

Peer Support Training and Working with Communitas Peer Support Program

The following is a list of items that you should be aware of regarding participating in Peer Support Training.

Peer support workers need to have computer skills, it is necessary to have a personal computer with Video capabilities for virtual meetings and communications to train and work as a PSW.

- Must be 19 years of age or over

If accepted to the training, you can expect to

- Attend Peer Support Training which consists of:
 - 13 2.5-hour Virtual classroom sessions
 - 50-hours practicum in the Peer Support Program
 - 30 hours in a Hospital, Acute or Tertiary setting
 - 8 hours providing Group facilitation cofacilitating with a Group facilitator.
 - 12 hours of in the community role play meetings with other students.
- Applicants will be contacted to attend a mandatory orientation.
- Follow orientation applications will be reviewed, and all applicants will be notified.
- Peer Support Administrative assistant will send selected applicants the following:
 - Reference forms. 1 work reference and 1 personal reference (not family).
 - Criminal Record Check form thru our organization before starting your practicum. This will be provided to you and paid for by Communitas.
- You will expect to attend all training sessions, complete assignments and practicum assignments to complete the training.

Optional but recommended.

- Volunteer with people and resources in your community
- Take computer courses to enhance computer literacy skills.

Please note: The training does not include or guarantee an employment opportunity. If you wish to apply for work as a PSW you will need to apply for a position. See sample Communitas PSW position posting below.

Peer Support Training and Working with Communitas Peer Support Program

SAMPLE COMMUNITAS PSW POSITION SUMMARY

This casual position provides outreach services to persons served by mental health services, including emotional and social support as well as linkage to community resources. The position is under the direction of the Communitas Peer Support Program Coordinator.

SPECIFIC DUTIES

- Implement Individual Recovery Plans for persons served by the Peer Support Program
- Provide emotional and social support to persons served by mental health services through:
 - Hospital, Tertiary, telephone, or community visits with persons served
 - Use good listening skills and facilitate communication when meeting with persons served
 - Model appropriate interpersonal and social skills
 - Assist persons served to discuss their mental health issue and losses associated with it
 - Promote self-esteem through positive interactions
 - Share information about and encourage use of coping skills (stress, anger, illness)
- Link persons served to community resources:
 - Accompany persons served on social/recreational outings
 - Promote participation in self-care/home management activities
 - Assist persons served to access and utilize various service delivery systems and community resources
 - Assist persons served to develop a peer network (e.g. linking persons served with similar interests together)
- Complete documentation as required by program
- Maintain communication with Fraser Health clinical staff and Program Coordinator.
- Attend meetings as scheduled to discuss new referrals, issues or problems related to peer support
- Share information about persons served when there are problems or concerns

REQUIREMENTS

- Peer Support Worker must have lived experience with a mental health issue, must be 19 years of age or older
- Successful completion of the Peer Support Worker training program and practicum
- Must be comfortable facilitating groups
- Ability to manage personal wellness
- Computer skills, Using video conferencing applications like Zoom or Teams.
- Filling and signing PDF Documents electronically
- Using Email, sending and attaching documents
- Using internet to connect to our online network and filling forms.
- Must believe in recovery and be walking the path of recovery
- A philosophy of service that is in line with Communitas' Vision, Mission and Values
- Understand and uphold confidentiality for all people supported
- Must demonstrate a professional attitude
- Ability to be positive and encouraging in interactions with persons served
- Ability to work as a member of the team as well as being able to work independently without supervision
- Good teamwork skills, ability to maintain honest, direct and respectful relationships
- Good written and verbal communication skills
- Ability to work flexible hours as per needs of individual served
- Ability to use the public transit system
- Possession of a valid Emergency First Aid Certificate with CPR (must maintain valid certification)
- Must be physically fit to perform job duties. Job requires individual to walk and stand for long periods of time.
- Ability to quickly respond to situations both mentally and physically.
- Ability to practice safe body positioning