

Health Mentor

Riverbend's Community Support Program seeks a health conscious individual to work as a Health Mentor with the In SHAPE (Self Health Action Plan for Empowerment) Program. The In SHAPE Program is a comprehensive wellness program intended to improve the physical and mental health of adults with severe mental illness through health behavior modification. The program is also designed to increase self efficacy and community involvement. The position's primary responsibilities include: supporting clients with exercising in the community, exploring alternative coping strategies for symptom management, providing exercise and nutrition education, completing fitness assessments, supporting clients with goal setting and progress tracking, grocery shopping, meal planning, and documentation of services. The Health Mentor position requires an individual with a solid understanding of the Stages of Change, S.M.A.R.T (specific, measurable, attainable, realistic, and timely) goal setting principles, health risk stratification, and at least a basic level of sound nutrition knowledge. Training in Motivational Interviewing would also be beneficial. We seek an individual that is a good role model of healthy living, energetic, a good listener, patient and understanding. This position requires an interest in health, nutrition, exercise, and physical well-being of adults with serious mental illness, enthusiasm and an engaging interpersonal style to market program to staff and consumers, attention to detail and good follow through. Direct experience with mentally ill persons is helpful but not required. A criminal and driving record release will be required upon hire. CPR/First Aid certification preferred. Candidates must have a personal vehicle, auto insurance and valid driver's license. This position requires a Bachelor's degree in Psychology, Social Work, or a related field, or several years of related experience. Certification as an entry-level personal trainer is preferred with one or more of the following certifications: YMCA of the USA Personal Training Instructor, Personal Trainer American Council on Exercise (ACE), or American College of Sports Medicine (ACSM).

To apply for this position, please submit a resume and letter of interest to:

Riverbend CMHC
Attn: Human Resources
PO Box 2032
Concord, NH 03302