



Position Description

Community Companion Program

GENERAL DESCRIPTION

The Community Companion Volunteer (CCV) is a member of a volunteer team offering companionship and community support to formerly homeless individuals living with mental illness. CCVs work individually and collaboratively as a team with one another, the Community Companion Team Leader, and other members of Plymouth Healing Communities to develop and model genuine and nurturing relationships with Program Participants. CCVs support Program Participants through public, side-by-side interactions while maintaining appropriate boundaries and promoting healthy behavior. In addition, CCVs strengthen Program Participants' ties to the greater community by encouraging and empowering them to participate in community activities, utilize community resources, and connect with other people. CCVs connect with Program Participants in many ways. For example, CCVs may join Program Participants for a house barbecue, accompany Program Participants to a play, meet Program Participants over coffee, or direct Program Participants to the library. By providing companionship and promoting community interaction, CCVs help combat isolation, which, in the lives of many, acts as a precipitating factor in homelessness and exacerbates mental illness.

SPECIFIC RESPONSIBILITIES

1. Be available to meet one-on-one for two hours a week, twice a month in the community. (Individual meetings can range from sharing coffee, tea, or snacks to pursuing an interactive activity like drawing or walking. CCVs are welcome to bring games and other creative tools to their meetings with Program Participants.)
2. Be available for up to four hours a month to attend one affordable or free community event as a team with other CCVs and Program Participants. (For example, group events might include a concert, street fair, or trip to the park.)
3. Develop supportive, genuine, side-by-side, public relationships with Program Participants according to an established model of companionship while maintaining appropriate boundaries. Encourage and empower Program Participants to connect with the greater community.
4. Regularly meet with the Community Companion Team to discuss experiences, gather insight, and provide/receive support.
5. Be available to meet with the Community Companion Team Leader for a two hour check-in once a month.
6. Attend two initial training sessions and other ongoing training events.
7. Commit to one year of volunteer service.

MINIMUM QUALIFICATIONS

1. Excellent listening skills and the ability to communicate well. Skill with interpersonal relationships.

Ability to set and hold boundaries. Compassionate outlook!

2. Ability to work independently and as part of a team. Ability to contribute to positive and supportive atmosphere of volunteer program.

3. Appreciation of diversity (e.g. differences in ability, age, belief system, class, culture, gender, health, lifestyle, national origin, political views, race, and/or sexual orientation).

4. Ability to approach difficult situations with clarity and composure. Willingness to seek support and care for oneself.

5. Comfort with ambiguity. Ability to honestly and promptly admit confusion or need for clarification. Please ask questions!

6. Ability to attend all initial and follow-up training sessions. Desire to learn about mental illness and homelessness.

7. Ability to commit to one year of volunteer service.

8. Age 21 or older

INTERESTED? GET IN TOUCH!

Please contact Anne Mathieson, Community Companion, for a volunteer application.

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We appreciate your interest in Plymouth Healing Communities and look forward to hearing from you!