

Our Mission

To be part of the solution for individuals and families needing mental wellness support in Northern Alberta.

Policy on Screening Volunteers:

Some Other Solutions policy requires that we undertake appropriate and careful screening of volunteers who will be providing services and leadership on an ongoing basis. Some Other Solutions provides programs for children, youth, adults and seniors.

Most of our programs are highly supported by volunteers who report to the community engagement coordinator. Volunteers are involved directly in program delivery and work closely with clients and staff.

It is important that all volunteers be adequately screened in order to protect those with whom they work with.

It is also important that Some Other Solutions takes appropriate action to ensure its own legal protection.

Volunteer Commitment

Volunteer Commitment:

- ◆ Willingness to undergo crisis line training, participate in roleplays, and coaching shifts
- ◆ Willingness to practice self-care and connect with SOS staff for debriefs and support when needed
- ◆ Willingness to attend quarterly volunteer meetings and complete ongoing training when required
- ◆ Willingness to learn about SOS programs and services

Commitment Details:

- ◆ Minimum 6 month commitment, 1 year preferred
- ◆ 2-3 shifts per month
- ◆ Shifts are Monday– Friday only
- ◆ Two shift options: 9:00AM—1:00PM or 1:00PM—5:00PM

Please contact us for additional information.



SOME OTHER SOLUTIONS
SOCIETY FOR CRISIS PREVENTION

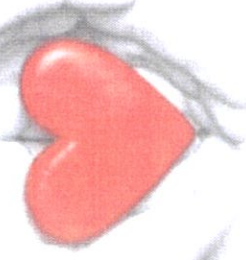


REGIONAL MUNICIPALITY
OF WOOD BUFFALO



United Way
Fort McMurray

Volunteer Information



"The happiest people are those that give more"

-Laiza, Some Other Solutions Volunteer



SOME OTHER SOLUTIONS
SOCIETY FOR CRISIS PREVENTION

Benefits of Volunteering at Some Other Solutions

You will develop new skills in active listening, risk assessment, suicide prevention, crisis interventions, and safety planning.

You will support people with various mental health issues including anxiety, depression, addictions, self-harm, and grief.

You will enhance your knowledge of the mental health and wellness supports within our community to provide proper referrals to callers.

You will feel a sense of contribution to your community by being a friend, peer, and a positive support system to crisis callers.

You will collect volunteer hours for school and degree programs and earn a letter of recommendation from SOS. Other benefits include continuous learning, engagement with our community, networking, and being part of a passionate team of mental health professionals.

How To Get Involved

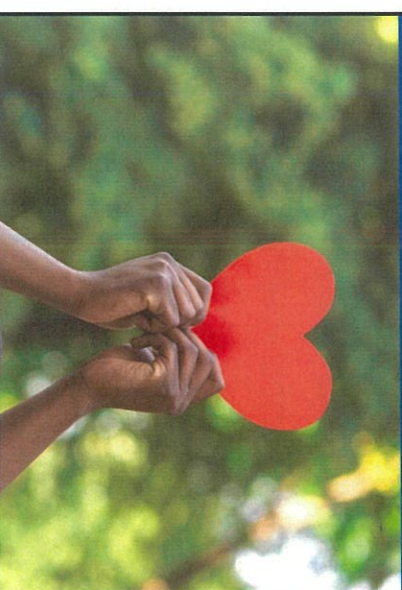
How to become a volunteer:

- ◆ Visit our website under "Get Involved" and submit a request indicating your interest in volunteering
- ◆ Email your resume and two references to communityengagement@someothersolutions.ca
- ◆ Call our office directly and ask to speak to our community engagement coordinator

Upon completion of an interview, the volunteer will be asked to complete a **criminal and child intervention check**. Once this is completed, the volunteer will participate in comprehensive crisis intervention training.



Crisis Line Volunteer



As a Crisis Line Volunteer, you will:

- ◆ Provide confidential support to callers
- ◆ Establish rapport with callers
- ◆ Engage in a supportive, non-judgmental conversation
- ◆ Conduct risk assessments
- ◆ Manage high risk callers with support from the SOS Coordinator
- ◆ Explore the needs of the caller by asking open-ended questions
- ◆ Offer community resources when necessary
- ◆ Help the caller complete an intake for counselling if appropriate