

## PSVA VOLUNTEER POSITION DESCRIPTION

<b>Role Title</b>	<b>Support Group Leader</b>				
<b>Supervised by/Reports to</b>	Volunteer Manager and/or Support Groups Coordinator				
<b>Overview of Role</b>	<p>Social support volunteers work directly with mothers and families experiencing perinatal mood and anxiety disorders, such as anxiety and/or depression. Support Group Leaders run peer-led support groups.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #d9d9d9;"><i>PROVIDE REASSURANCE AND SUPPORT</i></th> <th style="background-color: #d9d9d9;"><i>PROVIDE INFORMATION</i></th> </tr> </thead> <tbody> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>o Show empathy and understanding</li> <li>o Be warm, caring, concerned</li> <li>o Share personal experiences</li> <li>o Be an active listener and stay focused</li> <li>o Reserve judgment</li> <li>o Ensure confidentiality and anonymity</li> </ul> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>o Share information about PMADs</li> <li>o Share information about PSVa services</li> <li>o Discuss the path to wellness</li> <li>o Provide references (books, websites)</li> <li>o Share support group information</li> <li>o Provide health care resources</li> </ul> </td> </tr> </tbody> </table>	<i>PROVIDE REASSURANCE AND SUPPORT</i>	<i>PROVIDE INFORMATION</i>	<ul style="list-style-type: none"> <li>o Show empathy and understanding</li> <li>o Be warm, caring, concerned</li> <li>o Share personal experiences</li> <li>o Be an active listener and stay focused</li> <li>o Reserve judgment</li> <li>o Ensure confidentiality and anonymity</li> </ul>	<ul style="list-style-type: none"> <li>o Share information about PMADs</li> <li>o Share information about PSVa services</li> <li>o Discuss the path to wellness</li> <li>o Provide references (books, websites)</li> <li>o Share support group information</li> <li>o Provide health care resources</li> </ul>
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<b>Specific Tasks</b>	Facilitate at least 1 support group meeting per month (1-1.5hrs)				
<b>Paperwork/Time Commitment Required</b>	<ul style="list-style-type: none"> <li>● Complete PSVa's Volunteer Application</li> <li>● Commit to co-facilitating at least 1 support group meeting a month</li> <li>● Ensure that participants complete the check-in process and follow-up with participants via email (if needed)</li> <li>● Share any pertinent updates about the group meeting with other facilitators who were not present</li> <li>● Review and sign the Volunteer Agreement</li> <li>● Attend Support Group Leaders meetings and 3 Volunteer meetings per year</li> </ul>				
<b>Requirements/ Experience</b>	If you are a survivor, you must be at least 12 months through your recovery.				
<b>Skills/Education</b>	Excellent verbal and written communication				
<b>Training Required</b>	MUST attend PSVa's Social Support Training and Support Group Leaders Training. Observe 2 support group meetings.				
<b>Why are peer support groups important?</b>	<p>Talking with others who have survived a PMAD can be extremely helpful. Support groups offer the opportunity to validate experiences, share coping strategies, and gain support and encouragement. Support groups help:</p> <ul style="list-style-type: none"> <li>o decrease isolation</li> <li>o decrease guilt and shame</li> <li>o increase use of positive coping skills</li> <li>o normalize and validate experiences</li> <li>o help women regain feeling of control</li> <li>o share hope</li> <li>o provide education and outreach</li> </ul>				
<b>Application Link</b>	<a href="https://forms.gle/mUmUTGLmRaLW8d8i8">https://forms.gle/mUmUTGLmRaLW8d8i8</a>				