

Title: Trainee Children’s Wellbeing Practitioner

Location: Tees Valley

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: Service Manager

Accountable to: Service Manager

Banding: Agenda for change band 4 during training. Agenda for change band 5 once qualified.

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A Time 4 You is a well-established Redcar based therapy and counselling service provider who’s aim is to improve the lives of young people and families facing mental health difficulties. Do you wish to join our team? If so we are currently recruiting two Full time Trainee Child Wellbeing Practitioners (CWP) to start with our organisation in September 2021.

We are an established counselling and therapy organisation involved in the transformation of local children’s mental health and wellbeing services. We deliver a range of services both in educational settings and within the local authority. We provide counselling or longer-term psychotherapy for Adults, Teenagers and Young people using a range of techniques and integrative models. Offering a safe and confidential space to express emotions and talk about their problems, our counsellors and therapists can help all clients to understand themselves, feel valued, develop self-esteem, and explore and manage their difficulties.

**Job Purpose**

This is firstly a training role within CYP IAPT. The post-holder will work in A Time 4 You as part of a wider team of therapists 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 psychoeducation, 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 schools’ referral delivery model.

**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 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 therapy plans and agreed outcomes.

● All cases to be clinically supervised and managed and will be escalated if the level of need becomes necessary.

● 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 to improve timely access and minimise waiting times.

**Training and Supervision**

● Attend and fulfil 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

● Receive clinical supervision and case management 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, to ensure safe practice and the governance obligations of the trainee, supervisor and service are delivered.

● 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**

● Maintain effective working relationships with all staff within schools, including: headteachers, deputy heads, SENCO’s, Pastoral Teams. 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 work 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 always promoting the welfare of children and young people 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 GDPR, Confidentiality and Gillick Competency protocol.

**A Professional and Ethical Service**

● To maintain appropriate clinical notes and records on Lamplight and in line with A Time 4 You Policies and Procedures.

● To undertake relevant Continuing Professional Development as required for the purposes of continued professional accreditation or registration.

● To undertake clinical supervision and case management as per A Time 4 You supervision policy and in line with the appropriate professional body - BACP

● To work within A Time 4 You GDPR and Information Governance policies and procedures.

● To ensure safe and secure working environment for self and others and to act as necessary within Health and Safety and other guidelines.

● To adhere to all A Time 4 You Policies, Procedures and Guidelines.

● To promote and value the rights, responsibilities and diversity of people using the service.

This job description is designed to identify principal responsibilities only. The post holder is required to be flexible in development the role in accordance with changes in A Time 4 You organisational objectives and priorities.