



Information Pack

**Getting Help Service**

**Trainee Children's Wellbeing  
Practitioner (CWP)**

 **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**

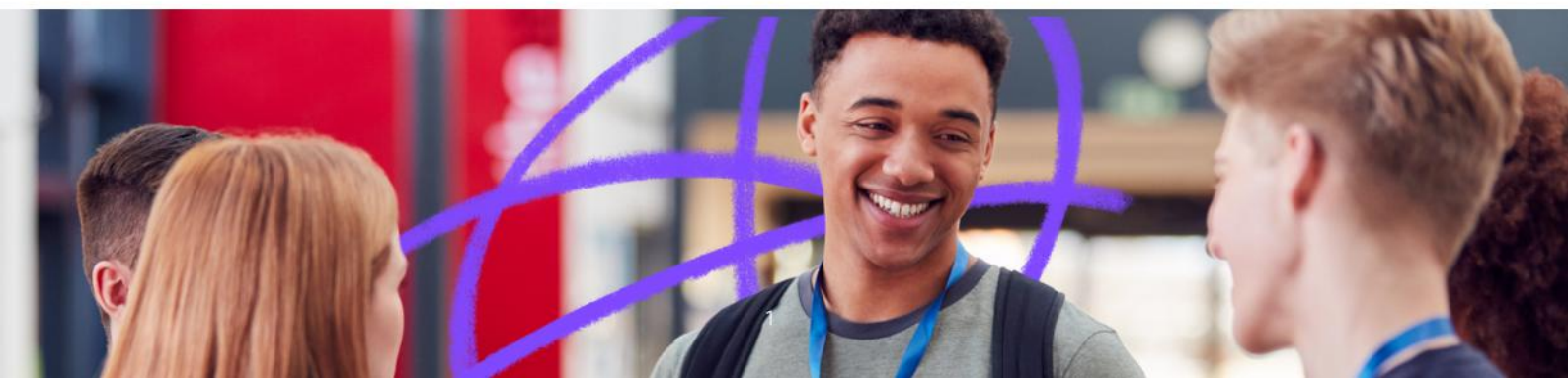
Chief Executive Officer

This is a training role within CYP IAPT programme. The post holder will work within our CYP service – Getting Help. They will be delivering, under supervision, high-quality; brief outcome focused evidence-based interventions and guided self-help for children and young people experiencing mild to moderate mental health difficulties.

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-study days required by Northumbria University, as specified within the agreed national curriculum and work in the service for the remaining days of the week using their newly developed skills.

The post holder will be part of a wider CYP Team that work across Tees Valley. They will also be expected to share learning from the training with the rest of the CYP Team.



## 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

- Assess and deliver, under supervision outcome focused, evidence-based interventions to children and young people experiencing mild to moderate mental health difficulties.
- Work in partnership with children, young people and families in the development of plans for the intervention and agreed outcomes.
- Complete risk assessments, including risk to self and others.
- Adhere to the service referral protocols. Under supervision signpost unsuitable referrals to the relevant service as necessary.
- Through case management and supervision, escalate cases where the level of need becomes beyond scope, or more severe ensuring adherence to other relevant elements of service delivery.
- Provide a range of information and support for evidence based psychological treatments, primarily guided self-help. This work may be face-to-face, by telephone or via other media.

## Main Responsibilities Cont.

- Attend multi-disciplinary meetings relating to referrals or CYP in treatment, where appropriate.
- Keep coherent records of all activity in line with service protocols and use these records and outcome data to inform decision making. Complete all requirements relating to data collection.
- Work in collaboration with children, young people and communities to enhance and widen access.
- Attend and fulfil all the requirements of the training element of the post including practical, academic and practice-based assessments.
- As well as attendance at the University for training, fulfil private study requirements to enhance learning and prepare assignments for examination, for at least one day a week.
- Apply learning from the training programme to practice.
- Receive practice tutoring from educational providers in relation to course work to meet the required standards.
- Prepare and present case load information to supervisors within the service on an agreed and scheduled basis, in order to ensure safe practice and the governance obligations of the trainee, supervisor and service are delivered.
- Engage in and respond to personal development supervision to improve competences and practice.
- Ensure the maintenance of standards of practice according to Teesside Mind and any regulating bodies and keep up-to-date on new recommendations/guidelines.
- Ensure that confidentiality is protected at all times.
- Ensure clear objectives are identified, discussed and reviewed with supervisor on a regular basis as part of continuing professional development.
- Attend relevant conferences/workshops in line with identified professional objectives. Keep all records up to date in relation to Continuous Professional Development
- Ensure a comprehensive understanding of the relevant safeguarding legislation, guidance and best practice.

**This Job Description does not provide an exhaustive list of duties and may be reviewed in conjunction with the post holder in light of service development.**

	Essential	Desirable
Qualification	<ul style="list-style-type: none"> <li>• Evidence of working with children and young people with mental health difficulties</li> <li>• Evidence of ability to study successfully at undergraduate level or the equivalent</li> <li>• Holds a Psychology or other Health and Social Care or Youth related undergraduate degree</li> </ul>	<ul style="list-style-type: none"> <li>• Training in nursing, social work, occupational therapy, counselling or within a specific psychological therapy.</li> <li>• Relevant postgraduate degree</li> </ul>
Experience	<ul style="list-style-type: none"> <li>• Demonstrable experience of working in mental health service/s</li> <li>• Ability to meet agreed/specified service targets</li> <li>• Ability to manage own caseload and time Demonstrates high standards in written communication</li> <li>• Able to write clear reports and letters to referrers</li> </ul>	<ul style="list-style-type: none"> <li>• Worked in a service where agreed targets in place demonstrating clinical outcomes</li> <li>• Lived experience of a mental health difficulty (self, family)</li> </ul>
Skills & Competencies	<ul style="list-style-type: none"> <li>• Able to evaluate and put in place the effect of training</li> <li>• Needs assessment</li> <li>• Risk assessment</li> <li>• Understanding of Safeguarding Policies and Procedures</li> <li>• Excellent verbal and written communication skills, including telephone skills</li> <li>• Able to develop good therapeutic relationships with clients</li> <li>• Computer literate</li> </ul>	



