#### Trent University LogoOPSEU JOB DESCRIPTION

**Job Title:** Mental Health Educator & Wellness Strategist

**Job Number:** A-344 | VIP: 1447

**Band:** OPSEU-10 (Subject to Review)

**Department:** Student Affairs

**Supervisor Title:** Assistant Director, Student Wellness Centre

**Last Reviewed:**  July 25, 2022

#### **Job Purpose:**

The Mental Health Educator & Wellness Strategist will coordinate efforts to implement the mental health policy and framework for students on both the Trent Peterborough and Durham campuses. The Strategist will consult and collaborate with a wide range of campus and community stakeholders to produce both short-term and long-lasting direction and initiatives to support student mental health.

Works in close partnership with the Associate Vice President Students and the Director of Student Wellness to implement and evaluate a comprehensive strategy that considers the full range of student experiences, including domestic and international, graduate and undergraduate, Indigenous, students with disabilities, 2SLGBTQ+, resident and commuter, and discipline-specific needs.

The Mental Health Educator & Wellness Strategist develops, implements, and oversees a series of initiatives designed to enhance resources for students to build resiliency, including researching and disseminating appropriate models, relevant strategies and best practices. Using a learning outcomes approach, the Mental Health Educator & Wellness Strategist develops and presents educational events, including workshops and presentations, for staff and faculty on a wide range of wellness topics. The Educator/Strategist develops educational materials related to student wellness to be used institution-wide, including print and web-based materials, and works to ensure that information about students in difficulty is available to faculty and staff.

#### Key Activities:

##### Building Campus Capacity

* Liaises with, advises, enhances the capacity of, and builds partnerships with student leaders, groups and clubs focused on student mental health and wellness.
* Provides leadership for the systematic and sustainable creation of opportunities, building coalitions and connections and removing systemic barriers for students to actualize ideas and leverage required support and resources (materials, funding and/or assets) from the Trent community.
* Participates on and/or provides leadership for University and departmental committees focused on student wellbeing, including, but not limited to, the Mental Health Committee.
* Liaises with staff and faculty to promote, support, and coordinate student mental health and wellness.
* Collaborate with campus departments in furthering accessible education and the adoption of Universal Design for Learning (UDL) principles in the design of pedagogy.
* Provides regular educational events for staff, faculty, student leaders & student staff on issues related to student mental health and wellness (i.e.: Student Support Certificate).
* Recruits, trains, and supports a team of student staff health promoters on short-term project-based contracts.
* Develops and disseminates concrete strategies and approaches for peers supporting students’ wellbeing (how to help a friend, referrals, supporting disclosures).
* Coordinates or conducts research endeavours and data analysis related to current needs and trends in student mental health and wellness.

##### Promoting Student Wellness

* Works collaboratively with colleagues to support research, planning and implementation of prevention activities, including, but not limited to, psychoeducational supports as part of the collaborative stepped care model for student mental health (e.g., self-help technologies, peer wellness support, group programs, etc.).
* Develops and implements strategies that focus on prevention/early intervention/self-efficacy.
* Develops or maintains partnerships and liaises with external health promotion agencies providing support to students.
* Oversees the social media strategy for the Student Wellness Centre and initiatives related to mental health on campus.
* Endeavors to enhance and promote online platforms to provide education and wellness strategies.

#### Education Required:

* Master's degree in Psychology, Education, Counselling, Social Work, Public Health, Health Education or an equivalent and relevant course of study.
* Advanced training or experience in mental health awareness/response (i.e. Mental Health First Aid, ASIST).
* Certification as a LivingWorks ASIST Trainer and/or safeTALK Trainer considered an asset.

#### Experience/Qualifications Required:

* Three (3) years’ experience in the field of health promotion required, with experience working in higher education including student services (e.g. wellness, housing) preferred.
* Knowledge of existing landscape of mental health and wellness needs of university students.
* Applied knowledge of the Canadian Campus Well-being Survey (CCWS), its administration and application in program development, with hands-on experience strongly preferred.
* Strong professional writing skills for grant proposals, reports, and releases.
* Excellent public speaking and presentation skills required. Experience developing and presenting engaging training workshops and informational sessions.
* Ability to create strategic content for multiple social media platforms and public communications that is innovative and effective. Knowledge of Canva and graphic design considered an asset.
* Knowledge and experience related to research with human participants, including research ethics, study design, methodologies, and reporting of results
* Advanced understanding of the AODA and Human Rights policies on accessible education for students with disabilities
* Experience in the recruitment and mentoring of student staff and interns an asset
* Experience developing sustainable partnerships.
* Experience creating buy-in and a sense of support from stakeholders.
* Ability to work effectively independently and in a team environment
* An in-depth understanding of the intersections between prevention and intervention, as well as physical and mental health
* Demonstrated commitment to diversity, social justice, and cultural competence and the ability to work in a multicultural environment