



Information Pack

Children and Young People

# Emotional Wellbeing Practitioner

 mind Teesside



## Welcome

Thank you for your interest in our organisation. Teesside Mind has been working in local communities to improve mental health and wellbeing for over 25 years. The environment in which we operate has changed hugely over this time, and mental health has never been as well understood.

However, government-funded services still aren't available for everyone who needs them, and some people are less well served than others. Young people and people affected by discrimination and poverty find it most difficult to get help. Our work won't stop until this has changed. There's much more we need to do, and that's why we're expanding our team.



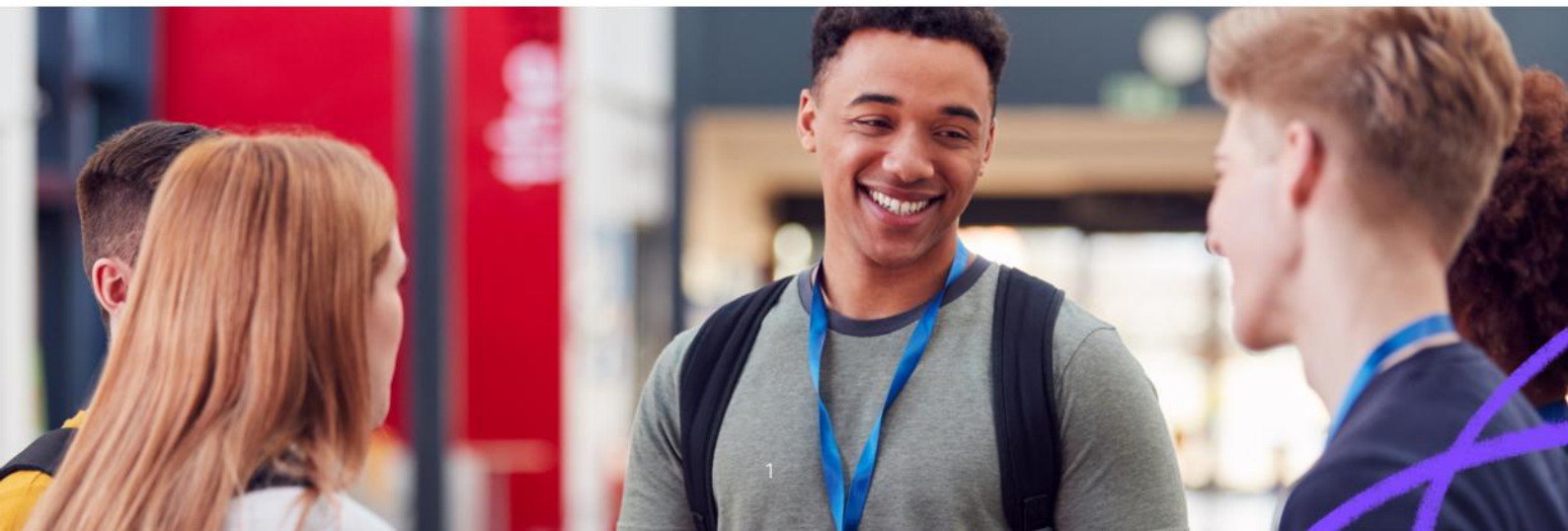
Ours is a vibrant organisation to work for and our staff are our most important asset. Our values and our skills are equally important. We are compassionate, trustworthy and determined. We use evidence-based interventions, backed up by policies, training and clinical support to help people lead full and happy lives.

I hope you'll be interested in joining us once you've read this pack.

**Emma Howitt**

Chief Executive Officer

Teesside Mind is a regional charity dedicated to improving the mental health and wellbeing of our diverse local communities, many of whom face significant health inequalities. The post-holder will work within the Schools in Mind team as part of Teesside Mind's Children and Young People services. Emotional Wellbeing Practitioners (EWP) deliver high-quality, outcome focused interventions for young people experiencing mild to moderate mental health difficulties. Interventions will take place in a school setting, in a one-to-one or a small group basis. Children and young people may present with anxiety, low mood, or need support with friendships, exam stress and life pressures. Interventions may include coping mechanisms, self-help techniques, therapeutic interventions, and a safe space to talk through their emotions.



## Our Values

### CARING

We genuinely care about local people and the work that we do. We treat people with respect and dignity.

