



Volunteer Position Description

Title:	Detox Helper
Programs:	Detox
Reports to:	Shift Supervisor or Program Manager / Volunteer Director
Schedule:	2 to 3 hours per shift, days Monday through Friday Flexibility within 1PM – 7PM
Commitment:	1 shift per week, for a minimum of six months

Position Summary:

As a volunteer Detox Helper, you will encourage clients in the Detox program to engage in programming and hands-on activities and support them to feel included and heard while helping staff with operational activities like laundry.

Key Position Components:

- Engage with clients in small groups or 1:1, through activities and programming, listening to their stories and facilitating non-judgmental conversation as appropriate
- Seek out clients who may be isolating and encourage their participation in activities
- Treat clients with respect and dignity, interacting with them in a caring, respectful manner
- Set and maintain clear boundaries
- Assist in monitoring clients' safety and well-being, and get support when needed
- Work alongside clients as they perform chores and skill building activities
- Help with meal service and snacks if needed

Learning Opportunities:

- How to engage with vulnerable populations
- Resources and services available to those whose life has been impacted by alcohol and or substances
- The Change Cycle
- The recovery-orientation approach for mental health and addiction.
- Active listening skills
- Harm reduction and housing first philosophies

Qualifications:

- Clear personal boundaries and the ability to set limits
- Strong interpersonal communication skills and the ability to communicate showing respect and dignity as well as with discretion while maintaining confidentiality
- Team player with strong written and oral English communication skills
- Able to follow directions
- A minimum of two years consistent sobriety

Position Requirements:

- Vulnerable Sector Check
- POPA & ATIA Certification
- Protection for Persons in Care Act
- Safe Food Handling
- Lift Training
- Able to lift up to 10 lbs.