

Job Title: Wellbeing Practitioner Children & Young People (East Hants GP surgeries)

Job location: East Hampshire/ homeworking

Responsible to: Contract Manager (Children and Young People)

Employer: Havant and East Hants Mind

Salary: £19,032, (£23,500 FTE)

Hours: 30 hours, 4 days a week

Contract: 1 year fixed term, part time role

Closing date for your application: 4pm 15th February 2021

Interview date: TBC

Start date: TBC pending success at interview and the return of satisfactory references and DBS check.

If you are interested in this role please return your completed application form to Danielle Barnes, Contract Manager (Children and Young People), danielle@easthantsmind.org.

Job summary:

Havant and East Hants Mind Children and Young Peoples, (CYP), Wellbeing Service supports children and young people to build resilience and to achieve and maintain positive mental health and wellbeing. This ranges from one-to-one support and group work, to outreach into the community and community engagement to provide a range of interventions and activities to support children and young people to manage their own mental health needs.

This is an exciting new project supporting young people's mental health in East Hampshire.

For this post we require a 0.8 FTE, working 30 hours per week, CYP Wellbeing Practitioner to support our young people on a 1:1 basis (in East Hampshire). Young people will be signposted through their local GP surgeries. This work is being commissioned by the East Hants Primary Care Network.

Duties and responsibilities:

- To provide support to individual service users aged 11-17, providing one-to-one sessions using appropriate theories, methods and skills in order to promote individual service users' ability to manage better their problems and difficulties.
- To provide face to face and or telephone advice and information related to mental health needs and local services which can offer support to the public including young people with mental health needs and their parents/carers.
- To support young people to identify their needs and goals and facilitate the development of wellbeing plans and crisis/safety plans with service users.
- To equip young people with skills and techniques to deescalate difficult emotions and put coping strategies in place.
- Work in partnership with other agencies and the service user to achieve wellbeing focussed goals, drawing on individual strengths and using a range of internal and external resources.
- To develop, facilitate and review group work where needed for young people on a range of topics and use a range of wellbeing tools alongside service users to encourage proactive and positive mental wellbeing.
- To develop, facilitate and review youth activities such as art & craft and games.
- To liaise with service users, carers, family, and relevant professionals, ensuring they have full information about the project's purpose, activities and outcomes.
- Assist and complete administrative tasks relating to the role including accurate recording and providing key information for monthly and quarterly progress reports.
- To be aware of responsibilities and take appropriate action as per Havant and East Hants Mind's policies around safeguarding adults and children.
- To undertake any other tasks and duties as required as requested by the Contract Manager/ Senior and to meet the requirements of the service.
- To be aware of Health & Safety regulations, particularly related to work surroundings.
- To act in accordance with HEH Minds safeguarding policy and procedures.

About Havant and East Hants Mind and our way of working

The wellbeing team work closely with each other to share knowledge and ideas to get the best outcomes for service users and applicants should be able to work well in the team environment.

Skills and personal characteristics:

Essential

- Must have at least 2 years' experience of working with vulnerable young people.
- Must have some understanding of mental health illness, mental health crisis and recovery.
- Must be able to work independently as well as within a team.
- Understanding and appreciation of personal and professional boundaries
- Basic computer skills are essential.
- Must have good communication skills that are adaptable for our varied service user group.
- Must have excellent listening skills.
- Good time management and organisational skills are important.
- Good level of numeracy and literacy is required for the post.
- Applicants must be able to take clear notes, have a methodical and ordered working style and be able to maintain up to date and accurate records.
- Ability to embrace change and adapt to changes in service provision, new projects and duties.
- Empathy and compassion.
- Must have a minimum level 3 qualification in a relevant field (e.g. health and social care)

Desirable

- Some understanding of reflective practice would be beneficial.
- The use of customer/ user / service user databases and Excel is desirable.
- Some knowledge of gathering customer feedback and evaluation.
- Personal transport for business purposes is desirable but not essential.
- Knowledge of local area and services or organisations that can provide additional support to our service users.
- Some experience of working as or working with volunteers.

Appointment is subject to two satisfactory references and an enhanced DBS check.