Individual Centered:** using a community development approach to develop and sustain community partnership across all care and non-direct care sectors to support the mental health and wellness of all.
- **Culturally Sensitive and Competent:** provide the best support and guided navigation support to the right type of mental health and addiction support, services, programs and initiatives within communities.
- **Resilience-based:** drawing upon a person-centered, trauma-informed approach to provide strength-based support and services.
- **Evidence-based and Evidence-Informed:** draws upon multiple ways of knowing and understanding to direct and inform community-based mental health promotion – injury disease prevention support and services.

Team Values: Trust, Respect, Open and Transparent Communications, Collaborative in action and Collective in Decision Making

Program Description:

Listening to One Another (LTOA) is a community-driven and culturally-adapted program for Indigenous families under CMHA's Communities Addressing Suicide Together (CAST) Program. The program originates out of a collaboration between First Nations communities in British Columbia, Manitoba, Ontario and Quebec and research teams based out of the University of Lincoln, Nebraska, the University of Manitoba and McGill University. By combining the social and cultural expertise of Indigenous community members with the resources of the University-based teams, LTOA, for short promotes positive mental health over the course of 14, two-and-a-half-hour sessions. LTOA's school-based program is 7 weeks long.

Throughout these activities, families work their way through a range of themes, from community history and pride, to emotional regulation, bullying, problematic substance use, and more. Taken together, the sessions contribute to a comprehensive vision of positive mental health, meaning that wellbeing is maintained or achieved through a supportive, strength-based approach. Listening to One Another empowers youth and adults to become more resilient and self-confident, take pride in their identities, and develop effective help-seeking behaviours. In other words, LTOA is more than a band-aid program that reacts to crisis situations. Instead, it fosters wellbeing proactively to empower communities to become strong and healthy before mental health crises emerge.



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Essential Duties and Responsibilities:

- Provide traditional Mi'kmaq-based context and guidance to all Indigenous youth and parents participating with LTOA.
- Assist the facilitator with break-out sessions during lessons.
- Work in collaboration with local and LTOA support services to build a network of local community support services.
- Provide cultural-based support, advice and assistance for LTOA facilitators, mental wellness team supports and Regional Coordinator.
- Maintain confidentiality of all LTOA participants and their activities. Provide evaluative feedback to the Regional Program Coordinator (CMHA NS CAST Program Lead)
- Will not exceed 4 hours per week for 14 weeks, or 4 hours/week for 7 weeks.

Qualifications:

- Three years of experience teaching and sharing Indigenous Cultural Knowledge, either through workshops, classrooms, or in community services provision.
- Extensive Indigenous community development or partnership building experience. Strong knowledge of Indigenous knowledge sharing protocols.
- Demonstrated interest and knowledge of Indigenous history, language and culture.
- Excellent cross-cultural communication skills (verbal and written); ability to communicate information in a clear manner.
- Proven judgment and discretion in dealing with confidential and sensitive matters.
- Demonstrated ability to work effectively in diverse team environments.
- Must have access to reliable transportation. A vehicle and valid driver's license is an asset.

Dates: December 2018 – April 2019

Salary: \$35/hour

Location: Eskasoni First Nation (2 positions – one 14-week, and one 7 week position)
Sipekne'katik First Nations (one 7-week position)
Bear River First Nations (one 14 week position)

Deadline: Midnight November 30, 2018

Please provide the following upon application:

A resume and cover letter
Three references/ and or cultural- knowledge related references

Resume & Cover Letter Information Recipient:

Application Questions: Pamela Magee, Executive Director at pamela@novascotia.cmha.ca or call at (902) 466-6600.