



**Canadian Mental
Health Association**
Vancouver-Fraser
Mental health for all

**Association canadienne
pour la santé mentale**
Vancouver-Fraser
La santé mentale pour tous

CMHA VANCOUVER-FRASER

Position Posting

Job Title: Bounce Back – Mandarin Language Community Coach

Union: HEU

Classification: Community Collective Agreement
Grid 34, \$30.64 to \$32.31 per hour

Reports To: Bounce Back Program – Team Lead

FTE: 1.0 Full-Time (37.5 hours per week), Permanent

Location of Work: New Westminster Office

Start Date: ASAP

Apply To: Carmela Smythe, Team Lead - Bounceback
carmela.smythe@cmha.bc.ca

WORKING AT CMHA-VF

CMHA-VF is committed to employment equity and prioritizes the hiring of individuals from underrepresented groups including trans and gender diverse persons, Indigenous/Two-Spirit people, people of color and people with disabilities.

We provide our employees with:

- A defined benefit pension plan;
- Extended health and dental benefits;
- Paid sick leave and long-term disability insurance;
- Group life insurance;
- Three weeks' vacation starting in the first year of employment;
- Excellent learning and development opportunities;
- A diverse and inclusive work culture; and
- A flexible work environment.

Vancouver Office 110 - 2425 Quebec Street, Vancouver, BC V5T 4L6
New West Office 233 – 610 Sixth Street, New Westminster, BC V3L 3C2
Delta Office 4871 Delta Street, Delta, BC V4K 2T9
Website vf.cmha.bc.ca

Tel: 604-872-4902 Fax: 604-872-5934
 Tel: 604-516-8080 Fax: 604-872-5934
 Tel: 604-943-1878





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MISSION STATEMENT

We are transforming mental health and wellness practice for individuals, communities, and organizations through programs and services that are rooted in innovation, inclusion and collaboration. Our core priority is: people first. We are here to help people. Our programs and services are intended to improve people's lives. It is people – our team members, partners, volunteers and donors – who make that support possible. The guiding principles of our teamwork are: Intersectionality | Access | Leadership | Connections.

POSITION SUMMARY

Bounce Back: Reclaim Your Health is a skill-building program designed to help adults and youth 15+ years experiencing mild to moderate symptoms of depression (with or without anxiety). The role of the coach is to teach new skills, to help clients stay motivated, to answer questions and to monitor progress. Bounce Back coaches are not therapists, they are trained in the delivery of a specific program known to be effective in relieving mild to moderate depression and are overseen by psychologists.

DUTIES AND RESPONSIBILITIES

- Provide telephone-based coaching to enable primary health care patients to complete a structured self-help program for anxiety and/or depression;
- Assist with the implementation of the Bounce Back program in the local community;
- Participate in community and educational events that increase access to Bounce Back resources and messages;
- Foster and maintain effective communication with the CMHA-BC Division, local family practice units and networks, health authority services and personnel, and other local health/social organizations; and
- A flexible work schedule is required, along with travelling to various lower mainland locations.

GENERAL

- Attends monthly staff meetings, committee meetings and others as required;
- Submits regular activity reports, timesheets, expense forms, etc. as required;
- Reinforces and models work-related behavior and interpersonal skills;
- Represents the agency in a professional manner;
- Provides cover for other program staff as appropriate and required;
- Completes First-Aid, Non-Violent Crisis Intervention Training, FOODSAFE, and Suicide Awareness Training and/or any other training as deemed appropriate by the employer; and
- Other related duties as appropriate and required.

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POSITION REQUIREMENTS

- Bachelor's Degree in a related field;
- Recent, related experience of two years or an equivalent combination of education, training, and experience, or other qualifications determined to be reasonable and relevant to the level of work;
- Ability to communicate effectively, both verbally and in writing in Mandarin and English;
- Fluency in additional languages will be considered an asset;
- Ability to establish and maintain rapport with clients, including older adults with multiple health problems;
- Community development experience;
- Familiarity through direct personal experience or the experience of family and friends in living with chronic conditions and/or mood problems;
- Experience working with diverse cultural groups, including new immigrants and refugees;
- Familiarity with and ability to use current computer/software applications;
- Ability to organize and prioritize; and
- Ability to work independently and in cooperation with others.

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