



Role description for Peer Support Facilitators of ADHD and Substance Use Disorder Peer-led Support Groups

The Centre for ADHD Awareness, Canada is launching ADHD and Substance Use Support Groups in fall 2023, with funding support from Health Canada.

These groups will be peer-led and held in different time zones across Canada. Through these virtual group sessions, participants will receive emotional support and mentorship, critical education about ADHD, and strategies on how to manage some of the core symptoms that have led to substance use.

The groups will be facilitated in a non-clinical context by **Peer Support Facilitators**. As people with lived and living experience, Peer Support Facilitators will provide key services to support group participants while gaining meaningful employment experience and opportunities for personal development.

CADDAC is committed to ensuring peer-facilitators are people with lived experience from diverse backgrounds and gender identities, including those who are racialized, marginalized, and identify as LGBTQ.

This opportunity may be a great fit if you:

- Are you looking to **bring your lived experience with ADHD and Substance Use Disorder to support others** with similar experiences
- Would you like to **receive training and certification** as a Peer Facilitator
- Are interested in **developing professional and leadership skills** and experience
- Want to **learn more about ADHD and its impacts**, especially around Substance Use Disorders
- Are **comfortable leading groups in a virtual meeting setting**, with some knowledge on how to host and facilitate virtual meetings on Zoom platform.
- Can **commit to leading a series of bi-weekly** (TBC) Peer Support Groups from October 2023 to March 2025 (18 Months)
- Have access to a laptop or PC and stable internet connection.

As a Peer Support Facilitator for CADDAC's ADHD and Substance Use Support Groups you:

- Have lived experience as a person diagnosed with ADHD and having experienced (past and or currently) Substance Use Disorder and a willingness to share you experience, as appropriate, in your role as facilitator

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- Are willing and available to complete required facilitator training, which includes:
 - PeerWorks Peer Support Core Essentials Program, **which consists of 17 online 2-hour live webinars over approximately 8 week.** These interactive sessions include individual exercises, group exercises, trainer-led discussion and skill practice. Outside the interactive sessions there is some homework, which includes reflections, readings and watching video.
 - CADDAC's training on ADHD

The combination of the two programs will provide Peer Facilitators with the skills necessary to make an impact and will equip you with transferable skills which can be applied to other areas of the job market.

Key Responsibilities of the role include:

- Greeting participants and introducing topics of discussion for the session
- Answering questions about CADDAC and referring participants to CADDAC's Resource Navigator for more resources
- Demonstrate active listening skills and knowledge of interpersonal communication styles
- Collaborate with other facilitators to ensure the running of the group
- Work with CADDAC team to gather participant feedback and assess session impact

Peer Facilitators will be offered a stipend for their time.

If you are interested in applying, please reach out to cristina.evans@CADDAC.ca