

HARTLEPOOL & EAST DURHAM MIND

JOB DESCRIPTION

Post Title: TRAINEE WELLBEING PRACTITIONER
Responsible to: CEO
Accountable to: H&ED MIND (Registered Charity)

Hartlepool & East Durham is committed to a community, social, context based & trauma informed approach to working with individuals & groups experiencing distress & challenge. We believe in developing a full understanding of the complex causes of distress & in working in a person-centred way, collaboratively, to support practical & positive change.

JOB ROLE & PURPOSE

This team member will work within the Hartlepool and East Durham Mind team - helping individuals in distress and experiencing personal difficulty to find a range of ways to challenge and improve their situation and general wellbeing

Carrying out initial asset based reviews with individuals identified as having more complex or complicated challenges (including all NHS/Key Worker staff referred to the project) before working with the individual, over time, to identify the best solutions in the context of their current lives. This will typically include working with colleagues and partners to patchwork plans and ensure continuity, e.g. personal, social, educational, relationship, welfare, work, etc.

This person will also provide appropriate follow up support and offer formal support and supervision to other team members and peer/volunteers and will work with other partners and community groups to build awareness and referral pathways.

MAIN DUTIES AND RESPONSIBILITIES

1. TECHNICAL

- 1.1. Accept referrals via agreed protocols
- 1.2. Review referrals to ensure they are best suited for this pathway, altering or changing based on best evidence and discussion
- 1.3. Reviews will include developing a context based understanding of the individuals situation and assets before the consideration of a range of individual, group and community based promoting a range of skills, and resources to build agency and confidence toward connected, healthy, proactive and fulfilled lives
- 1.4. Develop relationships with other agencies, voluntary and third sector to promote social inclusion for clients
- 1.5. Involve and engage family members / friends as appropriate or necessary (consent)
- 1.6. Work with the team to ensure everyone is worked with as quickly and efficiently as possible while ensuring NHS/Key Worker staff are prioritised within reason
- 1.7. Accurately and regularly complete all service requirements relating to record keeping and data collection
- 1.8. Keep suitably comprehensive and coherent records of all activity in line with project protocols
- 1.9. Work closely with other team members to ensure agreed arrangements are met and reviewed and that individuals are at the centre of the best possible support and assistance as well as taking an active role in helping themselves, and when possible, helping others.

- 1.10. Use the client directed outcome informed approach as well as any and all other evaluation and review protocols required
- 1.11. Work within an anti-discriminatory framework, promoting equality of opportunity for all client groups

2. PROFESSIONAL

- 2.1. Ensure the maintenance of standards of practice and keep up to date on any new recommendations/guidelines
- 2.2. Ensure that client confidentiality is protected at all times
- 2.3. Be aware of, and keep up to date with research regarding mental health and wellbeing
- 2.4. Attend team meetings, training and conferences appropriate to this post
- 2.5. Attend clinical/managerial supervision on a regular basis as agreed with your line Manager
- 2.6. Participate in individual performance review and respond to agreed objectives
- 2.7. Participate in a range of individual and collective evaluation processes including observations
- 2.8. Keep up-to-date records in relation to CPD

3. GENERAL

- 3.1. To speak openly and honestly about your work, approach and experience to help yourself, team and organisation move forward responsibly
- 3.2. To contribute to the development of a brilliant atmosphere, sense of shared goals and creating best practice within and without the organisation
- 3.3. To maintain up to date knowledge of legislation, national and local policies and procedures in relation to Mental Health and Primary Care services
- 3.4. Take appropriate responsibility for your own health and safety and the health and safety of colleagues, and those engaged in, or connected to, your work, that of the team and of the organisation
- 3.5. Comply with the Data Protection Act (2018) GDPR and security and confidentiality policies within your work and the organisation
- 3.6. It is the responsibility of all staff that they do not abuse their official position for personal gain, to seek advantage of further private business or other interests in the course of their official duties

It is impossible to write down every task or activity that you may be required to do or be involved in. There will be times when more is required and the job is likely to evolve to include new tasks. All of the above are intended to draw a broad picture of what we would need and want you to do. Please be prepared to discuss, challenge and extend your activity within the context of your team if you believe that we can do better, and in the pursuit of the best possible shared results!