



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

Volunteer Job Description

Position Title: **WELLNESS CENTER INTERN**

Supervisor: Wellness Center Program Manager

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. We operate 30 programs at over 35 locations in San Luis Obispo and North Santa Barbara counties. The emphasis of our innovative services is to teach vital independent living skills and help build a framework for community re-entry through personal empowerment and hands on experience. For over 30 years, TMHA has been dedicated to providing work, housing, case management and life-skills support to teens and adults with mental illness while offering support, resources and education for their loved ones.

Position Summary

A Wellness Center Intern is responsible for assisting with organization and direction of San Luis Obispo County Wellness Centers (located in San Luis Obispo, Arroyo Grande, and Atascadero). These Centers are designed to assist adults in their journey to mental health, wellness and recovery, as well as connect members and participants to their community. Interns uphold and promote the Center philosophy as well as the philosophy of TMHA in all duties performed. Interns promote social interaction and support, encouraging members in the recovery process.

Responsibilities and Duties

- Functions as a support to members and participants of mental health services: offering social support, connection to community resources, skills training, recreation activities, and assistance with developing or enhancing independent living skills.
- Facilitates group discussions and activities as needed. Researches material for subject matter.
- Provides training, guidance, support, and problem solving to members, volunteers, peers and co-staff. Leads by example and empowers members to grow and expand their abilities and knowledge.
- Functions as a role model of Wellness & Recovery to members and participants with regard to training, communication, and work behavior.
- Communicates both positive & constructive feedback clearly and in a timely manner with members/staff. Remains approachable and open for members/staff to communicate problems or ask questions.
- Meets with and communicates program issues to the Program Supervisor and works as part of a collaborative team with peers, members, and the staff.
- Attend necessary trainings and meetings as assigned by Program Manager or Program Supervisor.
- Represents management positively and takes ownership of policies when enforcing them. When questions or issues with management arise, they are directed to management for resolution.

To Apply

Please apply at www.t-mha.org/volunteer.php or contact Meghan Madsen, Program Manager, with questions regarding this volunteer position at 805-503-0350 or mmadsen@t-mha.org

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