



St Vincent de Paul Society
good works

Compeer® | Canberra

POSITION DESCRIPTION

Compeer Volunteer

Location:	Canberra/Goulburn
Department:	Special Works, Community Inclusion
Reports to:	Compeer Officer
Classification:	Volunteer

Organisation

The St Vincent de Paul Society Canberra/Goulburn (the Society) has been serving the local community since 1924. We are a charity based, not-for-profit organisation offering a 'hand up' to people in need, regardless of their creed, ethnic or social background, health, gender, or political opinion. We achieve this by respecting people's dignity, sharing our hope and by encouraging people to take control of their own destiny. We work to shape a more just and compassionate society.

Our commitment and delivery of our services to the community is through our people—members, volunteers and employees. They work together daily and provide a hand up to people across the ACT and its surrounding areas, from Lake Cargelligo in the west, across the Snowy Mountains to Tumut, down to Eden, up to Batemans Bay and inland to Crookwell.

Values

Our own actions and behaviours in performing our duties are guided by the Society's Code of Conduct and organisational values of *Courage, Respect, Compassion, Advocacy, Integrity, Empathy* and *Commitment*.

Position Primary Purpose

Compeer is an internationally affiliated program for people living with a diagnosed mental illness. Our mission is to improve the quality of life and self-esteem of adults living with a mental illness through a one on one friendship with a caring volunteer. Compeer promotes social inclusion and the reduction of stigma through friendships which is built around mutual trust, respect and understanding.

"I love that the work that I do. It makes a difference in the lives of so many other people" – Employee

A Compeer volunteer is matched with an individual who has been professionally referred and chooses to participate in the program. After screening by Compeer staff and referring health practitioner, the volunteer is matched with an appropriate individual of their choice. The volunteer assists and enhances the successful re-entry of their Compeer friend into the community by providing individual support. Compeer's goal is to compliment professional care as a social integration component in the mental health recovery model. Through the friendship/mentoring relationship, Compeer friends may attain a higher level of functioning by improving their communication and social skills and develop a deeper sense of belonging, self-esteem and interpersonal trust.

Compeer volunteers are an adjunct to health professional treatment providing an important component of the recovery process – friendship.

Key Accountabilities

The Compeer Volunteer will be responsible for:

- Spending a minimum of 4 hours per month in social or recreational activities for a period of 12 months with your matched Compeer companion or participant
- Coordinating mutually agreeable times to meet with their Compeer companion or participant
- Adhering to Compeer guidelines and instructions
- Submitting a monthly report on the progress of the friendship and completing an annual Compeer survey to ensure improved and effective Compeer services
- Sharing concerns, problems or difficulties with your friendship with Compeer staff and/or referring health practitioner
- Attending and completing mandatory induction and training
- Attending peer support sessions when possible and providing some assistance with Compeer organised events when needed
- Demonstrating inclusive behaviour and showing respect for diverse backgrounds, experiences and perspectives
- Adhering to the policies and procedures of the Society, including the organisation's Values and Code of Conduct

Capabilities, Knowledge and Experience

To be successful in the role the Compeer Volunteer you will have:

- An ability to be supportive, respectful and have empathy for people living with a diagnosed mental illness and projects a positive image and is enthusiastic while being responsive to a Compeer participant's needs.
- A proven ability to work independently and as part of a volunteer peer group when needed, contributing effectively with a collaborative mindset to achieve Compeer Program goals, having high attention to detail, with an ability to identify issues, propose solutions and be able to meet Compeer service requirements through time management skills.
- The ability to communicate with people at all levels in a manner that conveys genuine concern for the wellbeing of the individual, this includes demonstrated strong interpersonal, empathetic listening and relationship building skills.

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- The ability to understand information provided from various sources and keep up to date on relevant matters about the Compeer Program and to ensure provision of appropriate information to Compeer participants or companions.
- High level of proficiency in the use of technology including efficient and accurate reporting.

Essential requirements

To be eligible for Compeer Volunteer role, you

- a. Must be aged 18 year or older
- b. Will be required to undergo a police record check and to successfully obtain or hold a Working with Vulnerable People Card (WWVP). To undertake these checks individuals must be willing to disclose all relevant and required information.
- c. Must provide names and contact details of two referees who know you in a variety of capacities (professional, family member, friend).