#### Trent University LogoOPSEU JOB DESCRIPTION

**Job Title:** Mental Health Educator & Wellness Strategist

**Job Number:** A-344 | VIP: 1447

**Band:** OPSEU- 10

**Department:** Counselling Centre

**Supervisor Title:** Assistant Director, Student Wellness Centre

**Last Reviewed:**  July 25, 2022

#### **Job Purpose:**

The Mental Health Educator & Wellness Strategist will coordinate efforts to implement the mental health framework for student mental health and well-being for both the Trent Peterborough and Durham campuses. The Strategist will consult and collaborate with a wide range of campus and community stakeholders to produce both short term and long-lasting direction and initiatives to support student mental health.

Works in close partnership with the Associate Vice-President, Students and the Assistant Director, Student Wellness Centre implement and evaluate a comprehensive strategy that considers the full range of student experiences, including domestic and international, graduate and undergraduate, Indigenous, students with disabilities, LGBTQ, resident and commuter, and discipline-specific needs.

Mental Health Educator & Wellness Strategist develops, implements, and oversees a series of initiatives designed to enhance resources for students to build resiliency, including researching and disseminating appropriate models, relevant strategies and best practices. Using a learning outcomes approach, the Mental Health Educator & Wellness Strategist develops and presents educational events, including workshops and presentations, for staff and faculty on a wide range of wellness topics. The Educator/Strategist develops educational materials related to support student wellness to be used institution-wide, including print and web-based materials, and works to ensure that information about students in difficulty is available to faculty and staff.

#### Key Activities:

##### Building Campus Capacity

* Liaises with, advises, enhances the capacity of, and builds partnerships with student leaders, groups and clubs focused on student mental health and wellness.
* Provides leadership for the systematic and sustainable creation of opportunities, building coalitions and connections and removing systemic barriers for students to actualize ideas and leverage required support and resources (materials, funding and/or assets) from the Trent community.
* Participates on and/or provides leadership for University and departmental committees focused on student wellbeing.
* Liaises with staff and faculty to promote, support, and coordinate student mental health and wellness
* Provides regular educational events for staff, faculty, student leaders & student staff on issues related to student mental health and wellness (i.e.: Student Support Certificate)
* Develops and disseminates concrete strategies and approaches for peers supporting students’ wellbeing (how to help a friend, referrals, supporting disclosures).
* Coordinates or conducts research/assessment related to student mental health and wellness

##### Promoting Student Wellness

* Works collaboratively with colleagues to support research, planning and implementation of prevention activities, including, but not limited to, psychoeducational supports as part of the collaborative stepped care model for student mental health (e.g., self-help technologies, peer wellness support, group programs, etc.).
* Develops and implements strategies that focus on prevention/early intervention/self-efficacy.
* Develops or maintains partnerships and liaises with external community agencies providing support to students (CMHA, PRHC, PARN, CCRC, 4CAST, 4CC)
* Utilizes social media and online platforms to provide education and wellness strategies

#### Education Required:

* Master's degree in Psychology, Education, Counselling, Social Work, Public Health, Health Education or an equivalent and relevant course of study.
* Certification in mental health awareness/response (i.e. Mental Health First Aid, ASIST).
* Certified LivingWorks ASIST Trainer and/or safeTALK Trainer considered an asset.

#### Experience/Qualifications Required:

* Minimum of five (5) years’ experience or the equivalent combination of education and experience.
* Experience working in higher education. Experience working with graduate students an asset.
* Experience with writing reports and proposals.
* Experience developing sustainable partnerships.
* Experience creating buy-in and a sense of support from stakeholders.
* Experience developing and presenting engaging training workshops and informational sessions.
* Ability to communicate effectively verbally and in writing.
* Ability to work effectively independently and in a team environment
* Working knowledge of existing landscape/mental health and wellness needs of university students
* An in-depth understanding of the intersectionality between prevention and intervention
* Demonstrated commitment to diversity, social justice, and cultural competence and the ability to work in a multicultural environment