

JOB DESCRIPTION

Job Title: Wellbeing Practitioner
Hours Per Week: 5-25
Pay: £23,000 - 27,000 pro rata
Contract: Fixed term for 6-12 months
Holidays: Standard 25 days pro rata + statutory holidays- In line with contract and annual leave policy
Start Date: ASAP.
Department: Wellbeing Services (The BREW Project)
Directly responsible to: Delivery Coordinator (The BREW Project)
Location: Invictus Wellbeing Office in Bradford
Other contacts
Internal: Services Director, CEO
Partner Colleagues e.g. CAMHS/EHWB Services, Parents and families
Major Duties: <ol style="list-style-type: none"> 1. To provide one to one wellbeing support sessions for CYPs (children and young people) on a weekly basis focusing on building emotional wellbeing and resilience. 2. To provide timely, effective and accessible support by offering strategies, resources and approaches which can support a child/young person's wellbeing over a short term period. 3. Providing support and collaboratively identifying, managing, mitigating and resolving problematic thoughts, feelings or behaviours. 4. Under supervision, undertake accurate assessments of risk to self and others. 5. To signpost YPs for further support as and when necessary. 6. To manage a busy caseload of CYP. 7. To identify and report safeguarding incidents, in line with relevant Invictus Wellbeing's policies. 8. Provision of information, advice and guidance (IAG) to CYPs and staff regarding related issues, typically these would include general welfare, academic, professional, health and personal. 9. Reporting on trends and needs in the above areas in order to improve and develop support for young people. 10. To update monitoring documents/reports consistently and analyse trends and use them where appropriate in support sessions. 11. To keep spreadsheets, administrative processes and client records up to date. 12. Ensure that confidentiality is always protected in accordance with confidentiality policy and procedures. 13. To manage busy caseloads ensuring effective communication with families, professionals, staff, CYPs and more. 14. To undertake ongoing professional development relevant to mental health and emotional wellbeing services. 15. To undertake other duties which are commensurate with the role.

A wellbeing practitioner will provide one to one practical mental health and wellbeing support, guidance and advice to children and young people facing mental health, emotional wellbeing, professional, educational, social or behavioural concerns.

The aim of the service is to improve young people's psychological wellbeing by building resilience, promoting positive practices, adaptive coping skills and raising awareness of how to get help if their mental health deteriorates.

This service is not a counselling service. The role may also include targeted group work with a number of young people which focus on particular concerns or issues.

DUTIES AND RESPONSIBILITIES

To provide practical mental health and emotional wellbeing focused short term case work and ongoing support as necessary.

To provide one to one appointments for CYP and follow up appointments.

To signpost young people to further support as and when necessary.

To manage a busy caseload.

To identify and report safeguarding incidents, in line with relevant Invictus Wellbeing's policies.

To keep key information, monitoring and progress data up to date.

To keep the spreadsheet, administrative processes and client records up to date.

To ensure that all Invictus Wellbeing's policies and procedures are implemented and followed.

To attend regular supervision.

To be confident in using excel, word and gmail.

To maintain and nurture a positive working relationship with colleagues.

To be available and able to work in Bradford.