



— Your community partner for responsive, effective and affordable behavioral health care —

Contact Information:

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Intensive Residential Treatment Recreational Assistant Volunteer

Description: The Recreational Assistant will work directly with customers of the Zumbro Valley Residential Treatment Program. They will be responsible to interact with clients in this program through a number of recreational and daily living skills training activities. Volunteers should sign-in on the Volunteer Time Sheet at the start and end of their shift.

Preparation: A general overview of Zumbro Valley Mental Health Center and its programs will be conducted by the Volunteer Coordinator at the start of the scheduled volunteer time. Volunteers will be provided a tour of the facility to include vending and restroom availability. Program specific information will be provided to the volunteer directly following orientation. Tasks include:

- Attend recreational activities with counseling staff and clients
- Assist with daily skills training for clients
- Be a companion by interacting with residents in playing cards or board games

Qualifications: Volunteers should want to help their community through volunteering; have the ability to follow simple directions; be able to read and write at a high school level or above; and work well in a group setting. Volunteers should demonstrate appropriate boundaries and judgment through their interactions with clients and staff.

Benefits: Volunteers will develop an understanding of the mental illness and chemical dependency. Volunteers will develop empathy for those struggling with their mental and chemical health.

Supervision: Volunteers will work directly with the mental health practitioners and are encouraged to ask questions they have about the volunteer opportunity.

**Dress or
Equipment
Needed:**

Casual dress is acceptable as long as it is neat and clean. Volunteers will be asked to adhere to the agency dress code; a copy of which will be provided. If your shift is around lunch or dinner, please eat prior to your volunteer time. Vending is available.

Location:

Zumbro Valley Mental Health Center
343 Wood Lake Drive SE
Rochester MN

ZVMHC volunteers are responsible for their own transportation to and from the volunteer opportunity. Parking is available in the agency lot. Volunteers and staff are requested to park in spaces to the rear of the lot leaving spaces close to the building for customers. Fees and transportation for recreational or other customer activities will be provided by Zumbro Valley Mental Health Center.