



## **Volunteer Opportunities**

(Email [volunteer@silverhillhospital.org](mailto:volunteer@silverhillhospital.org) to inquire about open positions)

### **Administrative Support Volunteer**

Play an integral role in supporting hospital operations by taking ownership of important administrative tasks across several departments, including the admissions office, business office, development, human resources, the library, marketing, social work and volunteer services. We are looking for organized individuals who thrive on doing a job well and efficiently! We seek people with great organizational skills, a "can-do, will-do" attitude; and willingness to take direction and work independently at a weekday time that works for you from Monday to Friday 9:00 a.m. to 5:00 p.m.

### **Adolescent 12-Step Discussion Group Leaders**

Adolescent patients participate in a wide variety of therapeutic programs and also attend peer-led discussion groups as part of their recovery journey. Daytime, evening and weekend volunteer opportunities are available in our adolescent inpatient and Transitional Living Program. We seek volunteers to join our volunteer team of Young People's 12 Step/Recovery Discussion Group Leaders. You must have at least one full year of sobriety and be an active participant in AA and/or NA or have personal experience as a support group participant or facilitator.

### **Adult 12-Step Discussion Group Leaders**

Patients at Silver Hill participate in a wide variety of therapeutic programs and also attend 12-step meetings as part of their recovery journey. Volunteers play an integral role in this process by sharing their personal stories of strength, hope and recovery and how they maintain sobriety and a healthy lifestyle. Daytime, evening and weekend volunteer opportunities are available in our inpatient and Transitional Living Programs. Volunteers must be 18 years old or older; have at least one full year of sobriety; and be an active participant in AA and/or NA.

### **Art Group Leader-Adult DBT Program**

We seek mature individuals to share their love of art in a relaxed home atmosphere with adult patients on Mondays at 10:00 a.m. You do not have to be a professional artist; however, if you love art, you have likely been dabbling in it for a while as a hobby or in a classroom setting. Alternate your volunteer schedule with other volunteers who also support this program that provides an enjoyable pastime for our patients.

### **Baking Group Leader**

Join a group of volunteers who share a schedule on to provide a baking group on Sundays at 4:00 p.m. for the transitional living program for people living with chronic mental illness. This group allows our patients to learn new skills, work together as a team, practice social interactions and experience a sense of accomplishment. Of course, a tasty treat awaits everyone! Volunteers must be mature, friendly and outgoing and able to establish and maintain professional boundaries.

### **Floral Arranger**

Join a very special group of gardening enthusiasts who have, for over 40 years, been making stunning floral arrangements for Silver Hill Hospital's patient units, reception areas and dining room. This group meets every Tuesday morning from 9:30 am to noon to arrange nature's floral bounty in vases and whimsical planters that delight patients and bring even more vibrancy to Silver Hill's indoor spaces. You already know who you are! You love gardening and bringing the beauty of the garden's palette indoors for all to enjoy.

### **Dance/Movement Group for Teens**

Share your love and experience with dance and movement with the teens in the adolescent transitional living program at Silver Hill Hospital. We have carved out the early afternoon on Thursdays as the ideal time to offer this volunteer-led 45-minute group but if you are not available at this time, we could hopefully create a time that works for you. You likely have

taken some creative movement and dance classes in your community or at school and have some experience teaching others.

#### **Greeter: Visiting Hours Saturday and Sunday**

We seek mature, personable, and discreet individuals to greet and direct visitors for our Main House and Acute Care Unit facilities during regularly scheduled family visiting hours and patient dining hours. This volunteer position will afford you with an opportunity to interact with patients, family members and staff and gain exposure to the operations of a psychiatric hospital and various staff roles and functions. Volunteers are requested to select the Saturday or Sunday dates that work for them. Volunteers should have excellent interpersonal skills and a professional, yet friendly demeanor.

#### **Library Assistant**

Our medical and patient library boasts a robust collection of up-to-date journals and medical publications for our clinical staff and a broad selection of self-help, leisure books, magazines and newspapers for our patients and their families. Join the Silver Hill Hospital volunteer team as a Library Attendant and enjoy a variety of duties that are essential to keeping our medical and patient library the efficient and organized, but warm and friendly place it is. This is a great opportunity for a college student, recent college graduate, or individuals wishing to enter the mental health field in the areas of nursing, social work, medicine or clinical psychology.

#### **Meditation Group Leader**

Using an existing group format or one that you will create, lead a 30-45 minute group of adult or adolescent patients in a meditation exercise designed to teach relaxation, breathing and creative visualization skills. You must possess outstanding communication skills, practice meditation skills in your personal life and be comfortable leading an educational group. All volunteer-led groups are monitored by our professional staff.

#### **Recreational Activities and Leisure Pastimes Leader**

Work directly with our patients and staff to provide recreational activities that enrich and enhance our patients' existing treatment programs in both our inpatient and transitional living programs. Perhaps you play an instrument love board games, or like to write poetry and stories. We invite you to share some of your natural talents or unique interests that will also create opportunities for conversation and socializing among patients. Let us know what interests and hobbies you have and we will design a volunteer opportunity with you and the patients in mind. Volunteers must be mature, friendly and outgoing and able to establish and maintain professional boundaries.

#### **Support Group Leader-Psychiatric Programs**

Patients living with psychiatric disorders participate in a wide variety of therapeutic programs designed to augment their medication protocols and provide them with new ways to understand their mental illness, along with better ways to relate and cope. Volunteers, who are in recovery from a psychiatric illness and are now living happier lives, play an integral role in this process by sharing their personal stories of strength, hope and healing, and how they maintain a balanced life while living with a mental illness. You must be in active recovery and working with a mental health professional on an ongoing basis. Volunteers must possess confidence, compassion and effective communication skills and be willing to take direction from staff.

#### **Teach Knitting to Patients**

Show patients in our transitional programs how to knit and to also appreciate the value of knitting. Your ongoing weekly presence offers you and the patients an opportunity to develop a rapport and to pick up any threads of conversations from the previous weeks. It's all in good fun and gives patients a creative, relaxing outlet. To ensure that you will have what you need each time you volunteer, you may select simple knitting supplies and the hospital will reimburse you for your purchases.

#### **Volunteer Opportunities for College Students**

College students (age 18 and over) are considered for volunteer positions year round and are given the same volunteer opportunities as any other volunteer candidate. Due to the investment of time required to orient and train our volunteers, preference will be given to those college students seeking a summer assignment who will make a minimum commitment of 10-12 weeks. Volunteers typically volunteer a minimum of 2-6 hours per week. We do not have a clinical internship program for undergraduates; internships are reserved for graduate students.