

Job Description: Mental Health Peer Group Facilitator

Welcome to Your New Role as a Mental Health Peer Group Facilitator!

We are excited to have you join our team as a Mental Health Peer Group Facilitator. Your role is pivotal in creating a safe, supportive, and empowering space for individuals experiencing mental health challenges. This is an opportunity for you to have a direct, positive impact on the lives of others while working closely with the Community Project Coordinator (CPC) and a diverse group of stakeholders.

Role Overview:

As a Mental Health Peer Group Facilitator, you will be responsible for setting up, facilitating, and supporting peer support groups. Your efforts will help establish a community-driven network for individuals to share their experiences, build connections, and receive the emotional and practical support they need. You will also play a key role in developing the group, fostering empowerment, and supporting members to become self-sufficient in their mental health journey.

Key Responsibilities:

- 1. Set-up and Facilitate Peer Support Groups**
 - a. Assist in the establishment of a welcoming and safe environment for individuals to share their mental health experiences.
 - b. Support group discussions and activities while respecting the needs and boundaries of participants.
- 2. Ongoing Group Facilitation**
 - a. Actively guide and encourage group members to build relationships and offer each other emotional support.
 - b. Help group members access mental health resources as necessary.
- 3. Empower Peer Support**
 - a. Encourage members to take ownership of the group's direction, activities, and leadership.
 - b. Foster an inclusive environment where participants feel confident to contribute and lead.
- 4. Monitor Group Progress**
 - a. Assess the evolving needs of the group and adapt activities and structure to ensure positive outcomes.
 - b. Make necessary adjustments based on feedback to continually improve the group's effectiveness.
- 5. Collaboration and Reporting**
 - a. Work closely with the CPC and other stakeholders to ensure the group's goals are aligned with the mission and needs of the community.
 - b. Assist in exploring funding opportunities for long-term sustainability of the group.

Support and Development:

- **Regular Supervision:**

You will have one-on-one sessions with the CPC to discuss group progress, challenges, and provide you with ongoing support.

- **Ongoing Support:**

You will collaborate with the CPC to address issues, ensure smooth operation of the group, and receive guidance on mental health and peer support best practices.

- **Training & Development:**

You will have access to tailored training in mental health facilitation, group management, and specialized areas such as becoming a Mental Health First Aider and completing safeguarding training.

Program Overview and Timeline:

Month 1 - Facilitator Appointment and Volunteer Recruitment

- Work with the CPC to recruit volunteers.
- Build partnerships with local mental health services for appropriate referrals.
- Set up referral processes and establish support networks for members.

Months 2 - 4 - Group Set-Up and Launch

- Establish the peer support group framework and begin publicity efforts.
- Create a welcoming environment for group members and launch two groups (day and evening sessions).
- Develop a tailored program of activities based on the needs of participants.
- Empower group members to take ownership of group activities and explore fundraising for sustainability.

Month 5 - 9 - Empowering Group Members

- Encourage members to take responsibility for the group's activities.
- Gradually reduce facilitator involvement as the group becomes more self-managed.

Month 10 – 12 Review and Future Planning

- Conduct a formal review of the group's progress with the CPC and trustees.
- Evaluate the need for additional groups, funding, or staffing.
- Assess potential funding sources and long-term sustainability for the group.

Month 12 - Transition to Self-Supporting Group

- Support the group's transition to a self-sustaining model with minimal external facilitation.
- Explore opportunities to extend the facilitator role to surrounding regions and programs.

Key Skills and Qualities for Success:

- Strong organizational and problem-solving abilities.
- A deep understanding of mental health issues with an empathetic approach.
- Commitment to promoting mental health and wellbeing in a non-judgmental manner.
- Awareness of safeguarding practices to ensure a safe space for all members.

We are excited for you to embark on this meaningful and impactful journey as a Mental Health Peer Group Facilitator. We are here to support you every step of the way, and we look forward to the positive difference you will make in the lives of those you work with!