

Volunteer Opportunities

www.empirementalhealthsupport.org/volunteer

Annual Meeting and Workshop Volunteer

September (*annual meeting, approx. 2 hrs.*) | Workshops at various locations (*12 hrs./year*)

1. Meet with the **Development and Outreach committees.**
 2. Greet guests.
 3. Help organize lunch.
 4. Set up/clean up.
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Annual Fundraiser Day-of Event Volunteer | Dancing With the Sioux Falls Stars

September-October (*approx. 5 hrs.*)

1. Free admission if you sign up.
 2. Fill out the [online form](#) any time and we'll contact you when sign up begins (mid-Sep).
 3. Examples of available roles:
 - a. Set up table decorations (2 hours)
 - b. Guest check-in (training on computer tablets starts 1 hour prior to event)
 - c. Sell raffle tickets (during the event)
 - d. Sell dancer heads (during the event)
 - e. Remove table decorations (1 hour)
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Becoming a board member

Applications accepted year-round (*approx. 3-6 hrs./month*)

1. EMHS operates with up to 11 board members.
 2. Applying for and being approved as a board member can take up to two (2) months.
 3. Essential team skills desired:
 - a. Broad community connections.
 - b. Time available to make a true commitment.
 - c. Strong desire to help others.
 - d. Career skills and/or a passion that can move our organization forward.
 4. It's highly encouraged to attend a board meeting prior to requesting an application.
 - a. Board meets every 3 Tuesday of the month at **737 W 10th St. from 6:30-8PM.**
 - b. Call **605-359-0995** or [email](#) us if you plan to attend.
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Volunteer Opportunities

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5. Request application documents by emailing info@empirementalhealthsupport.org.
 6. We will get back to you to set up an interview with the **Nominations Committee**.
 7. New board members require board approval.
 8. An onboarding meeting will be scheduled to get new board members up to speed.
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Facilitating support groups

Year-round (3-4 hrs. of training; 4-6 hrs./month facilitating)

1. Meet with the **Programs & Project Committee** to learn more about existing groups.
 2. Participate in a 3-hour training (MHA accredited).
 3. Identify as someone in recovery with a mental health diagnosis, someone who loves a person who lives with a diagnosis, or someone with lived experience.
 4. Form your own group with support from EMHS (max of 10 people recommended).
 - a. Determine a schedule frequency that works for you.
 - b. Promote attendance by word of mouth, with social media and print assistance provided by EMHS.
 - c. Share EMHS Facebook/Instagram promotions on your social media accounts.
 - d. Gather contact information of interested and participating individuals and share with EMHS.
 5. Report on the number of people attending weekly groups using an EMHS web form.
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Fundraising Ambassadorships

General Fundraising Ambassador

Year-round (approx. 8 hrs./month)

1. Meet with the **Development Committee**.
 - a. Become an ambassador by doing a deep dive on how we operate, learning our talking points, and promoting our mission and programs.
 - b. Learn the fundamentals on how to fundraise (information and training provided).
2. Use your personal contacts to approach businesses, friends, family, coworkers, faith organizations.

Volunteer Opportunities

www.empirementalhealthsupport.org/volunteer

3. Hand out our main brochure whenever and wherever possible.
4. Send a thank you card for every donation.

Donor Ambassador for Annual Fundraiser | Dancing With the Sioux Falls Stars January through October (*approx. 2 hrs./week*)

1. Meet with the **Development Committee**.
 - a. Learn how to become an ambassador by doing a deep dive on how we operate, learning our talking points, and understanding the purpose and mission of our annual fundraiser.
 - b. Learn the fundamentals of how to find faithful donors (information and training provided).
2. **Requirements:**
 - a. Preferred: An impressive list of personal contacts.
 - b. Willingness to use your personal contacts to approach local businesses, friends, family, coworkers, faith organizations.
 - c. Depending on skill/comfort level, willing to contact donors or coordinate with the **Development Committee** on approaching donors by email or in-person.
 - d. Willingness to send thank you cards to all donors.

Silent Auction Ambassador for Annual Fundraiser | Dancing With the Sioux Falls Stars January through October (*Jan-May approx. 2 hrs./week | Jun-Sep approx. 4 hrs./week*)

1. Meet with the **Development Committee**.
 - a. Attend a ½ hour training and several planning meetings (approx. 6-8).
2. **Requirements:**
 - a. Willingness to receive rejections.
 - b. A comfort level making personal, blind asks.
 - c. Driving and walking (apologies, no mileage reimbursement available).
 - d. Sending email asks (template provided) and following up with emails or calls.
 - e. Keeping detailed notes.
3. Select or target an area of Sioux Falls businesses to approach based on location data collected from previous events.
4. Weekly verbal updates to the **Development Committee** on your progress.
5. Gather signed commitments and physical items, then hand off to event coordinator.
6. Send a thank you note to every auction donor.

Volunteer Opportunities

www.empirementalhealthsupport.org/volunteer

Speakers Bureau

Year-round (*approx. 2 hrs./engagement*)

1. Meet with the **Development Committee.**
2. **Requirement:** The ability to speak openly and honestly about your personal experiences.
3. Speaker panels typically consist of 4-6 people who are consumers (individuals who have received a mental health diagnosis) and family members/caregivers (of individuals undiagnosed/diagnosed with a mental health condition).
4. **Sign up minimum:** Two (2) speaker panels per year with variety of organizations:
 - a. Southeast Technical College
 - b. Augustana University
 - c. Sioux Falls Police Department Crisis Intervention Training (CIT), 2 per year
 - d. More opportunities in development

Social media expert

Year-round (*approx. 2-4 hrs./week*)

1. Meet with the **Development Committee.**
2. **Preferred** skills:
 - a. Creating repeat events
 - b. Data analysis
 - c. Site maintenance (cleaning up site)
 - d. Writing amazing content
 - e. Creating graphics (using EMHS branded images and graphics)
 - f. How to use social media impactfully

Tabling at Community Events & Outreach

Year-round, but majority held during warmer months (*2-8 hrs./event*)

1. Meet with **Programs & Project Committee.**
2. **Requirements:**
 - a. Ability to walk, lift, load, and transport a 20-25 lb. folding table, retractable sign in carry case, and rolling cart of print materials to an indoor or outdoor location.

Volunteer Opportunities

www.empirementalhealthsupport.org/volunteer

- b. A vehicle big enough to hold the tabling equipment and cart.
 - 3. Examples of locations:
 - a. Local parks
 - b. Churches
 - c. Mental health-related events
 - d. Business groups (Rotary clubs, etc.)
 - e. EMHS-sponsored events
 - f. Schools
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Website back up

Year-round (*approx. 2-4 hrs./week*)

- 1. Meet with the **Executive Committee**.
 - 2. **Skills required:**
 - a. Experience with Wix preferred (or other web design tool).
 - i. Training is an option depending on skill level.
 - b. Understanding of plain language and accessibility requirements.
 - c. Ability to adapt to existing voice and tone.
 - 3. Can volunteer from home.
 - 4. Very strong Microsoft Office and Google Docs skills preferred.
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Writing or copy editing

Year-round (*approx. 1-2 hrs./week*)

- 1. Meet with the **Executive Committee**.
 - 2. Requirements:
 - a. Strong background or job history in writing and copyediting preferred.
 - b. Ability to adapt to existing voice and tone.
 - c. Very strong Microsoft Office and Google Docs skills preferred.
 - d. Previous experience in writing the following:
 - i. Newsletters
 - ii. Social media posts
 - iii. Web content (use of Wix or other CMS required)
 - iv. Grants (history preferred)
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