



## Job description

SHINE Wellness Coach Mental Health Capacity Building (MHCB)

.6 position (three days per week)

Commencing: As soon as ideal candidate is found.

Who are we? The Mental Health Capacity Building (MHCB) in Schools Initiative works to promote positive mental health in children, youth, and families and support individuals in the community who interact with children and youth. We are a 12-month program. The MHCB initiative is based on research and best practice literature that demonstrates that mental and emotional well-being can be developed, nurtured and supported through promotion and prevention efforts.

The MHCB initiative is aligned with Recovery Alberta provincial strategies which emphasize promotion and prevention along with early identification and intervention.

### Job Summary

The MHCB Wellness Coach reports to the MHCB Program Manager and provides addiction and mental health promotion and prevention to children, youth and families. Working as part of a team, this position delivers developmentally appropriate, evidence-based programming that meets the objectives of the MHCB initiative. Delivery of programming involves large and small group work in schools and community settings and focuses on increasing knowledge, building skills and fostering abilities that enable others to better their own mental health and wellness.

This position also works with school staff, parents and community members (who work closely with children and youth) to increase their knowledge, skills and competence related to mental health and illness issues.

This position requires someone who has been formally educated in the health or social sciences field (such as Human services ,health promotion & prevention, social work, early childhood development, public health, psychology) and who is knowledgeable about addiction and mental health services.

### Qualifications & Work Experience

- A related post-secondary degree or diploma in social sciences, or relevant courses and experience



- At least 2 years working experience in addiction and mental health or health/human services-related role preferred (experience as a practicum student considered)
- Knowledge of addiction and mental health is required
- Familiar with the developmental, educational, emotional, social and recreational needs of children, youth and families
- Experience with delivering programming and comfortable with public speaking
- Strong relationship building skills
- Effective time management skills
- Takes initiative and is able to work independently as well as in teams
- Skill and knowledge of facilitation, positive communication and creative thinking
- Solid comprehension and practice of personal and professional boundaries
- Ability to develop supportive relationships with young people
- Able to advocate for and enable others
- Creative problem-solving and decision-making skills
- Comfortable liaising with community members, school staff, community agencies and healthcare providers
- Community collaboration/networking skills
- Has an understanding of the community's economic, cultural and political environment
- Knowledge of the local community and resources available
- Capable of maintaining program statistics for purposes of evaluation and assisting in evaluating the effectiveness of programs
- Resilience and a commitment to personal development
- Skilled in Microsoft Office programs and working knowledge of social media
- All employees must provide a criminal record check
- All professions must provide proof of licensure or registration with the approved Alberta regulatory college, before commencing duties where applicable:
  - Regulated health professions under the Alberta Health Professions Act and Health Disciplines Act must show an original copy of a valid practice permit before commencing their duties.
- Other professions governed by government acts, college or regulatory body

**Please submit resumes to:**

Melody Oliver MA CCC  
MHCB SHINE Program Manager  
[lcsd\\_careers@lcsd.ca](mailto:lcsd_careers@lcsd.ca)