

Job Posting (EXTERNAL)

BounceBack® Coach

Full-time Term Position

The Canadian Mental Health Association Manitoba and Winnipeg, is part of a 100 year old nation-wide non-profit organization that promotes the mental health of Canadians and supports the resilience and recovery of people experiencing mental illness.

Why Choose CMHA Manitoba and Winnipeg?

For a great work/life balance

For career development

For our comprehensive group benefits plan, including extended health, life insurance, and long-term disability coverage

For our CAPB pension plan

For the opportunity to work with a talented team who are passionate and dedicated to mental health recovery and well-being

The Opportunity

We have a full-time, term position available for an energetic and enthusiastic Coach to join our BounceBack team. BounceBack is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. This program is delivered online or over the phone. The salary range for this position falls within the Band 4 scale between \$43,950.66 and \$53,560.17.

The Position

The CMHA BounceBack Coach is responsible for coaching primary health care patients in a structured self-help program for anxiety, low mood, and depression as part of the CMHA program called Bounce Back: Reclaim your Health. This is a non-clinical position requiring excellent communications skills.

BounceBack coaching includes working with primary health care patients in a supported self-management program for depression, low mood, and anxiety.

The position has a small community development role which involves promoting and explaining the program to primary health care providers (who refer participants to the program), health care support staff and the general public.

The Responsibilities

- Provide telephone-based BounceBack supported, self-management strategies/interventions to patients referred by a primary health care provider
- Provide motivational support and encouragement, reinforce workbook concepts and activities, and problem solve to promote program completion
- Help participants overcome obstacles in using these materials
- Review with participants their progress and reinforce practice
- Support BounceBack program development activities

- Develop and implement marketing and promotion strategies and activities
- Internal CMHA BounceBack team coordination
- Assistance with planning, training, and policy development
- Support primary health care patients to acquire BounceBack strategies to manage depression, low mood and/or anxiety

The Qualifications

This position requires three years completed post-secondary education at the undergraduate level in human service related disciplines such as Social Work, Psychology, Sociology or Education and a minimum of two years' experience in:

- Delivering health promotion activities
- Conducting health screening tools/standardized assessments
- Creating a collaborative relationship with participants
- Engaging targeted populations and the general public
- Coaching and/or teaching experience would be considered an asset
- Community development experience would be considered an asset
- Personal or lived experience of mental health issues an asset
- Knowledge of the impact of stigma
- Applicants must have both a recent satisfactory criminal record check and a child abuse registry check, along with a valid driver's license and access to a vehicle

At CMHA, employment equity is a factor in hiring. Applicants are encouraged to self-identify on their cover letter if they belong to the following diverse groups: Indigenous persons, persons with disabilities, persons of all sexual orientations and gender identities, visible minorities and newcomers.

The Process

Please submit your resume and a cover letter by **Tuesday, August 10, 2021** in electronic form to skipling@cmhawpg.mb.ca or by mail to:

CMHA Manitoba and Winnipeg
Attn: Stan Kipling
930 Portage Avenue
Winnipeg, Manitoba R3G 0P8