### WELCOMING

When people come to us for support, our response is warm and welcoming. Our staff and volunteers are helpful and friendly. We don't judge people.

### TRUSTWORTHY

People trust us with their personal stories. We appreciate this isn't easy and are grateful for people's confidence in us. We take confidentiality very seriously.

### DETERMINED

We are committed to finding the best support for local people. We can tailor our services to meet their needs as we know finding help for mental health issues can be difficult. If we can't help then we'll find the right support from other local organisations.

### PROFESSIONAL

All our staff and volunteers are skilled in the work they do and are supported by us. We're constantly working to ensure our environment is safe and beneficial to you.



## Main Responsibilities

- Deliver outcome focused interventions to young people in a school setting, who are struggling with low to moderate mental health difficulties, including anxiety, low mood, anger, emotional dysregulation, friendship problems, and exam stress.
- Build strong relations with your schools point of contacts, providing them with regular updates on individuals, whilst remaining within the confines of confidentiality. Providing the school with final reports for each student and keeping in regular contact with them.
- Complete safety plans for all individuals we work with and manage any risk on an ongoing basis, in line with Teesside Mind's Policies and Procedures. Escalating cases or making forward referrals, supervised by your line manager, if a young person requires a higher level of intervention.



## Main Responsibilities Cont.

- Keep a true and accurate record of case notes; to assist in your work with the young person and to allow line managers to understand the interventions you are undertaking with the young person.
- Be responsible for the safeguarding of children (and adults you come across in your work) and always promote their welfare. Make clear and accurate records of safeguarding concerns in line with Teesside Mind's policy.
- Attend monthly supervision with your line manager, which will include line management supervision and case supervision. Discuss your achievements, challenges and goals within the supervision, agree actions and respond to these actions to improve competencies and practice.
- Contribute to and assist with monthly peer support sessions with other members of the team, discussing cases, giving examples of interventions you have successfully used and supporting other staff with their challenging cases. Share resources and interventions with other staff members.
- Attend team meetings and contribute where appropriate.
- Partake in monthly Continuous Profession Development (CPD), as organised by your line manager, and contribute ideas for more development.
- Be mindful of Teesside Mind's Values and demonstrate these in your everyday work.



|                       | Essential  | Desirable   |
|-----------------------|--|---|
| Qualification         | Health and Social Care qualification Level 3, or extensive experience within CYP mental health (5 years+)  | Health and Social Care qualification Level 4  |
| Experience            | <p>Experience of working with children and young people with mental health or emotional distress.</p> <p>Experience of working collaboratively with young people to establish and work towards goal-based outcomes.</p> <p>Experience of working with children and young people in a one-to-one setting.</p> <p>Experience of delivering mental health interventions Experience of record keeping and case management.</p> | <p>Experience of assessing and managing risk.</p> <p>Experience of working with children and young people in a group setting.</p> <p>Experience of working within educational settings.</p> |
| Skills & Competencies | <p>Able to develop good therapeutic relationships.</p> <p>Understanding of and adherence to Safeguarding Policies and Procedures.</p> <p>Excellent verbal and written communication skills.</p> <p>Ability to work collaboratively with school pastoral leads and other stakeholders.</p> <p>Ability to manage own caseload Ability to work digital with excellent ICT skills.</p>   | <p>Ability to use a data management system.</p>   |





|                    | Essential   | Desirable   |
|--------------------|---|---|
| Knowledge          | <p>Demonstrates an understanding of emotional wellbeing and mental health in children and young people, including the role of resilience.</p> <p>Understand mental health services in schools (MHST) including referrals and pathways to NHS and social care.</p>   |   |
| Other Requirements | <p>High level of enthusiasm and motivation.</p> <p>Ability to work within a team and foster good working relationships.</p> <p>Regard for others and respect for individual rights of autonomy and confidentiality.</p> <p>Valid Driving License with access to own car, business insurance, and willing to travel to locations throughout Tees Valley.</p> | <p>Ability to be self-reflective, whilst working with service users, in own personal and professional development and in supervision.</p> |



## Main Terms and Conditions

### Responsible to:

Schools in Mind Manager

### Hours:

1x full time post at 36.5 hours OR 2x part time posts at 22.5 hours

### Location: Teesside

primarily within school settings

### Salary:

Full-time salary is equivalent of £24,692.81, which is then pro rata for part time and term time only. For the 36.5 hours (full-time) term-time only role, the actual salary equates to £21,147.29. For the 22.5 hours, (part-time) term time only role, the actual salary equates to £13,036.00.

