



**Position:** Listening to One Another Program Facilitator

**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:**

- Recruit participants, organize meals and facility, invite guest speakers, prepare materials and organize a graduation ceremony – CMHA NS CAST Program Lead will assist with preparations if/when necessary
- Coordinate activities and lessons with the Elder to provide context to the lessons
- Arrive at all sessions on schedule at the agreed upon location/time
- Maintain fidelity of the program and curriculum as designed by McGill University and culturally adapted by Mi'kmaw working group
- Deliver activities to youth and adults, according to guidance in the training materials
- Participate in conference calls with the regional coordinator in the time between each session
- Report activities and results by attending all mandatory meetings
- Attend any other meetings set up by the regional coordinator
- Attend Conference Call with the Regional Coordinator (CMHA NS CAST Program Lead) after each session
- Maintain client and participant confidentiality
- Safe and confidential storage of all registration and evaluation materials
- Report all pre- and post-evaluation findings to the Regional Coordinator (CMHA NS CAST Program Lead)
- Strive to establish a safe environment throughout the program delivery.
- Facilitator will not exceed 5 hours per week (2 hours prep, 3 hours delivery, weekly for 14 weeks)
- Must attend training session in December and follow-up meeting in April.

### **Qualifications:**

- Lead Facilitator: Organizational skills, autonomy and leadership abilities
- Ability to work with a team including an Elder and members of the mental wellness team
- Experience with conducting group sessions
- Good communication skills
- Access to a vehicle, including:
- Valid driver's license
- Auto insurance on the vehicle(s) that will be used in the performance of the job
- Available for weekly conference call feedback sessions
- Available to work evenings and, depending on scheduling, weekends
- Available to attend training session and evaluation activities
- Adaptable to the participants' schedule

**Dates:** December 2018 – April 2019

**Salary:** \$20/hour (14 Sessions -January 2, 2019 through April 15, 2019) and a December Training Session and an April Talking Circle (3 hours per session)

**Location:** Eskasoni First Nation, Sipekne'katik First Nations, Bear River First Nations

**Deadline:** Midnight November 30, 2018



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Please provide the following upon application:

A resume and cover letter  
Three references

Resume & Cover Letter Information Recipient:

Pamela Magee, CMHA NS Division Executive Director [pamela@novascotia.cmha.ca](mailto:pamela@novascotia.cmha.ca) or (902) 466-6600