



Milkweed Connections – Whole Health Coach (CCS Provider)

Role Description:

As a member of the Milkweed Connections team, assist program participants in choosing, obtaining and keeping healthy lifestyle goals related to SAMHSA's eight dimensions of wellness (emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual). This support is provided primarily through the Comprehensive Community Services (CCS) and Community Support Programs (CSP), which are community-based support programs for children and adults with mental health, trauma, and substance use backgrounds.

Job Duties:

- Assist participants in identifying health and wellness related goals.
- Using a variety of methods tailored to the individual, move through the process of reaching health and wellness related goals.
- Empower and encourage participants to advocate for themselves when faced with challenges.
- Compile and share wellness and healthy lifestyle resources with consumers.
- Use self-disclosure when appropriate for support.
- Complete documentation as required.
- Maintain privacy and confidentiality.
- Attend necessary meetings with service facilitators and co-workers.
- Maintain regular communication with consumers and co-workers via phone, text, email, or in-person meetings.
- Complete required training and on-going education.

Skills and Attributes:

- ★ Has lived experience with mental health challenges, substance use challenges, and/or a history of trauma, incarceration, institutionalization or other difficult life circumstances
- ★ Individuals from historically underrepresented and marginalized communities are encouraged to apply
- ★ Good interpersonal communication skills
- ★ Good listener
- ★ Hopeful and encouraging approach
- ★ Respectful and non-judgmental attitude
- ★ Able to establish boundaries when needed
- ★ Experience participating in a wellness or recovery process

- ★ Experience working with people from diverse backgrounds, or training in cultural awareness
- ★ Basic computer and smartphone skills (email, text, creating documents, etc)

Training and education:

Completion of certification or related education in one or more of the following areas:

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| ★ Peer support/peer mentoring | ★ Intentional Peer Support (IPS) |
| ★ Certified Peer Specialist | ★ Emotional CPR (eCPR) |
| ★ Nutrition | ★ Alternatives to Suicide |
| ★ Physical fitness | ★ Hearing Voices Network |
| ★ Substance use recovery/AODA | ★ Stress management |
| ★ Trauma-informed practices | ★ Meditation/mindfulness practices |
| ★ Bodywork/massage | ★ Other related integrative health and wellness recovery practices |
| ★ Wellness Recovery Action Plan | |

How to apply

Please email us at info@milkweedconnections.com and include a résumé and cover letter describing why this work is of interest to you.

Organizational Structure of Milkweed Connections

Everyone who works for Milkweed Connections is a co-owner of the business and is self-employed. These facts mean that each team member has responsibilities that go above and beyond conventional employment. All team members are expected to contribute to the functioning and well-being of our business as well as manage the details of their self-employment (such as filing estimated tax payments throughout the year). We have designated team members who manage administrative tasks such as managing referrals, invoicing, payroll, financial management, overseeing documentation, etc. However, the larger vision and strategic planning for Milkweed is held by all team members on an equal basis.

We operate with shared decision-making. We have a Coordinating Team and an Administrative Team for managing day-to-day logistics and decision-making, but ultimately we are committed to a non-hierarchical business model. There are no “bosses” at Milkweed; we offer each other support and assistance in a spirit of mutuality. For many people, this requires a paradigm shift in how to approach one’s workplace and co-workers, since most workplaces are not organized in this way. Prospective team members must have a willingness to learn about our process and to shoulder both the empowerment and responsibility of working within shared decision-making.

More details about Milkweed Connections are available at our website, including our mission, vision, and values, <https://www.milkweedconnections.com/>