

Allina Health Change to Chill

Contract Health Education Consultant

Program Background

Change to Chill is a free, award-winning, mental well-being resource offered by Allina Health. Change to Chill helps teens become more aware of the things that stress them out and equips them with relevant tools and resources to better manage stress and anxiety, so they can live happier, more resilient lives. We provide online and printable tools and resources that help teens become more aware of what stress is, what causes it and how to manage it. We also partner with middle and high schools.

Role Purpose

The Change to Chill Health Education Consultant will **adapt existing Change to Chill health education content** to better meet the needs of teens identifying as Two-Spirit, Lesbian, Gay, Bisexual, Queer, Questioning, Intersex, Asexual (LGBTQIA+) teens, and to **create new content** to address the unique needs of LGBTQIA+ teens and their caregivers.

Role Profile

This consultant will participate in work virtually (work from home) in collaboration with the Allina Health Community Benefit & Engagement department and additional consultants. The consultant will report to and work in collaboration with Change to Chill program coordinators.

Role Background

This work is part of a broader project in partnership with Hennepin County Public Health to improve mental well-being among youth most impacted by COVID-19, prioritizing teens who identify as Black, Latinx, Indigenous, and LGBTQIA+ in Hennepin County to address health disparities.

Principle Responsibilities

Working in collaboration with Change to Chill staff, community consultants and mental health providers, the consultant will perform the following functions:

Writing, Editing, Formatting

- Content adaptation
 - Review existing Change to Chill content and make recommendations for adaptations that resonate with LGBTQIA+ teens and their caregivers
 - Adapt previously identified health education content on www.changetochill.org specifically for LGBTQIA+ teens and their caregivers

- Content development
 - Review peer-reviewed research to make recommendations for mental well-being resources for LGBTQIA+ teens and their caregivers
 - Create new health education materials including educational webpage content, resiliency skill-building activities, and tools to help LGBTQIA+ teens reduce stress
 - Educational webpage content
 - Content should address the unique stress, anxiety, depression, stigma and additional mental well-being concerns experienced by LGBTQIA+ teens
 - Resiliency skill building activities
 - Content should incorporate evidence-based resiliency-building activities found especially useful by LGBTQIA+ teens
 - Tools
 - Content should incorporate evidence-based coping/healing tools found especially useful by LGBTQIA+ teens (e.g. guided meditations, movement/exercises, DIY activities, coloring pages, guided handouts)
 - Examples of work include, but are not limited to:
 - Frequently Asked Questions documents for LGBTQIA+ teens and their caregivers
 - Conversation starters
 - Youth engagement toolkit
 - Interactive website tools
 - Other resources as identified
- Collaborating
 - Collaborate with mental health providers to review and edit final materials
 - Coordinate with Allina Health staff and other consultants to adapt existing content, create new content and promote resources specific to LGBTQIA+ teens and caregivers
 - Participate in regular meetings and planning sessions with Allina Health staff and consultants

Education, Skills, Work Experience Requirements:

Consultant must have a minimum of three years' experience in public health, social work, health education, mental health, youth development, communications or related field.

Additional requirements:

- Experience working with teens identifying as LGBTQIA+
- Exceptional oral and written communication skills including proofreading, spelling and grammar
- Exceptional interpersonal communication skills on telephone, email and face-to-face
- Leadership and problem-solving skills, including ability to handle multiple tasks and prioritize
- Ability to work independently and collaborate effectively with a wide range of individuals
- Ability to synthesize material and make sound recommendations
- Flexible and resilient, comfortable with ambiguity, adaptable to a high-change environment
- Demonstrated interest in working with diverse, multicultural communities

Preferred skills:

- Proficient in Microsoft Word and Google (e.g. GDrive, Google Docs)
- Experience creating web-based health education materials
- Experience in the mental well-being field
- Excellent organizational skills, including time management
- Strong critical thinking and discretionary judgment

- Knowledge of health literacy principles
- Educational background in journalism, writing or communications

Time Requirements:

- 40-60 hours of work total to be completed before June 30, 2021. Consultant will be required to attend occasional virtual meetings with Allina Health staff and additional consultants. Remaining work is flexible.

Compensation & Benefits:

Compensation range is \$50-60/hour and commensurate with experience. Consultant will be paid monthly. This is a contract position and not benefit eligible.

Application Instructions:

Please visit changetochill.org/hennepincounty for a full project description.

To apply please submit a cover letter, resume and brief writing sample answering the following prompt by email to changetochill@allina.org by March 31, 2021.

- Writing Sample Prompt:

LGBTQIA+ teens experience higher rates of stress and anxiety than their heterosexual cisgender counterparts and face unique challenges and stressors associated with stigma and acceptance. Select and write about a topic from the choices below and propose a resilience building activity for teens who identify as LGBTQIA+, no longer than 2 pages in length:

- Coming out to friends or family members
- Self-acceptance
- Substance use
- Intersectionality