Job Description

**Mental Wellbeing Practitioner**

|  |  |
| --- | --- |
| Responsible to | Service Manager |
| Salary | £24,487 |
| Hours per week  | 37.5 |
| Annual Leave per annum | 25 |
| Based In  | Tameside and Glossop |
| Contract | 6 month Fixed Term Contract |
| Level of DBS check | Enhanced with check of adults barred list |

|  |
| --- |
| Main aims of the post |
| The Minds Matter service will provide advice and guidance to individuals concerning their Mental Health, monitor anxiety and depression, and promote mental health and wellbeing.* To use person-centred and relationship based practice to support clients to achieve goals and progress against their mental health and address specific barriers that are important to them such as social interaction, employment and family.
* To deliver a range of targeted and evidence based interventions to maximise mental wellbeing and sustain recovery.
* Use person-centred and relationship based practice to support participants to achieve progress against the goals and issues that are important to them.
* To provide a telephone Response Line service
* To promote the Minds Matter service and generate referrals in a community setting and where appropriate into IAPT services.
* To foster new partnerships with other third party sectors.
 |

|  |
| --- |
| Main duties of the post |
| 1. To attend multi-disciplinary meetings and accept referrals where appropriate via agreed protocols within the integrated IAPT Plus pathway
 |
| 1. To undertake person centred assessments which identify areas where the person wishes to see change and or recovery and make an accurate assessment of risk to self and others
 |
| 1. To make decisions on suitability of new referrals, adhering to the service criteria and where necessary supporting the person to the right part of the wider mental health pathway. .
 |
| 1. To work closely with other members of the team ensuring appropriate step-up and stepdown arrangements are in place to maintain a stepped care approach
 |
| 1. To use a range of person centred, and strengths based techniques to produce personalised and appropriately sequenced action plans for your clients
 |
| 1. To directly deliver a toolbox of evidence based interventions which improves mental health and overall wellbeing.
 |
| 1. To use a range of bio-psychosocial assessment tools.
 |
| 1. To use pre and post therapy interventions to maximise recovery and better the client experience of mental health.
 |
| 1. To work with groups of clients to help them achieve their goals
 |
| 1. To record activity and report in a timely manner
 |
| 1. To develop effective relationships with a range of external organisations and agencies
 |
| 1. To promote the service to communities and agencies as appropriate
 |
| 1. To keep accurate and up to date records of clients records
 |
| 1. To ensure quality standards are adhered to and met and that audits are passed
 |
| 1. To ensure all statutory responsibilities are followed and reported as required
 |

|  |
| --- |
| General work related expectations |
| 1. To work within the Big Life group’s values ethos and vision
 |
| 1. To contribute to the development of the Big Life group
 |
| 1. To work in accordance with all policies and procedures of the Big Life group, particularly (but not exclusively) Health and Safety; Information Governance and Safeguarding
 |
| 1. To commit to own personal development and attend training or development activities as required
 |
| 1. To work in accordance with all relevant legislation
 |
| 1. To undergo regular supervision and at least an annual appraisal
 |
| 1. To undertake any other duties as required, and as appropriate to the post
 |

**Person Specification**

**Mental Wellbeing Practitioner**

The successful candidate must be able to demonstrate that they meet all of the following points below.

Key – Method of Assessment; A = Application form; I = Interview; T= Test; P= Presentation

|  |  |
| --- | --- |
| Area | Method of assessment |
| **1.Experience** |  |
| 1. Experience of working with people facing a range of mental health barriers and social issues
 | A/I/ |
| 1. Experience of managing a caseload of clients and keeping up to date records using a database
 | A/I |
| 1. Experience of working with individuals (1-2-1) and groups of people in different settings to help them achieve their goals
 | A/I |
| 1. Experience of working with a range of agencies and organisations to develop effective working relationships
 | A/I |
| 1. Experience working with people with multiple needs
 | A/I |
| 1. Experience of working in a person centred way with individuals
 | A/I |
| **2.Skills** |  |
| 1. Ability to use a client database or the ability to learn how to use a database
 | A/I/T |
| 1. Ability to assist clients to help them define and achieve their goals and aspirations
 | A/I |
| 1. Ability to manage a varied and complex work load effectively
 | A/I |
| 1. Ability to work well across a range of different subject areas such as housing, mental health, education and debt management for example
 | A/I |
| 1. Ability to work with staff from a range of agencies and organisations to better integrate services for clients
 | A/I |
| 1. Ability to complete referrals to a high standard into other services where appropriate
 | A/I |
| 1. Ability to build good therapeutic relationships with clients
 | A/I |
| **3.Knowledge**  |  |
| 1. Knowledge of anxiety and depression and how it may present in Primary Care
 | A/I |
| 1. Knowledge of guided self-help and how to implement these skills in a therapeutic setting.
 | A/I |
| 1. Knowledge and understanding of the difficulties faced by clients who experience multiple needs.
 | A/I |
| 1. Knowledge of the local area your service is based in (community groups, services available as well as local demographics)
 | A/I |
| **4. Education – qualifications required for this post** |  |
| 1. Level 5 qualification (i.e. Diploma of higher education Diploma of further education Foundation degree HND or equivalent professional experience)
 | A/I |
| 1. Ability to integrate training into practice
 | A/I |
| 1. Ability to participate in Reflective Practice
 | A/I |
| 1. It is essential applicant holds a full driving licence and has access to a vehicle
 | A/I |
| **5. Personal** |  |
| 1. Positive and outlook and a ‘can do’ attitude
 | A/I |
| 1. Personal resilience and flexible attitude in the face of difficulties
 | A/I |
| 1. Ability to work in a team and foster good working relationships
 | A/I |
| 1. Ability to be self-reflective whilst working with clients in own personal and professional development and in supervision
 | A/I |
| 1. Commitment to working towards the Big Life group’s ethos and values, including having a non-judgemental approach
 | A/I |
| 1. Commitment to personal development and a willingness to regularly update skills and experience
 | A/I |