

Are you interested in contributing to the wellness of people with lived and living experience of mental health use and/or substance use health and their families?

PSO is currently seeking nominees to run for election of our governance board of directors. If you are someone with personal experience of mental health and/or substance use health challenges or a significant support person to someone living with those challenges, we are interested in hearing from you.

About PSO:

We are a non-profit, charitable, member-driven organization promoting hope, recovery, wellness; and supporting individuals and families through our FREE programming and services. We provide peer and family peer support, including our in-hospital peer presence since 2013 via the Recovery Connections program; volunteer opportunities, educational workshops, creative and social activities, inclusive support groups; and a sense of community connection through our drop in lounge located downtown in the Bronson Centre heritage building.

The PSO board acknowledges that we are at the beginning of our journey and is committed to continuously improving our Equity, Diversity and Inclusion practices and to building our anti-racist skills.

Please visit <https://www.pso-ottawa.ca/> to find out more about us.

About the Board Position:

The basic responsibilities of directors include carrying out the organization's mission and goals, planning and setting priorities, supporting the senior staff person (Executive Director), financial monitoring, and ensuring adequate resources and managing them for the organization. The board meets monthly, sometimes twice, with directors serving on committees and working on initiatives as required.

We provide a training session for newly elected board members.

Expectations of Board Members:

- Commitment to a 2-year term volunteer position
- Available to attend monthly meetings via Zoom or in person
- Be prepared and engaged at board meetings
- Participate in committees, working groups and additional activities as needed
- Be committed to our Vision, Mission and Values
- Time commitment: 3-4 hours/month on average

Eligibility Requirements:

- Have lived experience with mental health and/or substance use health challenges, either as an individual or family member
- Be at least 18 years old;
- Not have been declared incapable by a court in Canada or in another country;
- Be an individual (i.e., a corporation cannot be a director);
- Not be in bankrupt status
- Be a member of PSO in good standing for a period of at least 30 days.
- Be willing to undergo a Vulnerable Police Sector Check

We are always looking for specific skills, such as:

- Human resources
- Legal
- Finance
- Strategic evaluation/planning
- Equity, Diversity and Inclusion

Process:

Our organization's bylaws require that board candidates be a PSO member at least 30 days before the Annual General Meeting (AGM) being held on November 21, 2024. They must also be elected to the board by the membership.

The election process requires the completion of a nomination form showing eligibility criteria, including seconders/nominators, which we can assist with; writing a brief biography for the membership; and at the AGM giving a short speech prior to the election of board members.

For a link to PSO Membership Form, [click here](#)

For a link to the Nomination Form, [click here](#)