

## **Plymouth House of Healing Companion Position Description**



Plymouth  
HEALING  
Communities

*Rebuilding Lives. Rekindling Hope.*

The Plymouth House of Healing Companion is a member of a four-person Companion Team living in a small transitional home in Seattle, Washington, offering community and companionship to individuals living with mental illness who have been homeless or are at risk of homelessness due to their illness experience.

The four Companions work together to create a community of support with the four Residents as they move through their journey of personal growth and healing.

The Companion works with the House Manager, Mental Health Staff of our partner Community Mental Health Provider, respite companions and the client Residents to develop positive and nurturing relationships that promote a safe and stable living environment and help prepare Residents for a permanent home.

The Companion joins in a life of service with the other Companions and the House Manager and shares in creating a house-life that supports each individual's journey toward healing and wholeness.

The Companion shares in the responsibilities of daily life at the house, including meal planning and preparation, cleaning and maintenance duties and a wide variety of tasks involved in operating this unique non-profit program.

To ensure 24-hour availability at the house, at least one member of the Companion Team will be on duty at all times.

The Companion Position at Plymouth House of Healing is a One-Year commitment.

### **Specific Duties:**

- Be an active member of the house, working to develop a strong sense of community within the House
- Welcome new client Residents and support the Residents in following their treatment plans. Encourage and assist the Residents to participate as fully as possible in the life of the house, modeling healthy relationships and community building skills as part of preparing Residents for next steps with housing and recovery.
- Join actively in the daily routines, dinner Monday through Friday, and chores of the house. Invite and encourage the Residents to participate as fully as they are able. Assist in keeping a well-run and presentable house.
- Participate in creating a shared spiritual and/or philosophical approach within the Companion Team to sustain the team in its work of hospitality and ministry of presence.
- Participate in training for Companionship and service with those who face mental illness.
- Help implement house guidelines for conduct of Companions and Residents, and help articulate expectations for participation in house life and tasks.

- Share with volunteers and with community partners in educational, recreational, social and service opportunities in support of the Residents.
- Be present in the house on a regular basis as part of a 24/7 coverage plan.
- Actively work to diffuse conflict, modeling positive methods for confronting inappropriate behavior.
- Learn and help implement crisis intervention and emergency plans for the house.

### **Supervision**

Companions are accountable to one another and to the House Manager, Executive Director and Board.

Regular supervision of each Companion is provided by the House Manager.

### **Minimum Qualifications**

- Experience, volunteer or paid, working directly with homeless individuals and/or persons living with mental illness
- Experience in group living situations and consistent team work settings
- Commitment to Intentional Living Community; personal and team spiritual/philosophical growth
- Exceptional communication and active listening skills
- Confidence, Comfort and Creative in interpersonal relationships
- Dedication to self-reflection and a willingness to discuss goals for personal and professional improvement/growth
- Ability to respond to difficult situations and problem solve calmly and appropriately
- Age 21 or older
- BA/BS degree *preferred*

### **Compensation:**

The Companion Position is a One Year, Live-In year of service with private room and board provided. In addition, a monthly stipend of \$350, health insurance and public transportation bus tickets are provided. Each Companion needs to be available on a flexible basis to assure that among the Companions there will be coverage at the House at all times. The role and duties of Companion must be prioritized with the encouraged part-time work, study or volunteer activities added or adapted accordingly.

Plymouth Healing Communities

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Rebuilding Lives, Rekindling Hope

If interested, send an email requesting an application to:  
Program Coordinator Chris Wilcynski, LMFT @ [chrisw@plyhc.org](mailto:chrisw@plyhc.org)

For more information visit our Plymouth Healing Communities Website:  
[www.plyhc.org](http://www.plyhc.org)