

## Recreation Consultant (Independent Contractor)

The Canadian Mental Health Association – Cochrane Timiskaming Branch (CMHA-CT) is seeking a motivated independent contractor to provide services as a Recreation Consultant in New Liskeard. The Recreation Consultant will apply their knowledge and expertise in the development of a comprehensive plan to deliver and/or promote physical activity engagement in individuals and through groups living with mental illness. The Recreation Consultant will guide CMHA-CT in implementing and promoting active recovery initiatives/opportunities as an integral part of mental health treatment.

The Canadian Network for Mood and Anxiety Treatments recommends exercise as an intervention for mental illness. There is a multitude of evidence that demonstrates the mental health benefits of physical activity. CMHA-CT recognizes that there are many barriers to engaging in physical activity experienced by individuals living with mental illness. The Recreation Consultant will offer expert advice to guide CMHA-CT in minimizing these barriers using a recovery-oriented approach.

### Responsibilities

1. Consult with staff and clients to identify gaps in current physical activity opportunities
2. Review and conduct research to determine best practice guidelines around the application of physical activity as treatment for mental illness
3. Identify relevant tools and outcome measures to be used with clients
4. Summarize existing physical activity programs and services in the community
5. Foster relationships with other agencies and organizations that provide physical activity programs and services
6. Guide the development of educational resources to be provided to clients as well as other agencies and organizations outlining the mental health benefits of physical activity
7. Facilitate and coordinate physical activity programs to be provided by the organization
8. Provide staff with guidelines to effectively introduce physical activity as a component of mental health treatment with clients

### Qualifications

1. Five (5) years of experience in working with individuals, groups and organizations in developing, promoting and leading initiatives to promote active living and recovery
2. Experience in the development and follow through of work plans
3. Experience working with individuals with mental health and addictions challenges
4. The ability to engage and work with a broad age group of individuals with diverse and complex issues
5. Bilingualism considered an asset

Interested candidates should submit questions regarding the role and/or a cover letter and resume focused on personal achievements relevant to the position to: [humanresources@cmhact.ca](mailto:humanresources@cmhact.ca)

**CMHA-CT has a COVID-19 Vaccination Policy that requires covered individuals to take part in COVID-19 vaccination programs recommended by Public Health; unless they are approved for a human rights accommodation from CMHA-CT. Compliance with this policy is mandatory for this position.**

For more about the Canadian Mental Health Association – Cochrane Timiskaming Branch and the important work we do, visit us at [www.cmhact.ca](http://www.cmhact.ca).

*Please advise Human Resources if you will require accommodation in accordance with the Ontario Human Rights Code or the Accessibility for Ontarians with Disabilities Act in order to properly participate. We would be pleased to assist you.*

*We thank all applicants for their interest in this employment opportunity. We will contact those candidates who are invited to participate in an interview.*