

COMMUNITAS - Staff Position Description
SUPPORT STAFF

TITLE: Mental Health Worker

LOCATION: First Avenue, Chilliwack

REPORTS TO: Manager

POSITION SUMMARY

This position is responsible to provide support to mental health consumers living in an assisted living setting with a goal toward maintaining an optimal level of independence. The mental health worker will provide support in all areas of living including: meals, social, mental, physical and/or spiritual, through participation in home and community-based activities. First Avenue offers a safe and supportive environment where consumers can acquire knowledge and skills that will assist them to eventually transition to a more independent setting in the community. Overnight shifts provide on call support to Transitional Living Program (TLP) clients.

SPECIFIC DUTIES

- Supports individual residents in skill-building activities identified in the residents Recovery Plan
- Assists residents in learning skills of daily living; including assisting residents in the following areas:
 - Creating a breakfast meal plan, grocery shopping and learning how to prepare meals.
 - Learning how to maintain a clean and safe home
 - Budgeting and money management
 - Accessing community resources
 - Developing a personal support system (e.g. family, friends, community groups, case manager, psychiatrist, counselor, etc.)
 - Maintaining a balanced lifestyle of work and leisure activities
 - Gaining other necessary skills for independent living
- Works with the manager to ensure the safety and well being of each resident
- Works with other support staff to ensure a continuity in activities and routines that will help each resident obtain the needed life skills to live in the community
- Follows all protocols as required (e.g. medical, nutritional, crisis intervention, etc.)
- Administers medication as required
- Prepares and serves meals and snacks according to the menu plan and Food Safe guidelines, for up to 11 residents
- Knows and facilitates residents' goals and dreams
- Supports the residents' desires for spiritual growth and development
- Consciously thinks about and promotes better ways of supporting the residents in the home
- Participates in the upkeep of residents' home; helps with house cleaning, cooking and organizing
- Participates in training/orientation of new staff
- Maintains resident records as required (e.g. daily charting)
- Participates in all program staff meetings
- Acts as keyworker to resident(s), as assigned by Manager
- Attends work related in-services as required by Communitas
- Follows through on shift assignments as delegated
- Available for nighttime support (via telephone) to clients of the Transitional Living Program as necessary
- Other duties as assigned (e.g. administrative duties, extra cleaning, etc.)

REQUIREMENTS

- Training/experience in the field of Psychosocial Rehabilitation/Psychology/Community Mental Health
- Training/experience in the safe use of psychotropic medications is an asset
- Training/experience in developing and implementing activity programs, including recreational, life skills and community access and awareness
- A philosophy of service that is in line with Communitas' Vision, Mission and Values
- Familiar with and able to implement 'Spirit of Gentleness' principles
- Familiar with and able to implement Psychosocial Rehabilitation principles fostering a belief in the recovery process
- Ability to take initiative with creativity and flexibility
- Ability to be motivational and positive in interactions with residents
- Ability to effectively access community resources
- Excellent teamwork skills, ability to maintain Honest, Direct and Respectful relationships
- Ability to receive direction as well as being able to work independently without supervision
- Ability to observe, record and evaluate change in human behaviour
- Excellent written and verbal communication and interpersonal skills
- Possession of a valid Class 5 BC drivers license
- Possession of a valid Emergency First Aid Certificate with CPR (must maintain valid certification)