

A Peer Support Specialist is a person who has personally experienced a mental health condition, taken an active role in regaining mental health and wellness, and is willing to share those experiences to inspire, educate, and guide others with similar experiences and conditions.

#### **REQUIRED QUALIFICATIONS**

- Identifies as an individual who has had a primary diagnosis of mental illness.
- Is a current or former consumer of mental health services.
- Is willing to share their lived experiences with peers on both an individual and a group or community environment.
- Is at least 21 years of age.
- Has a high school diploma or equivalent.
- Is able to pass a Minnesota DHS Background Check.
- Ability to represent the NAMI SE MN and affiliated organizations in a respectful and professional manner at all times.
- Strong leadership, advocacy, and role model skills.
- Knowledge of mental illness and chemical dependency as well as the willingness to continue education on these issues.
- Knowledge of community resources.
- Have complete or willing to complete a Minnesota DHS approved Certified Peer Support Specialist training and pass certification exam when offered by supervisor. Must also be willing to maintain certification as required by the state of Minnesota.

#### **PREFERRED QUALIFICATIONS**

- Provide a current letter of recommendation by a member of mental health care team or equivalent.
- Experience working with mentally ill and dangerous individuals.
- Experience working with individuals transitioning from state hospital to the community.

#### **JOB RESPONSIBILITIES**

A Peer Support Specialist performs a wide range of tasks to support individuals in living their own lives and directing their own recovery and wellness process. This is achieved in many ways, including, but not limited to:

- Assist individuals to identify their strengths, abilities, and assets, and to teach and empower them how to use them to achieve their goals.
- Assist individuals to develop a recovery and wellness goals.
- Develop positive relationships with community resources, groups, and agencies.
- Advocate for individuals living with mental illness.
- Encourage the use of local resources. Connect individuals to these resources.
- Educate individuals about the recovery journey as well as mental health and wellness.
- Role model appropriate boundaries and interpersonal communications.
- Demonstrate stigma-busting methods and ways of thinking.
- Facilitate group activities such as coping skills, education, and support.
- Model wellness, personal responsibility, self-advocacy, recovery and hope.



National Alliance on Mental Illness

Southeast Minnesota

- Other duties as assigned.

**HOURS**

This is a part time position with variable hours which may require some evening and weekend obligations.

**Transportation**

Must have reliable transportation and be able to drive to Mankato area once a week.