



Mental Health Coordinator Job Posting

About Curling Canada

Curling Canada is a National Sport Organization (NSO) and the leading expert and growth engine for curling excellence in Canada. Our mission is to inspire and lead all Canadians, from playground to podium, to make curling a part of their lives in the way they enjoy it most by fostering an environment and system that allows them to achieve their personal goals. With aspirations for the podium in every international event in which we compete, we continue to improve and evolve national team programs that consider both our international results and the lives and aspirations of those athletes who represent and inspire Canadians. We commit to adopting best practices in curling performance, delivery, operations, and governance. We consistently review our performance with the aim of identifying actions for improvement. We aspire to be world leading in our sport on and off the field of play, which includes supporting the mental health of all curling participants and stakeholders.

Position Overview

We are seeking a highly motivated and skilled Mental Health Coordinator to join our high-performance team. This opportunity will be a grant-funded, part-time, and remote work position. The Mental Health Coordinator will be responsible for leading and driving Curling Canada's new Mental Health Strategy in support of assisting members of our Olympic and Paralympic National Programs (i.e., Men's, Women's, Mixed Doubles, Wheelchair Mixed, and Wheelchair Mixed Doubles) and NextGen Programs seeking mental health support. The incumbent will integrate their understanding of individual differences, identify current needs and urgency of services, and screen for safety concerns to efficiently connect athletes, coaches, and support staff with mental health service providers based on specific needs. The ability to work collaboratively and build relationships with mental health professionals across the country will be an asset to provide appropriate and timely referrals.

The incumbent will also provide direct services to address short-term and urgent well-being concerns and promote mental health through the introduction of stress reduction, self-awareness, and self-care concepts. The scope of short-term and urgent care will be dependent on the incumbent's education and professional designation. Additional responsibilities may include conducting group psychoeducation workshops on topics related to mental health and well-being to athletes, members of the coaching staff, and integrated support teams (ISTs). The development and maintenance of relationships with athletes will be an asset to provide continued support and appropriate referrals when necessary.

Key Responsibilities:

- Lead and drive Curling Canada's Mental Health Strategy



- Lead Curling Canada's Mental Health Management Team
- Coordinate and facilitate mental health training for athletes, coaches, and staff
- Provide individual and group counseling services to athletes, coaches, and staff
- Work collaboratively with the IST to address mental health concerns related to physical injuries and rehabilitation
- Liaise with external mental health providers, community organizations, and other stakeholders to ensure access to appropriate resources and support
- Develop and maintain accurate records of mental health services provided and monitor outcomes and progress
- Maintain confidentiality and adhere to ethical standards in all aspects of the job

Qualifications:

- Master's degree in counseling, social work, psychology, or a related field
- Minimum of two years of experience working in mental health or related fields
- Experience working in sport or with athletes
- Strong knowledge and understanding of mental health issues, including anxiety, depression, and trauma
- Experience providing individual and group counseling services
- Knowledge of evidence-based practices for addressing mental health concerns
- Strong interpersonal and communication skills, including the ability to work collaboratively with a range of stakeholders
- Ability to maintain confidentiality and adhere to ethical standards
- Familiarity with sports culture and the unique mental health challenges faced by athletes and coaches
- Flexibility and ability to work in a fast-paced and dynamic environment.
- Capacity to travel as required

This position is part-time and may require evening and weekend work. The Mental Health Coordinator reports to the High-Performance Director and works closely with other members of the National Program integrated support team.

Remuneration: \$30,000 + HST (part-time)

To apply for this position, please send a cover letter and resume highlighting your qualifications, relevant experience, and passion for mental health care in sport. Please be sure to provide examples of mental health programs or initiatives you have developed, implemented, or contributed to in the past. We also ask that you list the names of two professional references who can speak to your experience and qualifications in mental health. Please submit all requirements to kpaquette@curling.ca by May 19, 2023.