



**Transitions – Mental Health Association**  
784 High Street, San Luis Obispo, CA 93401  
www.T-MHA.org (805) 540-1926

## **Volunteer Job Description**

Position Title: **TMHA SUMMER INTERN**

Supervisor: Volunteer Support

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### **About Transitions-Mental Health Association**

Transitions-Mental Health Association (TMHA) is a nonprofit organization dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services.

### **TMHA Summer Internship Overview**

At TMHA, we value the contributions of interns and we know that students are some of the most creative, enthusiastic, and visionary people around.

The Summer Intern is an innovative program designed to expose volunteers to TMHA's work while encouraging the development of a fundraising or outreach project.

### **Goals and Objectives**

The TMHA Summer Internship is where the non-profit world and entrepreneurial spirit meet. In this innovative program, participants will get a view of the mental health organization while collaborating on a project to present to our committee.

In a nutshell, the Summer Interns' goals are:

- To learn about TMHA's mission and an overview of the organization's departments
- To create a mental health-related proposal for TMHA

### **General Tasks**

Contributing at least 10 hours per week, Summer Interns will volunteer at Growing Grounds Farm San Luis Obispo, visit our Wellness Centers, contribute to our Housing Database Team's work, observe the front lobby's activities and assist with office tasks, research their topic of choice related to mental health, participate in outreach and fundraising, and attend presentations.

- Meet with TMHA's staff and departments to learn about the non-profit's work.
- Interns meet to discuss what they've learned and to brainstorm a proposal that will be the end result of the summer.
- Participate in volunteer roles as assigned.
- Design and present a proposal at the end of the summer on a topic of intern's choice.

## **Minimum Requirements**

- Strong interpersonal skills and oral/written communication skills
- Well defined organizational and time management skills
- Self-motivated with the ability to work in a group (collaborating with other students)
- An interest in mental health and non-profits

## **To Apply**

To apply for our Summer Internship, please submit an application to Volunteer Support from [www.t-mha.org/volunteer.php](http://www.t-mha.org/volunteer.php)

Application deadline for Summer 2019: June 17, 2019

*Thank you for supporting TMHA! We appreciate the many contributions of our community!*