

## FamilySmart® Parent in Residence

Community of Langley & Child & Adolescent Crisis Stabilization Unit (CAPSU) at Surrey Memorial

### Who we are

FamilySmart® is a non-profit that works to enhance the experience and quality of services, support and information for children and youth with mental health challenges, and their families or the caring adults in their lives.

### Position Summary

The FamilySmart® Parent in Residence is a parent and/or caring adult who has their own lived experience parenting a child or youth with a mental health challenge. Lived experience is the foundation of all of FamilySmart® service offerings. When young people are struggling with their mental health, they – along with their families or the caring adults in their lives – are helped when people with lived experience come alongside them to listen, to care, to know and to understand what it's like for them and assist them in getting quality services, information and support.

The PiR uses their own lived experience and knowledge to offer Peer Support, resources and information, system navigation, education, and mentoring to other families in the community of Langley and on-site at CAPSU. The PiR will also support FamilySmart's Step Down Workshop for CAPSU families hosted in 2 Fraser communities every month.

### What You'll Do with our Team

- Draw on your own experience of parenting a child/youth living with a mental health challenge to offer peer support to other families through email, by phone, or in person in the community of Langley. As well, in-person to families and caring adults who have a child or youth at CAPSU during your shift.
- Listen to and assist families and caring adults to articulate what they need and help focus on their strengths
- Help families to find information and resources that might be helpful
- Support families to work well with the professionals who are providing services to their child/youth
- Support families to prepare for meetings and debrief with them, as they request
- Host and facilitate "In the Know" – a monthly information and support opportunity for families in Langley
- Attend and support FamilySmart's Step Down Workshop for CAPSU families in 2 Fraser communities every month
- Complete monthly reports
- Participate in 3 monthly meetings with FamilySmart, Pro-D days and Annual Retreats

**Things we'll love about you:** *Knowledge, skills and abilities*

- You are a parent or caregiver of a child or youth with mental health challenges
- You have the ability to apply appropriate boundaries
- You can maintain confidentiality
- You know how to establish and maintain rapport with families and caregivers
- You have strong relationship building skills
- You are willing to share what you know and to continue learning with and from others
- You are able to raise concerns or suggestions in a way that enables greater outcomes
- You are empathetic and compassionate towards others
- You have experience facilitating small group conversations and are comfortable with public speaking
- You practice self-care and seek or accept help when needed
- You are organized and have a strong work ethic
- You are reliable and punctual for shifts and meetings
- You have strong written and interpersonal communication skills
- You have experience facilitating groups
- You have the ability to work as part of an interdisciplinary team
- You have the ability to work with diverse populations and to recognize and respond appropriately to the needs of adolescents and families
- Basic computer skills: experience with Microsoft Office, Adobe, Excel, Gmail

**Other Requirements:**

- Available to work 18 hours every month to attend the Step Down Work Shop in 2 x Fraser Communities between 5-8pm
- Available to work 18 hours every month between 11am – 5:30pm at CAPSU. All other service hours to be used in community of Langley.
- Successful candidates must pass a Criminal Record Check and a Child Intervention Check
- Orientation and Training period prior to starting work

**Compensation and Hours**

Hourly rate: \$20/hour

Hours: Part-time approximately an average of 76 hours per month

Please send resume and cover letter to Robin Brown, Director, Human Resources at [careers@familysmart.ca](mailto:careers@familysmart.ca)

\*Please note that the assessment of applicants will be made on an ongoing basis and continue until a hire is made.

*We thank all applicants, however, only those selected for an interview will be contacted. FamilySmart® is an Equal Opportunity Employer. Personnel are chosen on the basis of ability without regard to age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation and criminal conviction unrelated to employment.*