



JOB OPPORTUNITY

Parent Support Coaches Confident Parents, Thriving Kids – Anxiety Program (CPTK-A) Victoria, BC

Do you want to help families reduce their child's anxiety so they can function better at home, at school and in their communities? Would you like to have the opportunity to contribute to the early implementation phases of a new, innovative program designed to reach families wherever they live in B.C.? If so, then this is a perfect role for you.

We are hiring Parent Support Coaches for a new program called Confident Parents, Thriving Kids - Anxiety (CPTK-A), **including Indigenous Parent Support Coaches to work with Indigenous families using culturally appropriate materials**. Coaches receive extensive training in evidence-based intervention strategies.

This new CPTK Anxiety Program, offered through the Canadian Mental Health Association, BC Division, will provide family-focused telephone and web-based coaching to Indigenous and non-Indigenous parents and caregivers across BC. The parent intervention will include short educational videos along with corresponding telephone coaching to help parents and caregivers develop effective skills and strategies for their children to manage anxiety symptoms and improve their functioning.

CPTK-A is delivered free of charge to parents and caregivers 6 days a week in order to accommodate the reality of busy work and school schedules for most families. Coaches are required to work some evening and/or Saturday shifts to accommodate families' needs.

About the Position

Reporting to the Program Manager, the Parent Support Coach provides direct support through scheduled structured telephone sessions to parents and caregivers with young children. The key responsibilities include:

- Participate actively in comprehensive, multi-phased training and ongoing supervision to achieve and sustain required coach competencies
- Deliver parenting support through structured individual and/or group sessions via telephone and/or web-based applications with families
- Follow legislation, policies, and protocols that support program delivery
- Maintain accurate records and documentation and manage caseloads effectively
- Participate in team-based activities that improve the quality and operations of the service.

What you will bring to the role:

Education:

Post-secondary training or certificate from a recognized educational institute in the health, human services or social services field

An applicant's combination of education, training, and work experience will be considered.

Skills/Knowledge

- Knowledge of child development and a commitment to strength based practice
- Knowledge of the principles of adult education is an asset
- Knowledge of Microsoft Office software and comfort with multi-media and digital applications
- Knowledge of culturally competent practice
- Demonstrated ability to work with diverse populations
- Demonstrated oral communication and interpersonal skills
- Demonstrated active listening skills

Experience

- Experience working with parents, families, and/or young people in a supportive and/or therapeutic role.
- Understanding of people's lived experience of mental health conditions.

Values

- You are open to receiving feedback and integrating that feedback in a timely way
- You are committed to
 - participating in ongoing learning with a team of colleagues
 - following evidence-based intervention protocols
 - meeting the needs of families by working flexible hours that will include evenings and/or weekends
- You have the ability to practice from a non-judgmental, flexible, and creative perspective when working with families experiencing challenging circumstances

Located in the heart of downtown Victoria in a heritage building close to bike paths, this position is full-time with a 37.5 hour work week. Some evening and weekend work is required. The salary range for these positions is between \$48,000-\$50,000, plus benefits.

How to Apply:

Please submit your resume and cover letter in PDF format by 4 p.m. on or before January 25, 2019 to human.resources@cmha.bc.ca . We regret that only short-listed candidates will be contacted to schedule an interview.

Interviews will be held the first two weeks of February.

CMHA BC is an equity employer and encourages applications from women, persons with disabilities, members of visible minorities, Aboriginal Peoples, people of all sexual orientations and genders, and others who may contribute to the further diversification of the Association. Lived experience of mental illness is considered an asset.