



## EMPLOYMENT OPPORTUNITY

**Position: Youth Life Skills Coach**

### **Background:**

Incorporated in 2017, the Matawa Health Cooperative (MHC) is a Matawa First Nations owned and controlled health co-operative that provides care services to enhance existing health services to achieve long-term health and well-being for all members within the nine (9) Matawa First Nations. It is overseen by a Board of Directors and is a member of the Health Care Co-operatives Federation of Canada. The MHC is community-driven with available services bring tailored to individual community's needs. It is the first of its kind in Canada.

The MHC works to incorporate traditional healing and medicines in addressing the wholistic health needs of the Matawa First Nations focusing on the priorities of mental health and addictions, diabetes, and chronic diseases.

MHC is accepting applications for **Youth Life Skills Coach**.

### **Position Summary:**

The Youth Life Skills Coach will provide support and programming coordination and delivery as it pertains to the topics of life skills, specifically to First Nations youth from the communities served by Matawa. This role will offer preventative service delivery and programming from a holistic perspective; seeking to address all areas of wellness including: physical, mental, emotional, and spiritual.

### **Specific Duties Include:**

- Support Matawa youth in learning/developing life skills addressing areas that may include but are not limited to:
  - activities of daily living,
  - budgeting and managing finances,
  - communication,
  - decision making,
  - emotional regulation and coping skills,
  - employment/career readiness,
  - food security,
  - goal-setting,
  - healthy living,
  - housing,
  - interpersonal conflict & healthy relationships;
  - parenting,
  - post-secondary education and trades,
  - problem solving and planning,
  - sexual health,
  - and social skills;

- Work with Matawa youth to promote and build independence, confidence, and self-sustainability. Overall outcomes are to encourage our Matawa youth to learn, practice, and rely more consistently on healthier coping mechanisms and lifestyle choices;
- Plan, coordinate, and deliver relevant life skills programming for Matawa youth which foster and promote independence. Flexibility with delivery and facilitation of programming is required as this may be done in person, hands-on/land-based, or online/virtually;
- Resource development: developing and offering culturally appropriate life skills resources, materials and supports;
- Work to establish an on-line presence on social media platforms that represents our Mental Health Team as well as our services;
- Work from a lens that recognizes Maslow's Hierarchy of Needs as well social determinants of health and how these can both influence overall outcomes of the youth we support;
- Work collaboratively with other organizations, supports, and professionals that exist within Northwestern Ontario and Matawa region to deliver focused services that target areas of expertise;
- Work as part of a multi-disciplinary team (includes but is not limited to MHC Staff, Chief & Council, Matawa Health Directors, Choose Life Workers, Youth Workers, Elders and Traditional Knowledge Keepers);
- Work towards ensuring we are meeting the unique needs of each of our communities and providing services/service delivery that is responsive to those needs;
- Maintain professional competencies throughout ongoing education and/or programming, and act as a resource person to Matawa youth/young adults;
- Maintain accurate and confidential client records electronically and in a timely manner. Able to maintain healthy, professional boundaries, and to operate within legal limitations of said confidentiality;
- Follow duty to report requirements as necessary;
- Participate in regular supervision and team meetings as required;
- Travel to Matawa First Nations communities, often by small aircraft, is required;
- All other duties as deemed necessary by your immediate Lead/Supervisor.

### **Preferred Qualifications, Experience, Knowledge, and Abilities:**

Applicant must possess at a minimum: a Bachelor's Degree in Social Work or related field. Applicants with a diploma related to the area of Social Work will be considered (e.g., Indigenous Studies, Native Child & Family Services, Social Service Worker).

Applicants must be willing to travel to the Matawa communities as required and must have a valid G Class Driver's License (Ontario). Must be willing to provide a police criminal background check and a vulnerable sector check. Finally, the ideal candidate must also have the ability to display and support Matawa Health Co-operative's vision, mission, and goals in providing respectful and effective healthcare/mental health services.

### **The incumbent should also have proficient knowledge in the following areas:**

- Knowledge of foundational theories, principles, and practices as they relate to Social Services, Social Work;
- Knowledge of Maslow's Hierarchy of Needs as well social determinants of health and how these can both influence overall outcomes of First Nation youth and young adults;
- Strong knowledge of practice regulations: familiar with privacy, confidentiality, and duty to report;
- Knowledge of community support services, both in Thunder Bay, Northwestern Ontario, and Matawa region;
- Familiarity with navigating intersecting systems including healthcare, education, justice or corrections,

- social services, employment services, income and/or food security;
- Knowledge of Western and First Nations approaches to and models of health and wellness;
- Experience planning, developing, and delivering events and programming;
- Cultural Competency;
- Knowledge of First Nations culture, history, community-based services, geographic realities, and social conditions within remote First Nations communities.

**Location:** Thunder Bay, Ontario (with travel to Matawa communities)

**How to Apply:** Please send your cover letter, resume, and three references to:

Matawa Health Co-operative  
 RE: Youth Life Skills Coach  
 233 Court Street South  
 Thunder Bay, Ontario P7B 2X9  
 Fax: (807) 346-2371  
 Email: [MHC-Careers@matawa.on.ca](mailto:MHC-Careers@matawa.on.ca)

**Deadline:** Open Until filled

***Matawa First Nations Management has adopted a COVID-19 Vaccination Policy by which all staff, who are eligible, must be fully vaccinated. If you have any questions or concerns regarding this, please contact us.***



**- CIRCLE OF BELONGING -**

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