### Holidays:

To be taken outside of Term Time (i.e. School Holidays)

### Disclosure:

This position is subject to a 26-week probationary period, Right to Work Check, satisfactory references and an enhanced DBS check and subsequent re-checks.

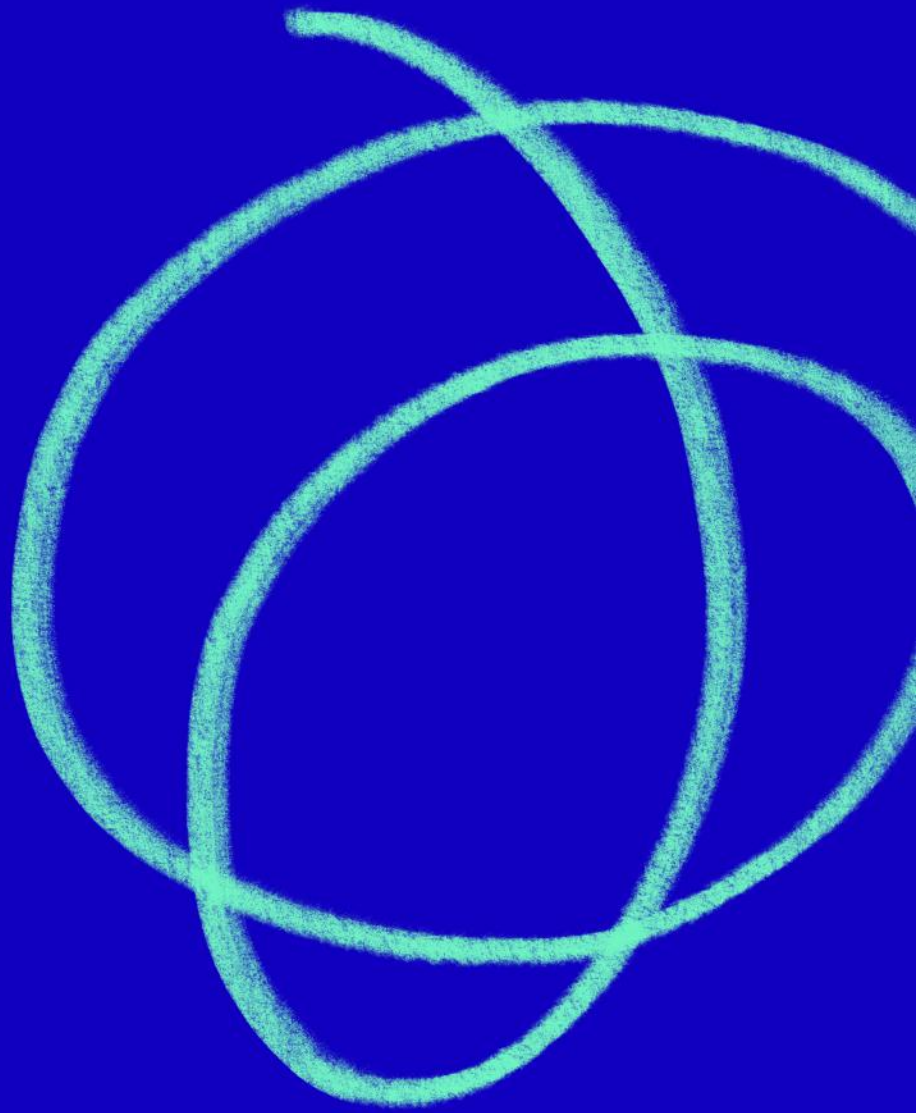
## How to apply

If you would like to find out more about this opportunity, email [leah.johnstone@teessidemind.org.uk](mailto:leah.johnstone@teessidemind.org.uk) or call 01642 257020.

Please complete the online application form.

Assessments/Interviews planned for Monday, 13th of January 2025.

**Closing date for applications: Monday, 6th of January 2025, 9am**



The Mind Centre,  
90-92 Lothian Road,  
Middlesbrough,  
TS4 2QX

Call: 01642 257020

Email: [info@teessidemind.org.uk](mailto:info@teessidemind.org.uk)

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