



CMHA BC Division
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Job Opportunity Parent/Caregiver Support Coach (3 vacancies)

We Are Indigenous: Big Worries/Fears Parent/Caregiver Support Program

ABOUT THE PROGRAM

The Canadian Mental Health Association (CMHA) BC Division is seeking to hire Coaches to join to the **We Are Indigenous: Big Worries/Fears Parent/Caregiver Support Program** to meet the needs of Indigenous families across BC, whose children aged 3–12 years are struggling with the experience of the Big Worries/Fears, or what the Western worldview calls anxiety. The program and content are grounded in Indigenous perspectives and the program materials were developed through the leadership and guidance of the Indigenous Advisory group, Caring in All Directions. The program content and materials were created by Indigenous writers/clinicians, and an Indigenous-owned video production company. Using some of the structure from the CPTK-A program, the We Are Indigenous: Big Worries/Fears, Parent/Caregiver program was developed by centering our First Nations, Metis, and Inuit worldviews and perspectives on Wellness and Healing within the historical and present, lived experience of Indigenous families living in BC. Learn more about the program at bigworriesstrongspirit.ca

Coaches are the backbone of this program and receive extensive training in all of the We Are Indigenous program materials and strategies. Most positions are full-time (37.5 hours/week) and are located at CMHA BC Division in the Victoria office with options to work remotely. As part of the Victoria office service array, coaches will also have a role in a variety of community education and mental health promotion initiatives.

ABOUT THE JOB

Reporting to the We Are Indigenous Program Leader, Coaches provide regular support through structured, personalized telephone sessions to Parents/Caregivers with young children. The aim of the sessions is to offer information and guided support from an Indigenous perspective to Parents/Caregivers that will help them develop a plan for managing theirs and their child's experience of the Big Worries/Fears in home, school and social settings. Coaches may also support Parents/Caregivers in the Confident Parents Thriving Kids – Anxiety program, available to parents and caregivers throughout BC which also supports families with children aged 3-12 experiencing anxiety.

Foundations

- First Nations, Metis, and Inuit original Wellness and Balance
- Response-Based Practice vs. Effects based ideas
- Collaborative and Solution Focused

Values

- Respects the knowledge sovereignty of First Nations, Métis, and Inuit cultures.
- First Nations, Métis, and Inuit originally come from Wellness.
- Centering Indigenous circular and cyclical understandings of Wellness.
- Upholds Indigenous wholistic values of interconnectedness – working communally with the land and All Our Relations.
- Commitment to following Indigenous and western evidence-based support practices.
- Commitment to work with families where they are at upholding their Dignity and Strong-Spiritedness with localized community-based approaches.
- Ability to practice from a supportive, decolonial, inclusive, and flexible foundation.
- Understand the significance of using a social justice lens when working with Indigenous families who are experiencing challenging circumstances.
- Ability to come from a creative perspective that is Dignity and Culturally centered.
- Ongoing learning circles with a team of Indigenous and Allied colleagues is important.
- Meet the diverse needs of Parents/Caregivers by working flexible hours that include evenings and/or weekends.

DUTIES AND RESPONSIBILITIES:

Some of the key duties and responsibilities are as follows:

- Deliver Parent/Caregiver support through structured individual and/or group sessions via telephone, videoconference, or web-based applications with families, keeping to the core perspectives and knowledges of the We Are Indigenous program.
- Follow legislation, policies, and local First Nations, Metis, and Inuit guidelines that support program delivery, such as:
 - Truth and Reconciliation Commission/94 Calls To Action
 - Jordan's Principle
 - Federal Act Section 92 – part vi, Constitution Act 1867
 - Freedom of Information and Protection of Privacy Act, BC (FIPPA/FOIPA)
 - BC Child, Family, and Community Service Act
 - United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP)
 - BC Aboriginal Policy and Practice Framework (APPF)
- Maintain accurate records and documentation.
- Participate in periodic community-based health fairs and events including Indigenous and CMHA/other mental health events and fairs.
- Engage in regular team processes including regular clinical supervision.
- Participate in training program/s that will support the above-mentioned coach strengths and knowledges.

PREFERRED EXPERIENCE/EDUCATION:

Education:

Bachelor's Degree in Child and Youth Care or other related fields working with families and children, with recognition given to specialized Indigenous programs. Prefer approximately 3 years of relevant experience. An equivalent combination of training, education and experience will be considered.

Knowledge/Skills

- Knowledge of and experience with BC First Nations, Métis, and Inuit perspectives relating to culture, history, knowledge systems, and communal lifeways and practices, including:
 - Knowledge of traditional Indigenous Well-being beliefs and healing practices;
 - Knowledge of utilizing a distinctions-based approach to ensure that the unique rights, interests and circumstances of the First Nations, Métis, and Inuit are acknowledged, affirmed, and implemented;
 - Knowledge of child development, including from a First Nation, Metis and Inuit worldview;
 - Knowledge and experience of adult learners from an Indigenous context;
 - Demonstrated ability to work with diverse populations (such as mixed families, LGBTQ2+, and other intersectional understandings) in an inclusive way.
- Knowledge of the Intergenerational and ongoing local, provincial and national influence of colonial policies and practices on Indigenous Peoples in Canada;
 - Knowledge of the influences of historical and ongoing colonial policies and practices that disrupt the lives of Indigenous People;
 - Understanding of government institutions, and related delegated agencies and how they can influence the context of Indigenous families and children and their experiences of the Big Worries/Fears (what the Western world calls anxiety).
- Having a basic knowledge of Response Based Practice (RBP) and Cultural Safety implementation will be considered an asset;
- Commitment to an embodied and intellectual understanding of a strengths-based practice;
- Willingness to learn;
- Active listening from an Indigenous perspective;
- Demonstrated oral communication and interpersonal skills;
- Openness to receiving constructive feedback and integrating that feedback in a timely way;
- Knowledge of Microsoft Office software and comfort with multi-media and digital applications.

Experience

- Experience working with Parents/Caregivers, Families, and Children in a supportive and/or therapeutic role.
- Understanding of people's lived experience of mental health concerns and challenges.

WORKING CONDITIONS

- This position is open to candidates around the province of BC and the job can be done remotely.
- Our office is located at CMHA BC Division office in downtown Victoria.
- The position is unionized through the Health Sciences Association of B.C with the Health Science Professionals bargaining unit and the hourly rate is \$31.99
- The usual work week is 37.5 with evening and weekend hours as required.

HOW TO APPLY:

Please submit your resume along with a cover letter, in PDF format, clearly documenting how you satisfy the requirements outlined in this job posting to careers@cmha.bc.ca by 5 p.m. on February 6th, 2023. We regret that only short-listed candidates will be contacted to schedule an interview. Given the intended reach of this program, we are actively seeking applications from First Nations, Inuit, and Metis people. We encourage you to self-identify in your application.

ABOUT US:

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health and addiction, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness and/or addiction.

We are an equity-based employer and different identities and backgrounds make us stronger. We encourage applications from people of diverse abilities, ages, gender identities and sexual orientations, as well as people who are racialized or Indigenous (First Nations, Inuit, and Métis people).