



Summary

Psychiatric Survivors of Ottawa (PSO) is currently seeking several candidates from its membership and community for an upcoming 2-year term on the nine member elected board of directors for 2022/23.

Are you interested in volunteering your time and talents? Do you have knowledge of mental health, addictions, or wellness recovery; non-profit sector. Do you have skills in one of these areas: human resources, legal, finance, strategic evaluation/planning or previous board experience?

About PSO

PSO was founded over thirty years ago in 1991 by a handful of consumer/survivors of the mental health system. We continue to be a non-profit member-driven organization in promoting hope, recovery, wellness; and supporting individuals and families through our FREE programming and services: providing peer and family peer support, including our in-hospital peer presence since 2013 via the Recovery Connections program; advocacy, volunteer opportunities, educational workshops, creative and social activities, and a sense of community connection through our drop in lounge and inclusive support groups. Located downtown in the Bronson Centre heritage facility, we are transitioning back to our in-person programming supported by Zoom videoconferencing.

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

Eligibility Requirements of Candidates

Interested candidates must have lived experience with mental health challenges and recovery, either as an individual or family member; be committed to our vision, mission, and values; principles of diversity, equity and inclusion; consensus building; and our Board Code of Conduct Policy. **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 February 27, 2023.** They must also be elected to the board by the membership. The election process requires the completion of a nomination form, 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.

Link to membership form <https://www.pso-ottawa.ca/online-membership-form>

Link to nomination form <https://www.pso-ottawa.ca/board-of-directors-1>

Responsibilities of Directors and Time Commitment

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. We provide a training session for newly elected board members. The board meets monthly, sometimes twice, with directors serving on committees and working on initiatives when required.

Please email us **no later than January 27, 2023** at <https://www.pso-ottawa.ca/email-us-form> of your interest in becoming a candidate for our upcoming board of director elections.