

## THE LINK CIC JOB DESCRIPTION

<b>Title:</b>	Trainee Senior Wellbeing Practitioner (SWP)
<b>Location:</b>	Tees Valley
<b>Employment Terms:</b>	37.5 hrs (Permanent pending successful training completion)
<b>Service Area:</b>	Children, Young People and Families
<b>Reporting to:</b>	Service Manager
<b>Accountable to:</b>	Service Manager
<b>Banding:</b>	Agenda for Change Band 5 (£28,407 - £34,581) during training Agenda for Change Band 6 (£35,392 - £42,618) once qualified

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The Link is a 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's Improving Access to Psychological Therapies (CYP IAPT) evidence-based therapies.

Voluntary and community sector providers have formed a partnership to create the South Tees Mental Health Support Team also known as the InsideOut MHST. The InsideOut team works with, and in, schools, looking at the whole school approach to mental health and wellbeing and we support children and young people experiencing mild to moderate mental health issues.

### Job Purpose

The post-holder will work in the South Tees Mental Health Support Team as part of a wider team of practitioners, delivering, with supervision, high-quality; outcome focused evidence-based interventions for children and young people experiencing mild to moderate mental health difficulties.

They will also clinically supervise and case manage LI practitioners within the InsideOut MHST and the post involves close collaboration with the Service Managers. Attendance and input into Peer Supervision, Management Meetings, Referrals Huddles, and Team meetings.

The post-holder will also manage a caseload and the provision of Mental Health Care services to children and young people with mild to moderate mental health problems in education settings. Providing assessment and formulation of mental health difficulties in children and young people and offering evidence-based practice in guided self-help, CBT, child and adolescent mental health practice and Whole School Approaches to mental health

They will clinically develop the provision of group work for children/young people and training for teaching staff, to include training and mentoring EMHP colleagues to improve the quality of the group work and training that we deliver.

### **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 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.
- The post holder will be expected to supervise low intensity CBT practitioners and support trainees within the team.
- To provide specialist advice to other members of staff and trainees and act as a role model
- To provide leadership and supervision for Low Intensity CBT practitioners and Trainees within the MHST and lead / coordinate / supervise teams of staff in the delivery and evaluation of care
- 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 including the co-development of 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.

### **Supervision**

- 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
- Provide clinical and case supervision to Education Mental Health Practitioners (EMHPs) and Trainee EMHPs. This will involve supervising two elements of their practice: 1. Low intensity cognitive behavioural informed interventions and 2. Whole School Approach to mental health in education settings
- Attend the SWP Course at Northumbria University
- Attend locally organised and national training appropriate to the work role

### **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 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 IAPTUS and in line with The Link Policies and Procedures.
- 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

- To work within The Link's GDPR and Information Governance policies and procedures.
- To ensure a 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.
- To develop an area of interest, in discussion with the Clinical & Team Lead to the level whereby the post holder could become a resource of information for the whole 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
- Establish and maintain positive working relationships with professionals, agencies, charities and teams who also provide services to children and/or adolescents in the community
- The post holder will be able to demonstrate a high level of interpersonal skills, self awareness and empathy in all communications
- Take a lead or assist in the management and organisation of work as required, utilising the team's resources to ensure the effective and efficient delivery of high quality patient care
- Participate in service development and make an active contribution to pursuing the aims, objectives and overall strategy of the team
- Assist with recruitment and selection, as required
- Ensure that all policies applicable to Children and Adolescent Mental Health Services are implemented as far as it is within their remit, contributing to developing new processes and procedures within the MHSTs as required

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 practises our organisation works hard to continuously monitor and review our delivery model and ensures our workers have a protected caseload at all times \*\****