



## **MHAOhio Volunteer Roles and Guidelines**

### **General Volunteer**

Help with specific tasks that range from clerical work to donation solicitation periodically throughout the year. A variety of skills and abilities could be useful. Sample needs include basic office tasks (helping with a bulk mailing), donation solicitation for our silent auctions/raffles, phone calls to update local provider information or gather insurance info from practices.

### **PBCP**

The Pro Bono Counseling Program links volunteer mental health professionals with those who need but cannot afford mental health counseling. The program's volunteers are licensed and insured mental health professionals who provide short-term counseling at no cost to the recipient.

### **POEM**

POEM & RISE (for Black and African American moms) each have volunteer opportunities including mom-to-mom mentorship, support group facilitation, and online group leadership. POEM & RISE volunteers are mothers that have experienced perinatal mood disorders themselves and desire to walk with other moms on their journeys towards mental & emotional wellness.

### **Support Groups**

Our support groups rely on the generosity of volunteer facilitators who have either been living in recovery from mental illness or who are mental health professionals (or both).

Support Group facilitation requires excellent skills in navigating sensitive subjects among diverse people. It requires mental and physical energy that can be sustained over short and long periods of time. In other words, we need someone who can last not only a whole meeting, but who can also commit to at least approximately one year of facilitating them.

### **Family Advocate**

The Family Advocate Program connects family members and loved ones of persons living with a mental illness to peer Family Advocates. Individuals with knowledge of the behavioral health system can use their past experiences as a family member, loved one or treatment professional to give hope, understanding and problem-solving options and other supportive resources to participants of the program.

### **Franklin County Suicide Prevention Coalition**

The FCSPC is made up of a Communications Action Team, Outreach & Education Action Team, and Data & Research Action Team. For more information and to get connected with the FCSPC, please visit the link above.

### **Black Community Ambassadors Support Program**

The Black Community Ambassadors Support Program's mission is to realize a holistically healthy Black community in Franklin County through an investment in the mental health and well-being of those focused on serving the black community in our county. BCASP has varying needs for volunteers and partnerships. Potential opportunities include event planning/coordinating, event day support, resource guide data collection, & marketing activities. For more information and to get connected with the BCASP, please visit the link above.