

THE LINK CIC JOB DESCRIPTION

Title:	Trainee Cognitive Behavioural Therapist
Location:	Teesside
Employment Terms:	37.5 hours (1 year fixed term plus additional 12 months contract upon qualification)
Service Area:	Children, Young People and Families
Reporting to:	Operations Manager
Accountable to:	Operations Manager
Banding:	Agenda for Change Band 5 point 19 (£26,970).

38 days (including Bank Holidays) Annual Leave entitlement, which will increase based on length of service.

The Link is a Middlesbrough based professional mental health and emotional wellbeing provider. We provide therapeutic services to children, young people and families across the North East including Redcar & Cleveland, Middlesbrough, Hartlepool, Stockton on Tees and Darlington. Our services include a wide range of workshops and training, therapeutic assessments, one to one therapeutic interventions including specialist therapies and Children and Young People Improving Access to Psychological Therapies (CYP IAPT) evidence-based therapies.

Job Purpose

This is firstly a training role within CYP IAPT. The post-holder will work in The Link as part of a wider team of practitioners, delivering, with supervision, high-quality, brief outcome focused evidence-based interventions for children and young people experiencing mild to moderate mental health difficulties. These may include psycho-education, self-help and work with presentation such as anxiety, low mood and anger.

The training and service experience will equip the post holder with the necessary knowledge, attitude and capabilities to operate effectively in an inclusive, value driven service. The post holder will attend all university based taught and self-directed study days required by Northumbria University (Higher Education Institute), as specified within the agreed national curriculum and work in the service for the remaining days of the week (3 days) using their newly developed skills as part of service delivery model.



The Link Redcar CIC

101 The Greenway, Middlesbrough, TS3 9PA

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Company No: 7635348 VAT No: 144 8508 03 The Link Charitable Trust Charity No: 1166207

Main Duties and Responsibilities

- To provide, under supervision, assessment, including risk assessment, of children and young people experiencing mild to moderate mental health difficulties.
- To support management of the waiting list playing a proactive role in prioritisation, assessment and signposting.
- To work with families involved with social care liaising closely with Social Workers and other professionals working across Children, Young People and Family Services.
- To select and deliver a range of appropriate therapeutic interventions for children, young people and families experiencing mild to moderate or moderate to severe mental health difficulties delivered in collaboration with the child, young person and family.
- To work within CYP IAPT Delivering with and Delivering Well Values and Standards.
- To work within the principles of CYP IAPT ensuring the appropriate use of routine outcome monitoring tools
- To make use of referral pathways following assessment for children, young people and families requiring other services, including statutory and voluntary agencies.
- To explore and evaluate clinical treatment using evaluation tools, contributing to evidence-based practice.
- Working in collaboration to support children, young people and families in the self-management of presenting difficulties.
- Working in collaboration with children, young people and families to develop effective treatment plans and agreed outcomes.
- To operate within the Service Referral to Discharge Protocols.
- Through close case management and supervision, escalate cases where the level of need becomes beyond scope, or more severe, ensuring adherence to other relevant elements of service delivery.
- Provide a range of information and support for evidence based psychological treatments. This may include guided self-help. This work may be face-to-face, by telephone or via other media.
- Adhere to an agreed activity contract relating to the overall number of children and young people contacts offered, and sessions carried out per week in order to improve timely access and minimise waiting times.

Training and Supervision

- Attend and fulfill all the requirements of the training element of the post including practical, academic and practice-based assessments.
- Apply learning from the training programme to practice



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- Receive clinical supervision and case management weekly in relation to course work, competencies and clinical work to meet the required standards.
- Prepare and present case load information to supervisors and case managers within the service on an agreed and scheduled basis, in order to ensure safe practice and the governance obligations of the trainee, supervisor and service are delivered.
- Respond to and implement supervision suggestions by supervisors in practice.
- Work within the boundaries of service delivery and support to meet the requirements of the service needs.
- Engage in and respond to personal development supervision to improve competencies and practice

Partnership Working

- To create and maintain effective working relationships with Headteachers, Deputy Heads, SENCO's, Pastoral Teams, mental health champions and wider teaching staff by providing advice and consultative support on emotional and mental health issues, and in relation to appropriate referral pathways for children, young people and families experiencing mild to moderate mental health difficulties.
- To liaise effectively with other local providers, including statutory, voluntary sector organisation and third sector organisations on behalf of the child, young person or family.
- To build effective working relationships with other local children's mental health providers including statutory and third sector CaMHS and support the development of pathways of support.

Safeguarding

- Responsible for safeguarding children and promoting the welfare of children and young people at all times and operating within local policies and procedures.
- Under guidance and support taking appropriate safeguarding action to protect children and young people at risk of significant harm.
- Under guidance and supervision to identify and support families in accessing Early Help Services.
- To share appropriate information with parents/carers or other agencies regarding the child's wellbeing and progress keeping within the boundaries of Confidentiality and Information Sharing protocols.

A Professional and Ethical Service

- To maintain appropriate clinical notes and records on Lamplight and in line with The Link Policies and Procedures.



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- To undertake relevant Continuing Professional Development as required for the purposes of continued professional accreditation or registration and as identified through The Link's professional development and Appraisal system.
- To undertake clinical supervision and case management as per The Link's supervision policy and in line with the appropriate professional body - BABCP
- To work within The Link's GDPR and Information Governance policies and procedures.
- To ensure safe and secure working environment for self and others and to take action as necessary within Health and Safety and other guidelines.
- To adhere to all The Link's Policies, Procedures and Guidelines.
- To promote and value the rights, responsibilities and diversity of people using the service.

Other

- Mapping/updating of existing local services for signposting and review/update existing service directory. Continue to welcome spotlight sessions for external providers during whole team meetings or attend their team meetings.
- Engage caseload to increase effective stakeholder participation in service design and delivery and increase attendance at participation events/groups.
- Regular promotion and marketing of children's mental health, prevention and early intervention linking in with local/national campaigns
- Work in partnership with The Link Charitable Trust

This job description is designed to identify principal responsibilities only. The post holder is required to be flexible in development of the role in accordance with changes in The Link's organisational objectives and priorities.

*****The work The Link CIC carries out within the social sector is very much a social approach, therefore to ensure safe working practices our organisation works hard to continuously monitor and review our delivery model and ensures our workers have a protected caseload at all times *****



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