

# Wellness Navigator (Volunteer Mental Wellness Support)

**Reports To:** Executive Director of Institutional Strategy & Culture (EDISC)

**Commitment:** Flexible/Scheduled Educational Sessions and Resource Development

**Location:** Remote

**Status:** Volunteer (Uncompensated)

## Mission & Role Summary

The Wellness Navigator Volunteer is dedicated to safeguarding the mental and emotional health of all Compass IGG & Advocacy volunteers. This specialized role applies expertise in trauma and grief counseling to provide essential coping strategies and psychoeducation, helping volunteers navigate the challenges of vicarious trauma inherent in working difficult and sensitive cases of unidentified human remains and ambiguous loss.

## Key Areas of Responsibility

### Psychoeducation & Training Delivery

- **Mental Wellness Presentations:** Be available to join scheduled volunteer meetings to provide brief, engaging presentations (e.g., 5-10 minutes) with practical reminders, skills, and techniques for maintaining mental well-being and preventing burnout.
- **Trauma Resilience:** Offer guidance and educational resources focused on resilience, managing vicarious trauma, recognizing signs of compassion fatigue, and implementing self-care strategies.
- **Skill Dissemination:** Educate volunteers on specific, actionable skills they can use to navigate the mental and emotional toll of difficult casework.

### Resource Development

- **Educational Content:** Assist in the development and curation of mental wellness resources, including educational content for a video library, tip sheets, and other digital materials accessible to all volunteers.
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- **Resource Promotion:** Proactively promote and raise awareness of mental health resources and tools available to the volunteer community.

## Advisory Support

- **Consultation:** Serve as an advisory resource to the EDISC and other leadership, offering recommendations on policies and practices that promote a healthy and supportive organizational culture.

## Requirements & Vetting

- **Technical Proficiency:** Demonstrated background in psychology, counseling, social work, or a related field with specific expertise in one or more of the following: vicarious trauma, trauma-informed care, grief counseling, or crisis intervention.
- **Security Mandate:** Must have access to a reliable, private internet connection and a personal computer that is password protected and not shared with others.
- **Vetting:** The offer to serve as a Wellness Navigator Volunteer is strictly dependent on the candidate successfully passing a background check.
- **Confidentiality:** Must adhere to strict confidentiality agreements regarding sensitive case information.

## Qualifications & Desired Attributes

- Relevant certification or licensing (e.g., LPC, LCSW, LMFT, or equivalent) is highly desirable, though not strictly required if experience in the field is substantial.
  - Excellent public speaking and presentation skills, with the ability to convey complex emotional and mental health concepts in an accessible, compassionate, and non-judgemental manner.
  - Demonstrated commitment to supporting a volunteer community working with sensitive, difficult, and potentially traumatic case material.
  - Ability to maintain strict confidentiality and professional boundaries at all times.
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