



Centre for Addiction and Mental Health Volunteer Resources

Mission of Volunteer Resources

To provide volunteer services that enhance and enrich the quality of life for clients receiving care through the Centre for Addiction and Mental Health.

If you answer “yes” to any of the following questions, then you too may become a part of our Volunteer Team:

- Do you have a personal interest in mental health or addiction, or just want to learn more?
- Do you want to contribute to your community, or return the favour for help received in the past?
- Do you hope to broaden your experience through volunteering, or perhaps decide upon a future career?

Opportunities exist for day, evening and weekend Volunteer work in areas of Research, or Clinical Care. Volunteers can work at any of the Centre's sites: Queen Street Site, Donwood Site, Addiction Research Foundation, Clarke Site.

What are the requirements for being a volunteer at the Centre?

- You must be over **19** years of age.
- There is a minimum commitment of 6 months to 1 year.
- A tuberculosis test required for volunteers working directly with patients.
- Volunteers must maintain confidentiality and sign a Pledge of Confidentiality form.

Each of the Centre's four sites have specific requirements. Please refer to the site-specific information provided below.

When and how long do I volunteer?

Times are specific to each site. See information below.

What are the benefits of volunteering at the Centre?

- Gain valuable clinical, research or administrative experience.
- Once a volunteer has fulfilled their commitment, a letter of reference may be provided.
- After 80 hours of volunteer work, volunteers are entitled to attend free courses through the Centre's Continuing Education Department

Site-Specific Information

The Addiction Research Foundation (ARF) Site

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Coordinator, Volunteer Resources
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Volunteers have a unique opportunity to not only to learn, but contribute to our multi- purpose facilities which include research, clinical, concurrent disorders, community work and special events. We match the skills of volunteers with the needs of our programs. Here are a few examples of how you can be involved.

Research Assistant -- Various research projects throughout the ARF site allow volunteers to use some of their skills by doing literature searches, interviews, or data coding.

Research Concurrent Disorders -- Assist in conducting structured interviews as part of pre-treatment; administer baseline computerized questionnaires.

Clinical Treatment Support -- Volunteers monitor the Assessment room and provide information necessary to clients.

Library Assistant -- Shelving and restocking books.

Withdrawal management Centre/ Social/Recreational and Life skills -- Helping prepare meals and provide social support to the clients; computer tutoring.

Special Projects and Activities -- Many programs require assistance throughout the year on a variety of projects, conferences and special events.

One to One Accompaniment -- Volunteers accompany clients to appointments (i. e. doctor's appointments)

Families and School Together Program (Peel Region) -- Volunteers provide information and facilitate family activities around substance use that are relevant to the children's age and meet the identified needs of parents.

Group Facilitator -- Volunteers help in our treatment units by supporting group sessions and facilitating group discussions.

The Clarke Site

Contact:

Keisa Campbell

Coordinator, Volunteer Resources

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The Clarke Institute of Psychiatry (often called The Clarke) is a psychiatric research, teaching and treatment centre. That means we look after, and look into mental illnesses. Volunteers can offer their services in three areas: Clinical, Research and Administrative.

Clinical Volunteers work directly with in- or outpatients of all ages, on a 1 to 1 basis or in groups.

Volunteers are required to make a 1 year commitment for 2 to 4 hours per week. Here are some examples.

1 to 1 Activities -- Accompaniment, social recreation, visiting on inpatient floors.

Group Facilitators -- Volunteers co-facilitate sports, cooking, exercise, relaxation, music groups.

Seasonal -- Summer gardening group, baseball team.

Research Volunteers assist staff in obtaining information necessary for research projects. The departments that volunteers work in vary with availability. Length of commitment is contingent upon the assignment; volunteers can work 5 to 8 hours per week. Departments with Research volunteers: i. e. Schizophrenic Division, Mood & Anxiety Clinic, Child Psychiatry.

Administrative Volunteers assist staff with clerical duties such as filing, photocopying and data entry.

Donwood Site

Contact:

Jim Davey

Coordinator, Volunteer Resources

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The Donwood site offers a continuum of services that range from brief intervention to a residency program. The Donwood has specialized services for women; a lesbian program; cocaine: SAPACCY and medical withdrawal management. Volunteers are primarily involved in the group facilitation process, participating in the various stages of client recovery that range from pre-intensive to community phase aftercare groups.

Queen Street Site

Contact:

Theresa Conforti

Coordinator, Volunteer Resources

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Evening Coordinator

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Queen Street is a mental health facility. The role of the volunteer is to provide companionship and support through social/recreational activities and to enhance or provide services for clients.

There is a minimum commitment of one assignment per week for a minimum of 6 months.

Assignments range from 1.5 to 2.5 hours.

Volunteers do not counsel, assess, or give advice about medications.

Volunteers must sign an Oath of Confidentiality.

Volunteer Assignments:

Patients' Library

Classroom tutoring

Bingo, Movies, Arts & Crafts, Games, Pet Visiting and Music Groups

The Clothesline

Chaplaincy Groups

1 to 1 Friendly Visiting

Special Events