

## **Job Title: Children and Young People PCN Wellbeing Practitioner**

**Hours:** 37 hours per week

**Employer:** Havant and East Hants Mind

**Salary:** £23,500 PA

**Location:** East Hampshire

**Reports to:** CYP Contracts Lead

**Contract:** 1 year fixed term

**Job Location:** East Hants Primary Care Network (GP Surgeries) and homeworking if required to do so.

### **Job summary:**

This role is a collaborative but independent position working for and representing Havant and East Hants Mind, within a Primary Care Network (PCN) supporting children and young people who are registered at the GP practices within the specified PCN.

Havant and East Hants Mind 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 project supporting young people's mental health in East Hampshire.

For this particular post we require a CYP Wellbeing Practitioner with experience working within mental health to support our young people on a 1:1 basis (in East Hampshire). Young people will be referred through their local GP surgeries. This work is being commissioned and coordinated by the East Hants PCN.

### **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 better manage their problems and difficulties. Sessions may be face to face, virtual or via telephone.
- To provide face to face and or virtual/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 de-escalate difficult emotions and put coping strategies in place.
- Work in partnership with the PCN, youth social prescribers and all relevant staff to provide the service user with a robust mental health support service and person centred approach.

- Work 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 of patient information and sessions held. 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 & our way of working**

The Children and young people 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 at least 1 year's experience of working with mental health and hold an 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
- Good 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 & 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 using the appropriate IT systems.
- Ability to embrace change and adapt to changes in service provision, new projects & duties
- Empathy and compassion



- Personal transport for business purposes is essential

**Desirable**

- Have a minimum degree level qualification (or be working towards this level) in a relevant field (e.g. health and social care/psychology)
- Some understanding of reflective practice would be beneficial
- Experience of working within a health or clinical environment would be beneficial
- The use of customer/ user / service user data bases and Excel is desirable
- Some knowledge of gathering customer feedback and evaluation
- 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