



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

## **Volunteer Job Description**

Position Title: **ONCE-MONTHLY VOLUNTEER COOK**

Supervisor: Youth Treatment Program Manager

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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. 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**

Transitions-Mental Health Association is seeking a cook to provide complete meals once each month to our Youth Treatment Program (YTP) at-risk teens.

We're looking for someone who's willing to commit one meal per month for six months. The location is our downtown San Luis Obispo-based YTP house. As of March 2018 there are five teens living there. An open mind about modern children is important. These teens are expressive, colorful, and at-risk. This is their home and, like most teens, they need consistency, boundaries, and love.

Groceries purchased for the meal will be reimbursed with receipts provided by the volunteer. Examples of menus: main course (pasta, hamburger, pizza), a salad, and a vegetable. We like to honor a teen's palette while also encouraging healthy habits.

There are two ways of providing dinner as the house's one-monthly cook:

- Drop off the meal
- Cook in the house, either with the teens or not\*

### **Requirements (see two options above)**

- \*At least 21 years old
- \*Pass a background check
- \*Negative TB test
- Consistency
- Flexibility

### **To Apply**

Please apply at [www.t-mha.org/volunteer.php](http://www.t-mha.org/volunteer.php) or contact Caity McCardell, Volunteer Support, with questions regarding this volunteer position at 805-540-6557 or [cmccardell@t-mha.org](mailto:cmccardell@t-mha.org)

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