

## Volunteer Opportunities

Email Lo Smith at [lsmith@silverhillhospital.org](mailto:lsmith@silverhillhospital.org) or call her at (203) 801-3139 to inquire about openings.

**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.

**Adult 12-Step Discussion Group Leaders** Patients at Silver Hill participate in a wide variety of therapeutic programs and 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 Residential Programs. Volunteers must be 18 years old or older; have at least six months of sobriety; and be an active participant in AA and/or NA.

**Art Group Leader** We seek mature individuals to share their love of art in a relaxed home atmosphere with adult or adolescent patients. You do not have to be a professional artist; however, if you love art, and you have likely been dabbling in it for a while as a hobby or in a classroom setting, then this is a perfect fit for you! Alternate your volunteer schedule with other volunteers who also support this program that provide an enjoyable pastime for our patients

**Baking Group Leader** Love to bake? Come share that love on Sundays at 4:00pm with people living with chronic mental illness in our Residential Program. 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, outgoing, and able to establish and maintain professional boundaries.

**Greeter Visiting Hours** We seek mature, personable, and discreet individuals to greet and direct visitors to our Main House and Acute Care Unit facilities during regularly scheduled family visiting hours and patient dining hours. This volunteer position will allow you to interact with patients, family members, and staff and gain exposure to the operations of a psychiatric hospital



and various staff roles and functions. Greeting positions are available every day of the week! 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** Lead a 30-45-minute group of adult or adolescent patients in a meditation exercise that you will create 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.

**Mental Health Recovery Discussion Leader** 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

**Knitting Volunteer** Show patients in our Residential Programs how to knit and 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 conversation 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