	Essential	Desirable
Knowledge	<ul style="list-style-type: none"> <li>• Demonstrates an understanding of emotional wellbeing and mental health in children and young people</li> <li>• Demonstrates a knowledge of the issues surrounding children and young people and the impact it can have on their mental health</li> <li>• Demonstrates an understanding for the need to use evidence based psychological therapies and how it relates to this post</li> <li>• Demonstrates understanding of the use of service users participation and feedback and clinical outcome tools in practice</li> </ul>	
Training	<ul style="list-style-type: none"> <li>• Able to complete academic components of the training</li> </ul>	
Other Requirements	<ul style="list-style-type: none"> <li>• High level of enthusiasm and motivation</li> <li>• Advanced communication skills</li> <li>• Ability to work within a team and foster good working relationships</li> <li>• Ability to use clinical supervision and personal development positively and effectively</li> <li>• Ability to work under pressure</li> <li>• Regard for others and respect for individual rights of autonomy and confidentiality</li> <li>• Ability to be self-reflective, whilst working with service users, in own personal and professional development and in supervision</li> <li>• Car driver with access to own transport</li> </ul>	



## **Main Terms and Conditions**

### **Responsible to:**

Children and Young People's Team Manager

### **Hours:**

Full time post at 36.5hrs

### **Location: Teesside**

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

### **Salary:**

£25,822.53

### **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.

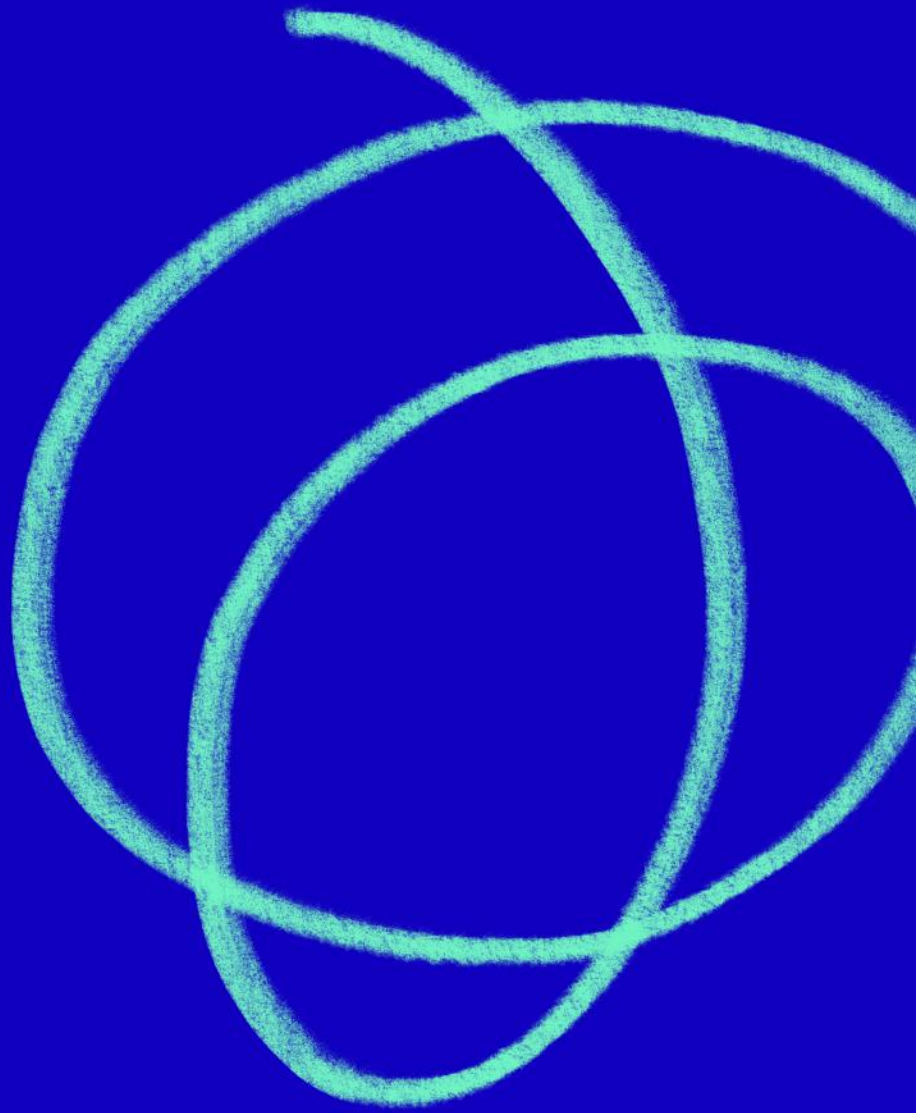
## **How to apply**

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

Please complete the online application form.

Assessments/Interviews planned for w/c 25th November 2024.

**Closing date for applications: Friday 15th November 2024**



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

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