



Information Pack

Getting Help Service

**Trainee High Intensity Cognitive
Behavioural Therapist**

 **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; outcome focused evidence-based interventions for children and young people experiencing 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 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. Support young people that may be having suicidal ideation or are self-harming.
- 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.
- Formulate, implement and evaluate therapy programmes for young people.

Main Responsibilities Cont.

- Adhere to an agreed activity contract relating to the number of client contacts offered, and clinical sessions carried out per week in order to minimize waiting times and ensure treatment delivery remains accessible and convenient.
- Attend multi-disciplinary meetings relating to referrals or clients in treatment, where appropriate.
- To work collaboratively with systems around the child including family, school staff such as the Head, Deputy Heads, SENDCO, Pastoral Teams, Mental Health Leads and external services such as Social Care, TEWV CAMHS.
- 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 within the service.
- Attend and fulfil all the requirements of the training element of the post including practical, academic and practice-based assessments.
- Receive Clinical and Case Management Supervision within the service and from educational providers in relation to course work to meet the required standards.
- Ensure the maintenance of standards of practice according to the employer and any regulating, professional and accrediting bodies (eg BPS, UKCP, BABCP), and keep up to date on new recommendations/guidelines.
- Ensure that client confidentiality is protected at all times.
- Be aware of, and keep up to date with advances in the spheres of CBT
- 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
- Attend relevant conferences / workshops in line with identified professional objectives.
- Ensure a comprehensive understanding of the relevant safeguarding legislation, guidance and best practice.
- To contribute to the development of best practice within the service.

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"> • Undergraduate degree 2:2 or higher in Psychology, Health and Social Care or Youth related degree. • Evidence of working with children and young people with mental health difficulties 	<ul style="list-style-type: none"> • Relevant postgraduate degree Holds a recognised membership of a relevant professional body (ie BACP, BABCP, BAAT, UKCP, BPS) • Is accredited with a relevant professional body (ie BACP, BABCP, BAAT, UKCP, BPS)
Experience	<ul style="list-style-type: none"> • Demonstrable experience of working in mental health service/s Experience of continued learning • Experience of managing risk and safeguarding • Ability to meet agreed/specified service targets • Ability to manage own caseload and time • Demonstrates high standards in written communication • Able to write clear reports and letters to referrers 	<ul style="list-style-type: none"> • Worked in a service where agreed targets in place demonstrating clinical outcomes • Lived experience of a mental health difficulty (self, family)
Skills & Competencies	<ul style="list-style-type: none"> • Ability to be self-reflective, whilst working with service users, in own personal and professional development and in supervision • Ability to assess needs • Understanding of Safeguarding Policies and Procedures • Excellent verbal and written communication skills, including telephone skills • Able to develop good therapeutic relationships with clients • Computer literate 	

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



Main Terms and Conditions

Responsible to:

Senior Wellbeing Practitioner and CYP 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.

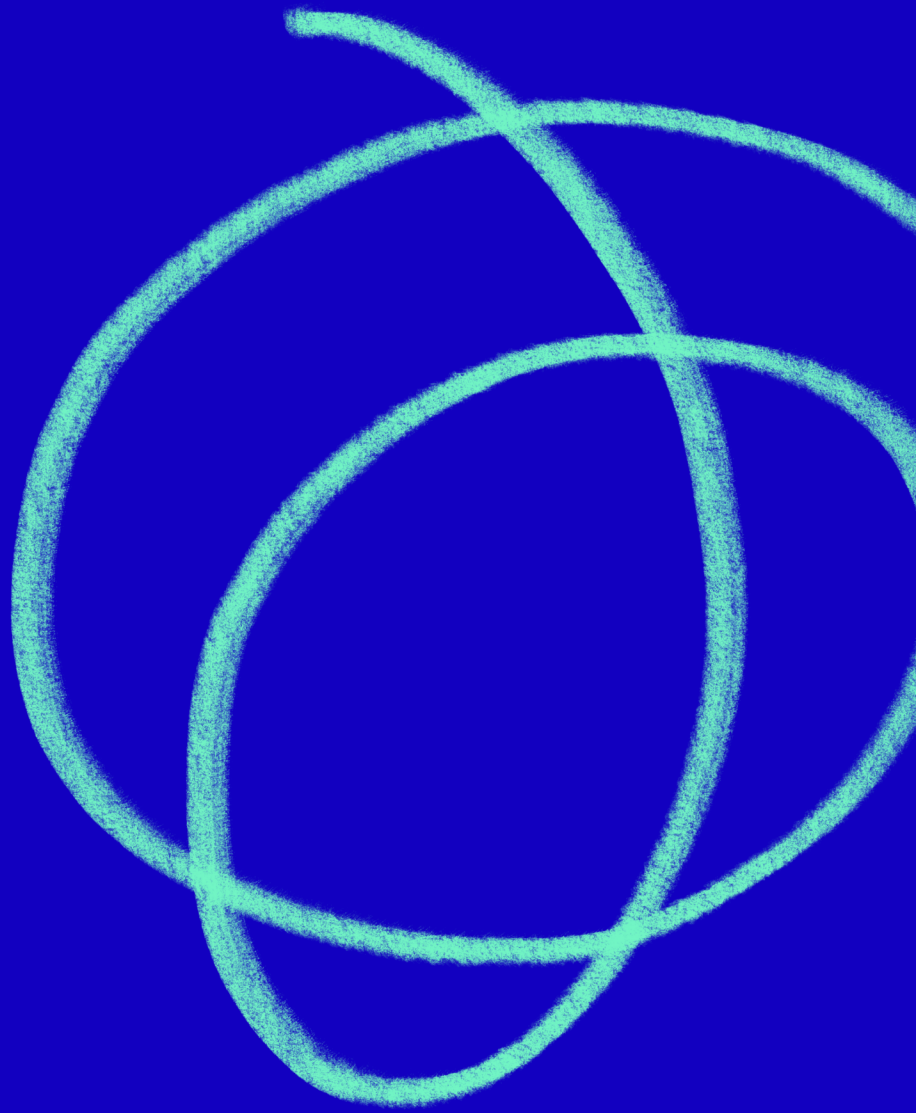
How to apply

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

Please complete the online application form.

Assessments/Interviews planned for w/c 16th December 2024.

Closing date for applications: Sunday 8th December 2024



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