

## **MENTAL HEALTH PEER**

### **JOB DESCRIPTION**

Mental Health Peers (MHP) are hired for one academic year (September – June) and work as a part of the Mental Health Peer Program (MHPP) of Counseling and Psychological Services (CAPS). MHP are available to assist students in acquiring new strategies for coping with the stressors of daily life. MHP are trained in basic counseling skills and provide students with support, stress management techniques, and peer advising on mental health related issues and concerns. Peers provide drop in-counseling, an individualized Test Anxiety Program (TAP), workshops, outreach services, and assisting students with the relaxation rooms.

The Mental Health Peer Program (MHPP) also provides many resources, such as brochures on a variety of topics, relaxation media, and “passive bulletin displays” available for check out on relevant topics. MHP assist with these resources by providing general guidance and directing students to specific resources or making referrals to staff psychologists when appropriate.

### **OFFICE HOURS**

Mental Health Peers are expected to work up an average of 10 hours per week for 10 weeks of the quarter, 6-7 of which are office hours at CAPS or Santa Catalina. MHPP operational hours are determined on a quarter by quarter basis based on the availability of the current MHP.

### **OUTREACH**

MHP take part in campus-wide outreach efforts, which require a good deal of planning and organization. Duties include educating students about mental health resources on campus through tabling at various campus events and fairs, developing a liaison project with different areas of campus, disseminating information through campus newsletters, and updating our website. Peers co-lead workshops during the quarter. These workshops are for student groups, organizations, and clubs including sororities and fraternities, campus residence halls, and athletic teams. Attendance at the workshops can range from 5 to 200 students. Peers should demonstrate an ability to lead groups and make presentations. They will also help with advertising our Test Anxiety Program by making announcements, contacting professors, and coordinating with Housing and Residential Services.

### **STAFF MEETINGS**

There are weekly staff meetings and monthly professional development meetings that are mandatory. Meetings are scheduled each quarter after individual class schedules are confirmed. These meetings will provide MHP with direction and supervision, as well as provide an opportunity to develop new skills and resume building experiences.