

## Youth in Residence (YiR)

### Child & Adolescent Psychiatric Stabilization Unit (CAPSU), Surrey Memorial Hospital

#### Who we are

FamilySmart® is an independent charity that works to **improve the experience and quality** of services, information and support for children and youth with mental health challenges, and for their families or the caring adults in their lives.

Lived experience is the foundation of all of FamilySmart® service offerings. When young people are struggling with their mental health, they – along with their families or the caring adults in their lives - need people with lived experience to come alongside them to listen to them, to care, to know and to understand what it's like for them and assist them in getting quality services, information and support. **The FamilySmart®'s Parent-in-Residence (PiR) and Youth-in-Residence (YiR) are those people.**

**The FamilySmart® YiR at CAPSU** is a young adult who has their own lived experience with a mental health and/or substance use challenge and who has personal experience as a patient on a child or adolescent psychiatric unit.

#### The YiR knows:

- What it is like to struggle with mental health and/or a substance use challenge
- How alone and vulnerable it can feel to be a child or youth who is struggling
- The benefit of connecting with a young person with lived experience when they are in hospital
- That recovery is possible
- That children and youth can, and do need help, and that hospitals can be a place where they receive some of that help
- That working alongside service providers and families or caring adults, can benefit children and youth who are struggling

#### What you'll do with our team

- Provide direct, on-site peer support to children and youth during their stay at CAPSU
- Work alongside the FamilySmart® PiRs at CAPSU
- Work collaboratively with the CAPSU staff to build relationship between children, adolescents and service providers, as well as hospital-based staff at Surrey Memorial Hospital
- Attend groups for youth led by CAPSU staff, as needed
- Participate as a CAPSU team member and attend team meetings on the unit
- Complete required data collection that supports best practice and emerging trends on CAPSU and share those with the leadership at CAPSU and FamilySmart®
- Participate in daily debrief meet with CAPSU PiR
- Participate in weekly meeting with FamilySmart®
- Participate in 2 monthly meetings and annual retreat with FamilySmart® team

### Things We'll Love about You

- You have a high degree of self-awareness
- You have the ability to apply appropriate boundaries
- You can maintain confidentiality
- You know how to establish and maintain rapport with adolescents and families
- You have strong relationship building skills
- You are willing to share what you know and to continue learning with and from others
- You practice self-care and seek or accept help when needed
- You will do your best to assume good intentions of your co-workers
- You are organized and have a strong work ethic
- You are able to raise concerns or suggestions in a way that enables greater outcomes
- You are empathetic and compassionate towards others
- You have a broad knowledge of mental health and community resources and supports
- You are reliable and punctual for shifts and meetings
- You have a positive attitude
- You have the ability to work independently and show initiative, as well as be part of an interdisciplinary team
- You have the ability to work with diverse populations and to recognize and respond appropriately to the needs of adolescents and families
- Basic computer skills: experience with Microsoft Office, Adobe, Excel, Gmail

### Other Requirements:

- Availability for weekend shifts
- Successful candidates must pass a Criminal Records Check
- Orientation and Training Period prior to starting work at CAPSU

### Compensation and Hours:

- Two part-time YiR positions will be hired to work with the PiRs at CAPSU. The hours are between 11am – 4pm, 7 days/week. Shifts will be set days each week and determined upon hiring.
- Rate of Pay: \$25/hour

Please send resume and cover letter to Robin Brown, Manager, Human Resources at [robin.brown@familysmart.ca](mailto:robin.brown@familysmart.ca)

*\*Please note that the assessment of applicants will be made on an ongoing basis and continue until a hire is made. We thank all applicants, however, only those selected for an interview will be contacted.*

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