

DEPTHERAPY AND DEPTHERAPY EDUCATION VOLUNTEERING WITH DEPTHERAPY

Volunteering with Depththerapy

Many scuba instructors, Dive Masters and divers contact us offering to work with the injured 'troops' on the Depththerapy programmes. We are always pleased to receive such interest but there seems to be an expectation amongst many that such interest will convert into an individual being invited to work on a programme. That assumption is flawed.

Depththerapy Exploding the Myths

- Firstly all those who work with are volunteers
- Participation as a volunteer instructor or in a support role is by Board invitation only
- Depththerapy rarely pays expenses
- There is no right to be a member of the Depththerapy team of instructors and support staff. The Board decides who will be invited for each specific programme.

We do not use therapists or counsellors

- Some mistake the charity's title as meaning that we are involved in the therapy or counselling practices. We do not engage therapists to work with programme members who have suffered mental and or physical challenges, nor do we engage counsellors to work those suffering from mental illness.
- We do provide 24/7 support for programme members both pre programme, whilst on the programme and post programme. This support however is as a 'buddy' and is limited to talking strategies that fit within the guidance set out in the Mental Health First Aid for the Armed Services Community course.

Strict Rules Apply

Our programme members are regarded by both the Ministry of Defence and the Charity Commission as vulnerable adults, many suffer from acute mental illness. The Depththerapy Board has therefore determined the following minimum standards for instructors and support staff.

To work with us on programmes the minimum person specification is:

- You will be at least be a PADI OWSI (or above) to act as an instructor
- As a instructor you will be mentored for at least two programmes if invited to participate.
- You will be at least a DM (or equivalent) to work in a support role
- You will be 'in status'
- You will have a current HSE medical (as required by HSE legislation)
- You will have undertaken at your own expense the Depththerapy Education Professionals Course
- You will have undertaken the MHFA for the Armed Services Community Course
- You will have Disclosure and Barring Service Clearance

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- You will have DAN Pro Silver or equivalent scuba instructor insurance
- You will be able to 'fit' into the 'military culture'

Getting through the hurdles

If you accomplish all the above this does **NOT** mean you will be invited to participate in a Deptherapy programme, team places are extremely limited and priority is given to:

- a) Board members who run the programmes
- b) Those with specialist skills that we require
- c) Programme members who have progressed through our continuing education to Dive Master trainee standard and above
- d) Ex UK Forces personnel who meet the criteria set out above.
- e) Being qualified as at (c) and (d) does not give an automatic right to work on a programme
- f) There are substantially more individuals qualified at (c) and (d) than there are teaching or support roles on programmes.

The Deptherapy Board's Decision is final

- The Board will decide who it invites to participate as an instructor or in a support role on programmes and that decision is final.
- This is not employment it is volunteering by invitation.