



**Canadian Mental  
Health Association**  
Kamloops

Canadian Mental Health Association  
Kamloops Branch  
651 Victoria Street  
Kamloops BC V2C 2B3  
Telephone: (250) 374-0440  
Fax: (250) 374-8718  
[www.kamloops.cmha.bc.ca](http://www.kamloops.cmha.bc.ca)  
[kamloops@cmha.bc.ca](mailto:kamloops@cmha.bc.ca)

## CASUAL POSITIONS AVAILABLE

### Our Vision

The Canadian Mental Health Association provides mental health education and mental illness recovery-focused programs and services for people of all ages and their families. We work collaboratively to develop realistic community awareness of homelessness and provide housing opportunities for clients. CMHA Kamloops creates awareness, provides education, and supports individuals and families living with mental health or substance use concerns. Our programs are community-based, they include supportive and independent living, homelessness services, and peer support. By working closely with other community agencies, we are working to bridge gaps in mental health care and facilitate access to critical services and resources.

### Job Details

<b>Position Type:</b> Casual	<b>Duration of Position:</b> On Going	<b>Hours:</b> Must provide a minimum of 3 shifts of availability per week - including one weekend shift and one overnight shift
<b>Location:</b> Kamloops, BC	<b>Probation:</b> 488 hours from start date	<b>Salary &amp; Benefits:</b> Based on program

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### Merit Place

Merit Place hosts 50 low-barrier shelter beds. Shelter staff help client's access appropriate support services based on their individual needs and circumstances. While referrals are accepted, individuals will be triaged based on their needs, circumstance and bed availability. Services include: appropriate referrals to ongoing community supports, advocating on the client's behalf in an effort to gain access to appropriate assistance, and generally educating and supporting clients who are dealing with complex bio-psycho-social issues.

### Key Responsibilities

- Providing assistance to clients to identify and discuss relevant obstacles while collaboratively developing a flexible plan of action to ensure basic needs are being met including housing, meals, health, recovery, legal and financial needs. Monitor and encourage progress towards a resolution through motivation, participation and self-sufficiency.
- Establish and maintain collaborative and supportive relationships with diverse populations including shelter guests, business owners, service providers, etc.



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- Work from a trauma-informed lens to provide immediate crisis response and ensure psychological and physical safety.

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## **Rosethorn**

Rosethorn House features 42 permanent studio homes, each with a bathroom and kitchenette. Six of the units are designed for people with disabilities and provides basic needs and support to Kamloops' homeless, at risk of homelessness and street entrenched populations. Residents will have meal programs, life skills training, health and wellness support service and social employment opportunities.

### **Key Responsibilities**

- Build rapport with tenants through empathetic and respectful interactions, provide support and encourage empowerment to sustain housing and build independence within the community.
- Maintain accurate, detailed, and objective documentation and records necessary for program functions.
- Provide trauma-informed crisis intervention as needed, identify potential crises and implement prevention plans, timely reporting all crisis to Management.
- Promote harm reduction and educate on harm reduction strategies while conducting frequent check-ins and ensuring the health and safety of residents.

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## **Moira House**

The Life Skills & Housing Transition worker aim to produce measurable improvements in the clientele's daily skills of communication, daily living, socialization, strengthen resiliency and integration into the surrounding community. This role focuses on improving each individual's quality of life, both in the present and to sustain through the future.

### **Key Responsibilities**

- Support growth and social independency through teaching the skills for independent living and community based independence, including tasks related to hygiene, home care (laundry, dusting, changing bedding, etc.), food preparation, self-care, public transit knowledge and accessing recreational activities.
- Monitor the health and wellness of individuals and ensure preventative or emergency intervention practices are utilized.
- Remain flexible in matching the type and amount of instruction necessary to meet individual learning needs, such as verbal instruction, writing lists, or moral support.
- Complete any required documents or records factually and unbiased, while upholding the confidentiality of all staff, clients and contractors.



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## Clubhouse

The Kamloops Clubhouse program provides a safe, stable environment where individuals who live with mental health and/or substance related disorders can acquire skills to increase their self-esteem and level of competence. The Activity Assistant implements established activities to meet the vocational, leisure & recreation, health & wellness, and personal education needs of program participants.

### Key Responsibilities

- Implement and participate in life skills development, recreational and/or social activities designed to meet the needs of participants. Providing demonstrations, adaptations, and modifications that may be required to meet each individual's unique needs.
- Observe participants and their surrounding environment while promoting their participation and feedback of activities.
- Provide participants with information about available resources; refer to appropriate programs/services to benefit their wellbeing.
- Support in supervising meal preparation for participant lunches, as well as making tea, coffee, and snacks.
- Complete and maintain necessary records and documentation such as progress reports, activity participation records, observations and participant files.

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## Genesis

The Indigenous & Wellness Support Staff provides supports for people that live at Genesis Place. Wellness staff plays a role in referral, coordination and ensuring adherence to supportive housing policy and procedures. This position requires the ability to address day to day responsibilities that occur while supporting marginalised and at-risk populations, while ensuring the completion of mandatory reporting and documentation. This role also includes but is not limited to, signed program agreements, move in/move out checklists, daily summary notes and clear communication.

### Key Responsibilities

- Work with a deep understanding of systemic barriers faced by indigenous communities in accessing housing opportunities, indigenous homelessness, cultures and traditions.
- Ensure cohesion through the promotion of a respectful and supportive environment for all residents, staff and visitors.
- Foster connections to existing supports and resources within the community including housing supports, case management, education resources, employment programs, life skills training (e.g. budgeting), health and mental health services.
- Provide care within an interdisciplinary team using trauma informed practice, harm reduction, strengths based and recovery orientated approaches.



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- Provide emotional and spiritual supports to encourage self-sufficient problem solving.

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## Kitchen

The Cook prepares and cooks meals for residents of the shelter and ensures the safety and cleanliness of the kitchen areas. The cook will interact with shelter clients in a way that maintains their dignity and well-being

### Key Responsibilities

- Prepares a variety of meats, seafood, poultry, vegetables and other food items for cooking in ovens, grills, and a variety of other kitchen equipment;
- Maintains a clean and sanitary work station and refrigeration equipment;
- Work within a multi-disciplinary shelter team liaising with staff and supervisors to promote a supportive respectful environment;
- Plan menus, determine size of food portions, estimate food requirements and costs, and monitor and order supplies,
- Transport meals to other sites and assist with meal prep, if required

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## Key Skills and Experience Required

- One year recent, related work experience with emphasis on mental health, addictions, homelessness and/or social services
- First Aid with CPR and Food Safe required
- Mental Health First Aid an asset

## How to Apply

Please indicate your interest in this position by forwarding a letter of interest and an updated resume to [hr.kamloops@cmha.bc.ca](mailto:hr.kamloops@cmha.bc.ca). **Please indicate the position you are applying for as the subject of the email.** Interviews will be conducted ongoing as applications are received. While we sincerely appreciate all applications, only those candidates selected for interview will be contacted.

CMHA Kamloops is an equity employer and encourages applications from women, persons with disabilities, members of visible minorities, Indigenous Peoples, people of all sexual orientations and genders, and others whom may contribute to the further diversification of the Association. Lived experiences of mental illness and or addictions is considered an asset. To avoid a conflict of interest, people who are currently accessing CMHA Kamloops services are not eligible to apply. A criminal record check free of convictions of violence and other crimes against the vulnerable will be required.



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*Thank you for your interest!*