



**Position:** Wellness Coach / Nutrition Specialist  
**Program/Department:** Brooklyn Community Service- YOUTH STAND UNITED (YSU)  
**Reports to:** Program Director  
**Hours:** Part Time

Brooklyn Community service is one of Brooklyn's largest and first non-sectarian social service agencies. Serving more than 10,000 individuals annually, BCS provides a diverse broad range of services including prevention of foster care placement, Crisis Intervention, early childhood and after school education, vocation training, job placement, and clinical services to adults with physical and developmental disabilities with a history of mental illness.

**Youth Stand United (YSU)** provides young people, ages 16 - 21, with a healing centered approach to take and pass their **GED/TASC** while obtaining Job Training and Career Guidance. We offer asset driven strategies to resolve trauma and to sustain a young person's well-being in one to one sessions and an inclusive group setting. We encourage young people to dream. Services include classroom instruction, work readiness and vocation planning, internships and job placement, 21st century skill building and case management.

**Position Summary:**

The Wellness Coach/ Nutrition Specialist manages and encourages a caseload of youth participants to make better health decisions with mindful eating; as well as improve their academic progress and life outcomes. A person ideal for this role will be motivated to encourage others to heal, nourish their body, mind and spirit. The vocational coordinator will work with youth to address their social, emotional and nutritional needs and further develop their independent living skills (kitchen skills, and financial management). To achieve this, the Wellness / Nutrition Specialist will focus on the development of a healthy living approach, catering to the needs of youth participants that is culturally relevant and nutritious. The approach encourages fitness, overall well-being, emotional wellbeing and goal attainment. The Wellness / Nutrition Specialist will introduce youth participants to opt for healthy food choices, food shopping alternatives, and arrange field trips and guest speakers on wellness.

**Responsibilities:**

- Focus on wellness and work as a member of the YSU team for service planning towards the goal of healing the body, mind and emotional well-being of the YSU participant.
- Develop and introduce services that promotion healthy lifestyles to enhance a students' physical and emotional health and well-being.
- Adhere to DOHMH food standards and educate participants about nutrition.
- Engage the students about healthier food choices and practicing the art of finding healthy foods within their community and sourcing local fresh ingredients.
- Produce and offer information on wellness workshops and active demonstrations of healthy food preparation and physical fitness clinics. Individually engage the youth in event planning and encourage their participation in community exploration of wellness resources.
- Manage a caseload of approximately 10 to 12 students, particularly ones with health issues.
- Maintain and update data health records electronically and in client charts.



**Qualifications Required:**

- Qualifications: Minimum of a Bachelor's degree in a related field with at least two years of experience providing employment / vocational services young adults.
- Must have understanding of emotional and/or behavioral challenges as well as an understanding of mental health providers or programs.

**Qualifications Preferred:**

- Bachelor's degree in Human Services or Healthcare field. Bi-Lingual a plus
- Fingerprinting and criminal background checks required.

**Contact:**

Email Resume and Cover Letter to:  
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