

CMHA ALBERTA DIVISION – Rural Mental Health project

Community Animator Role Description & Compensation

The Canadian Mental Health Association CMHA AB is hosting the Rural Mental Health project. The aim of the project is to enable rural and remote municipalities to improve mental health outcomes by building local capacity and Coalitions. Using their local expertise, FCSS offices or a local indigenous community based organization will identify a local resident to become a Community Animator. It is important that Animators live locally to ensure Coalitions are truly community-led and owned, while also reducing mileage and demands of Animators having to travel from town to town.

The Animator will receive training to build their understanding of mental health, mental illness, wellness, supporting collaborative community-direction setting, and decision-making. Animators can be FCSS staff or a community member at-large who is contracted. There is compensation available to Animators, as detailed below.

The goal of the Animators is to build their capacity and understanding of mental health, mental illness, mentally healthy community, and collective decision-making and facilitation. Through their training, Animators will be have the tools, expertise, and support to bring together a Community Coalition.

The Community Animator(s) will:

- Undergo two, two-day in-person training days and online training for approximately ten hours.
- Connect with the Rural Mental Health Network through the online website and other means – to access training, resources, and to connect with other Animators
- Convene Community Coalitions with diverse stakeholder (i.e., agency and non-agency community members), with support from training as well as connections to FCSS or indigenous community-based organization.
- Facilitate ongoing Coalition meetings over one year - for twenty hours over the year.
- Guide the Coalition in understanding the pillars of a Mentally Health Community
- Assist with collective decision-making, as the Coalition determines which pillars and actions need attention
- Help create a Transformational Roadmap and action plans with community-leading leading the content
- Maintain involvement with the Coalition overtime to assist with community learning and reflection, as well as updating and revamping the Roadmap

CMHA AB will provide the following support to Community Animators through their local FCSS office or indigenous community-based organization. The *Table* below provides an overview of how project funds can be used to support Animator Training. However, if a local agency would like to cover Animator training salary as an in-kind expense, we are open to exploring an alternative use funds to support the Animator and Coalition.

In-person training in a regional location – 4 days	\$800
Training - Hotel, Travel (i.e. mileage), and Meals	Covered - Variable
Online training components that will not exceed 10 hours	\$250
Animators facilitating their Community Coalition – 40 hours	\$1000

Community Animator Role – In Detail

- To identify potential community members, champions, and organizers from all areas of the community to join the Coalition;
- To encourage and stimulate full participation by all community members; with special attention to those who may be forgotten, marginalized and overlooked in community decision making;
- To help develop trust, tolerance and co-operation among community members;
- To begin and support ongoing collective mapping of community assets, while monitoring social change and new social information relevant to your community;
- To motivate and encourage Coalition members to work together and to talk to their fellow community members about community well-being;
- To empower communities to set direction and work collectively to support a mentally health community, and that community members and services providers play different but equally important roles in supporting mental health;
- To assist the community in collecting or obtaining information and knowledge that may be available. This can be done through creating community surveys, through gathering information available through governmental and non governmental agencies, through the Rural Mental Health Network, and more;
- To assist community members in generating solutions, identifying priority issues by collectively creating a Transformational Roadmap; to act as a 'north star' to set direction for community wellbeing.
- To connect with and maintain relationship with the Rural Mental Health Network;
- To share and upload experiences, resources, and Coalition maps with the Network overtime;
- To encourage and stimulate community members to organize, plan, implement, and monitor actions that they define through Transformational Road Mapping activities aimed at solving their problems;
- To provide community Coalitions with knowledge, tools, and activities to get community members interested, organized and motivated;
- To assist the community in obtaining available outside resources that align with their Transformational Roadmap activities, as directed by the Community Coalition.
- To assist the community members in developing their own capacity and strength with the goal of the community coalition no longer needing an Animator in the future.