



Mental Health Support Roles

About Brigadoon

Brigadoon Village is a non-profit year-round outdoor recreation facility. During the summer months, we run an overnight summer camp program specific to children and youth living with chronic health conditions and other life challenges (such as grieving the loss of a loved one). Our programs give campers a chance to meet others who understand their specific struggles and help them to feel less alone. We focus on building meaningful connection and community and sending our campers home stronger, more confident, and with some new skills to be proud of. *Our hope is that if we do our jobs well, the one week that they spend with us each year can make the other 51 weeks of the year a little bit easier.*

Our philosophy, at a glance:

- Of course, the camp experience is full of fun, laughs, and friendship! These things are so important. However, at Brigadoon, we believe strongly that fun is what it feels like while we're delivering on our actual mission: growing our campers as individuals.
- We focus on 5 key areas of development for our campers:
 - **Compassion:** We want them to leave with a better understanding of the people around them and how their actions impact others.
 - **Connection:** We want to surround them with people who understand their circumstances and to build the skills that will allow them to leave camp better able to build and maintain strong friendships.
 - **Confidence:** We want our campers to leave camp with more positive words to use to describe themselves and with a stronger sense of what makes them fantastic.
 - **Independence:** We want our campers to be able to advocate for their own needs, take responsibility for their actions, and make their own decisions.
 - **Resilience:** We know that for our campers, life is going to be awfully hard sometimes. We acknowledge that things are hard and help them to learn ways to make themselves feel better and bounce back.

Some Quick Camp Facts:

- Our summer camps run for 6 days at a time, with campers arriving each Sunday and departing each Friday
- Our camp sessions are condition-specific, catering to a specific medical need or challenge. A full list of these camp sessions can be found [here](#)
- We are located on Aylesford Lake, in the Annapolis Valley of Nova Scotia. Have a look at our facility [here](#).
- Each week, we have medical professionals join us in order to support the medical needs of our campers, that is not the responsibility of our summer staff!
- We run a wide variety of camp programs during the summer – a full list of our activities can be found [here](#)

Why Get Involved?

While working with us, you will be part of a team of passionate change makers who are among the kindest, silliest, most energetic and enthusiastic people you will ever meet. You'll also meet a hugely diverse group of amazing kids who will have just as much to teach you. You'll have the incredible privilege of sending these brave kids home as even better versions of themselves. You'll laugh and smile more than you ever thought possible, even while you're falling into your bed exhausted every night.

Camp Solace/BELIEVE:

During the week of July 27 - August 1, we run our Camp Solace and Camp BELIEVE programs (both programs run at the same time, though with campers in separate cabins and attending most activities separately,) our two programs which focus on mental health.

- **Camp Solace** is a summer camp program for children and youth who are grieving the loss of a loved one. Campers participate in group sessions facilitated by a licensed mental health professional where they can safely explore and talk about their grief and their loss.
- **Camp BELIEVE** is a summer camp program for children and youth who have a parent or guardian with a diagnosed mental health condition. Through participation in this program, campers learn more about their own mental health, valuable coping skills and strategies to take good care of themselves, and learn more about who they are as an individual, separate from their parent/guardian's diagnosis.

How You Can Help:

- During this week in particular, we like to recruit additional sources of support for our campers. Campers who are struggling with the loss of a loved one or a parent/guardian's diagnosis often struggle more with big and complex feelings which benefit from some additional time and attention.
- We're looking for folks who can be an extra set of hands for when these feelings can become troubles with regulation or can develop into challenging behaviours. We're also looking for people who can take some extra time to sit with a camper and help them to work through the ways they are feeling.
- This is a fantastic opportunity for those who are in/going into helping fields and who are/or intending to be mental health professionals.
- We prefer that those who join us be able to commit to the full week of camp but are able to make exceptions in some cases.
- Depending on qualifications, we are able to offer a small honourarium to express our gratitude at the end of the week.
- We provide accommodations and food for the duration of our camp sessions, so there is no need to worry about costs associated with that!
- We provide a thorough orientation process for each person who joins us prior to the beginning of their camp duties.
- We require that every member of our team provide us with up-to-date immunization history, and criminal record check screening documents prior to arrival at camp.
- The days at camp are **long** and **busy!** Those who join us in support roles should be prepared to spend long hours in a fast-paced environment, with plenty of support around to lean on!

Who We're Looking For.

We are looking for a team of people whose strengths and backgrounds are as diverse as our campers are. Camp experience is absolutely not required to be a great member of our team! We are keen to have people join us who are:

- Committed to consistent learning and growth.
- Team players, willing to help in all areas
- Passionate and motivated
- Energetic and silly
- Kind and compassionate
- Flexible and able to adapt quickly
- Able to stay calm in high-pressure situations.
- Able to work LONG and challenging days

Grief Group Facilitation

Some folks who join us as Mental Health Support also help us by facilitating our grief groups for our Camp Solace campers (you'll have an opportunity to let us know whether or not you're interested in this additional role through the application process and it is not mandatory!) In addition to the above qualities/experience, we're looking for our grief group facilitators to have:

- Strong facilitation skills
- Background in/knowledge of grief work
- Background in/knowledge of grief in kids (or willingness to complete training prior to camp)
- Experience working with children/youth
- A background in a relevant field (social work, mental health, mental health nursing, child life, psychology, etc.)

We are happy to discuss more about what specific concepts related to grief in children would be necessary for this role.

How to Apply:

Applications for our Solace/BELIEVE support roles will be open from **March 1st – 31st** . As of March 1st, you can find the application [here](#)

Any questions about getting involved with us can be directed to us at staffing@brigadoonvillage.org