

Wellness Peer Program

Wellness Peer Position Description 2021-22
(8 positions available)

Position Overview

As a team of upper-year students (Years 2–4+), Wellness Peers are the driving force behind the Peer Support Space, a drop-in service focused on peer-to-peer support for students experiencing mild to moderate mental health concerns. Responsible for weekly shifts in the Peer Support Space, Wellness Peers are thoroughly trained as peer supporters. Wellness Peers are known as mental health champions at Brescia and hold space for students to seek support, provide on- and off-campus resources to students, as well as use psychoeducational tools to help guide students through challenge that may arise for them. Wellness Peers, through their provision of Peer Support at Brescia, are a first stop for many students prior to accessing further services.

Volunteer Functions & Responsibilities

Wellness Peers will:

- Be responsible for one 3-hour weekly shift in the Peer Support Space
- Work in collaboration with the Wellness Peer Student Coordinator to plan and execute Bell Let's Talk Day
- Develop relationships with student groups, faculty, staff, and other service units (i.e. Residence, Library, BUCSC, etc.) to ensure approachability and to foster community, inclusion, and connection for all Brescia students.
- Actively participate and contribute to all team meetings, training sessions, and ongoing professional development opportunities provided through the SLC.
- Be responsible for a number of tasks throughout the year, taking on the organization and leadership for particular tasks (for example, marketing & communications, event planning & management, or wellness resource development).

Position Term & Commitment

- This role is a volunteer position from June 2021 – April 2022 (June 2021 - August 2021 minimal involvement)
- Time commitment (September 2021 to April 2022): *Approximately 5-10 hours per week during the academic year.* This may include some evening hours.
 - You are not expected to fulfill any hours during university holidays, reading weeks, study days, and final exam periods.
- Regular bi-weekly (2 hours/every second week) team meetings, which count as part of your hours for the week and Monthly Clinical Supervision Circles.
- Regular bi-weekly (every second week) one-on-one meetings with the Coordinator, Student Life & Learning (0.5 hours in length), which count as part of your hours for the week.

Training

- Required training session will take place on **Saturday, September 11, 2021 & Sunday, September 12, 2021 from 8:30am to 4:30pm.**
 - Wellness Peer drop-in hours begin on Monday, September 13, 2021.
- SafeTALK Training will be held on Friday September 17th from 1-4pm, 2021.
- Continued training and development will occur throughout the year during bi-weekly team meetings.
- You are encouraged to suggest areas in which you would like additional training and seek opportunities that broaden and develop various areas of expertise.

**Please note that training sessions and meeting times are mandatory and if you are a successful candidate, you will be expected to keep your schedule clear of classes or other commitments during these times.*

Bi-Weekly Team Meeting Schedule (10am-12pm & LOCATION TBD)

- September 17, 2021 + Clinical Circle
- October 1, 2021
- October 15, 2021+ Clinical Circle
- October 29, 2021
- November 12, 2021 + Clinical Circle
- November 26, 2021
- December 3, 2021 + Clinical Circle + Celebration
- January 7, 2022
- January 21, 2022 + Clinical Circle
- February 4, 2022
- February 25, 2022 + Clinical Circle
- March 11, 2022
- March 25, 2022 + Clinical Circle
- April 8, 2022 (extra meeting for transition purposes & celebration)

Supervision

The Wellness Peers are advised by the Coordinator, Student Life & Learning in the SLC, who is responsible for the day-to-day management and development of the program. The Student Wellness Educator and the Wellness Education Peer Student Coordinator provide support and guidance to the Wellness Peers through bi-weekly meetings, one-on-ones, email/phone communication, training & development.

Benefits

This position offers Wellness Peers the space to develop a number of skills and opportunities for personal and professional growth, including:

- Extensive training with an emphasis on your skill development
- Acquisition of valuable knowledge about mental health, resilience, and wellness

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education, including Peer Support Canada values and principles

- Opportunity to enhance transferrable job-related skills
- Work alongside other volunteers who are also interested in contributing to their community and care about mental health, resilience, and wellness
- Official acknowledgement on your Co-Curricular Record: My Brescia Experience
- Letter of Reference provided upon request
- An opportunity to meet new friends and experience a sense of community

Qualifications

- Registered Brescia student in second, third, or fourth year of studies at Brescia in September 2021
- A cumulative average above 65%
- A strong interest and personal dedication to mental health and wellness. Experience in health/wellness/resilience education is an asset
- Tact, professionalism, and excellent time management skills
- A willingness to learn, take initiative, and follow through with tasks
- Personable and comfortable speaking in a group setting and one-on-one or willingness to learn and grow in this area
- Strong and consistent commitment to the Wellness Peer Program throughout its duration.
- Previous campus volunteer or work experience, student leadership experience, and/or knowledge of Brescia/Western campus resources an asset
- Knowledge of mental health resources and supports at Brescia and Western, and in broader London community, considered an asset

Application Process

- Complete and submit the online application by: **Monday, March 8, 2021 at 11:59pm**
 - To apply, complete the [Wellness Peer Application](#)
- Interviews will occur between **Thursday, March 11, 2021 - Friday, March 26, 2021**
- All candidates will be notified of their status by **Monday, March 29, 2021**

If you have any questions or would like to request an application in an alternative format, please email us at bucstudent.life@uwo.ca