

Mental Health and Wellness Navigator

(Part-Time/Contracted Position)

Position Overview:

The Mental Health and Wellness Navigator (MHWN) will serve as a critical resource for youth, families, and community members at Youth on Record (YOR). This part-time or contracted role will focus on ensuring participants have access to both internal and external behavioral health resources, with an emphasis on being available outside of normal business hours to meet the needs of the community. The MHWN will also be bilingual in English and Spanish, reflecting the needs of YOR's largely Latinx participant population.

Estimated Weekly Hours: 15 hours/week

Hourly Rate: \$30/hr

Please submit a resume, cover letter, and a sample of creative work to careers@youthonrecord.org by 5pm on October 11, 2024.

Key Responsibilities:

Participant Engagement and Support:

- **Dedicated Point of Contact:**
 - Act as the primary contact during regularly scheduled office hours for youth seeking guidance, support, and resources related to mental health and substance misuse.
 - Provide support to youth and families by addressing their immediate needs and connecting them to relevant resources.
- **Individual and Group Engagement:**
 - Engage with youth individually during scheduled office hours to identify specific mental health needs and offer tailored support.
 - Facilitate a weekly educational or support group, focusing on relevant behavioral health topics and aligning with current curricular goals.
- **System Navigation by Referral:**

- Offer as-needed assistance with navigating mental health and wellness systems, providing referrals to external resources during office hours or by appointment.

Outreach and Availability:

- **On-Call Availability:**
 - Be available on an on-call basis for outreach programs and initiative events, typically held once or twice a month, including nights and weekends as needed, to increase access to mental health support.
- **Outreach Program and Initiative Event Support:**
 - Participate in key outreach programs and initiative events, providing mental health support to community members and families, and ensuring they have access to appropriate resources.

Collaboration with Families and Community Partners:

- **Family Engagement:**
 - Partner closely with families of participants during office hours and group sessions to identify mental health needs and connect youth with appropriate services and resources.
- **Partnership with Schools and Teaching Artists (As Needed):**
 - Collaborate with teaching artists and onsite school mental health professionals primarily for critical referrals and to connect students to YOR programming.

Support for Mental Health Strategy Implementation:

- **Collaboration with Mental Health and Wellness Manager (MWM):**
 - Assist the MWM in implementing YOR's comprehensive mental health strategy, focusing on direct support and outreach efforts.
 - Collaborate on initiatives to expand mental health support and resources for YOR participants and their families, prioritizing activities that align with the role's time constraints.

Required Qualifications:

- **Education and Experience:**
 - At least 1-2 years of experience in a mental health or community support role.

- Demonstrated experience working with youth and/or families.
- Experience facilitating group discussions or support sessions.
- Lived experience representative of YOR's largely Latinx participant population.
- Basic understanding of mental health issues, behavioral health resources, and system navigation.
- **Skills and Competencies:**
 - Strong interpersonal and communication skills.
 - Ability to engage with youth and families effectively.
 - Experience facilitating group discussions or support sessions.
 - Bilingual Proficiency: Fluent in Spanish (spoken and written preferred).
- **Availability:**
 - Ability to work a set number of hours per week (15 hours) and be available for on-call outreach and initiative events, including nights and weekends as needed.

Preferred Qualifications:

- **Education and Experience:**
 - Bachelor's degree in social work, psychology, counseling, or a related field.
 - Relevant certifications in mental health or substance misuse.
 - Previous experience in roles involving mental health navigation or outreach.
- **Cultural Competency:**
 - Demonstrated cultural competency and sensitivity to the needs of diverse populations.
 - Experience working specifically with BIPOC communities.
- **Lived Experience:**
 - Lived experience representative of YOR's largely Latinx participant population.
 - Being a musician or having familiarity with the music community, which could enhance understanding and engagement with participants in a music-focused setting.

Expected Outcomes:

- **Increased Access to Mental Health Resources:**
 - Ensure participants and their families have greater access to mental health support and resources.

- **Enhanced Support for Youth:**
 - Provide targeted support to youth, fostering a stronger sense of well-being and connection within the community.
- **Effective Collaboration with Families:**
 - Strengthen partnerships with families to better address the mental health needs of participants.
- **Successful Implementation of Mental Health Strategy:**
 - Contribute to the overall success of YOR's mental health initiatives, expanding the impact of the organization's work in the community.

Reporting Structure:

- The MHWN will report to the Mental Health and Wellness Manager and collaborate closely with other YOR staff and community partners to fulfill the role's responsibilities.

Responsibilities and Estimated Hours

1. **Direct Support of Youth and Their Families (Primary Focus):**
 - **Regularly Scheduled Office Hours:**
 - Offer scheduled office hours each week where youth and families can access support, guidance, and referrals.
 - **Estimated Time:** 7 hours/week
 - **Regularly Scheduled Educational or Support Group:**
 - Facilitate a weekly educational or support group session on mental health topics relevant to the community.
 - **Estimated Time:** 3 hours/week (including preparation)
 - **System Navigation by Referral (As Needed):**
 - Provide system navigation and referral support during office hours or by appointment, focusing on the most urgent needs.
 - **Estimated Time:** 2 hours/week
2. **Outreach Support & Initiative Events (On-Call Basis):**
 - **On-Call for Outreach and Events:**
 - Be available on an on-call basis for key outreach programs and initiative events, typically held once or twice a month.
 - **Estimated Time:** 3 hours/week (averaged over the month)