

Supported Volunteer Group Programs at VCMHS

Are you working with someone who requires or will require some support or development in the skills necessary for success in a volunteer placement?

CMHA/VB with community partner VCHMS are introducing a new, innovative, **cross service** program called Ready, Set, Go...and Volunteer! A Volunteer Preparation Course. The program is generously funded by Vancouver Foundation.

Any person receiving services at a VCH Team or Unit may be referred to any one of 3 program courses in Vancouver. Each program is delivered by April Porter, Supported Volunteer Program Coordinator (CMHA/VB) and co-facilitated by a VCH Occupational Therapist.

The Program

The Ready, Set, GO Volunteer! Program consists of two parts:

1. A seven-session education/exploration group 'course' which will assist people to:

- Identify individual volunteer interests
- Identify individual strengths & barriers to volunteering
- Identify individual volunteer goals
- Identify individual support needs
- Produce a Volunteer Plan (a summary of the above)

2. Individual Support

The second phase is the provision of individual coaching and support by Peer Support Workers. The role of the PSW is to work with the individual is to find and maintain a volunteer placement in the community based on what the individual learned about personal strengths & barriers in the group sessions. PSW's are supervised as usual by the Team and We are hoping that total support hours for each individual not exceed 12-14 hrs.

Screening/Assessment for Suitability:

The applicant must:

- Have identified volunteering as a therapeutic goal
- Require some support or development in the skills necessary for success in a volunteer placement
- Be motivated & suitable to volunteer
- Be motivated to work towards maintaining recovery & personal empowerment
- Be able to honour commitments
- Be able to read & understand instructions in English
- Be able to tolerate learning in a group setting
- Be willing to commit to attending 7 group sessions (2x/wk @ 2.5 hrs. each)

- Have no recent history of significant harm towards self or others
- Be 19-65 years of age (flexible to upper end)
- Individuals with concurrent disorders at discretion of referrer

note: You may want to use an existing group screening tool

Referrals

Contact April Porter, CMHA/VB Facilitator with first name; last initial; Team/Unit and which session the person wishes to attend. Other info will be gathered at the time of each class after participants sign CROI to CMHA/VB. Phone: 604.872-4902 ext.229 or april.porter.vb@cmha.bc.ca.

For People NOT Receiving Services at a Vancouver Mental Health Team

You may be able to access the Supported Volunteer Program by contacting April Porter directly at her CMHA contact information.

The referral list will be maintained throughout the year - you do not have to send all referrals for all courses at this time. Acceptance into the group will be made on a *first come first served* basis - maximum of 10 people per group. We will maintain a wait list.

Please submit your referrals by:

Spring Course: April 4th /07, Fall Course: September 4th/07, Winter Course: January 4th /08

(we will be sending a reminders closer to each date as well)

Ready, Set, GO Volunteer! Locations and Dates

Spring

April 11 - May 2

Northeast Team Trailer

2610 Victoria Drive

Mondays & Wednesdays

1:30-3:30

With Shaila Jamal

Fall

September 11-October 2nd

Ravensong Community Centre

2450 Ontario Street

Tuesdays & Thursdays

1:30-3:30

With Jason Azuelos

Winter

January 10-31st

Place TBA (South/West area)

Tuesdays & Thursdays

1:30-3:30

With Shelagh Smith /Regina Casey

For further info please contact

April Porter, Project Coordinator
CMHA/VB 604.872-4902 ext..229

april.porter.vb@cmha.bc.ca

Please note the new e-mail address & website:

april.porter.vb@cmha.bc.ca

Learn more about the work of CMHA at www.cmhavb.bc.ca

Mind Matters - Vancouver Edition is an e-newsletter that covers events and information of interest to Vancouver's mental health community. Go to our website to subscribe, or to submit an article.