**Children and Young People (CYP) Mentoring Minds**

**Volunteer Role Description**

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| **Title:**  **Responsible to:**  **Time commitment:**  **Location:**  **DBS check:**  **Qualifications:** | Children and Young People Mentoring Minds Volunteer  Mentoring Minds Coordinator  A cycle of approx. 1 hour per week for 6 weeks for a minimum of 6 months period  Online- either Zoom or Microsoft Teams  Enhanced DBS certificate required for this role (can be provided by Dorset Mind)  Experience supporting children and young people with mental health difficulties. |

**Main Purpose:**

To provide emotional support (up to 1 hour per week for up 6 weeks) for anyone between the ages of 11-18 who needs support with their mental health and emotional wellbeing.

You will be working alongside the young person to explore new coping skills and learning strategies gained through our service, Active Monitoring offered through GP Practices.

You will be working with Children and Young Persons’ who are experiencing low to moderate Mental issues such low mood, anxiety, grief and loss, bullying, anger, relationships and low self-esteem.

**Key Responsibilities:**

**Operational**

* Work within the Dorset Mind team to provide a high-quality check-in service which is responsive, ethical, safe and effective for all participants.
* Work in a friendly and sympathetic manner with young people whilst maintaining professional boundaries.
* Appropriately use different emotional support tools, depending on the needs of individual participant.
* Continuously work towards and support the development of best practice in emotional support and intervention.
* Provide an appropriate service to clients with varying presenting issues within the relevant service levels (mild to moderate mental health issues and risk levels)
* Regularly and collaboratively review goals set with the participant, monitoring their progression and effectiveness to achieve the desired outcomes.
* Maintain confidential, up-to-date and accurate records of all check-in sessions, ensuring that service activity and session attendance is recorded and inputted using the appropriate systems.
* Facilitate the contribution of participant feedback, satisfaction surveys and case studies about all aspects of the service.
* To represent Dorset Mind in a non-stigmatising, professional and appropriate way which is consistent with the Dorset Mind’s Vision and Mission statement and its Policies and Procedures.
* Reporting all safeguarding concerns in accordance with Dorset Mind’s Policies and procedures.
* Raise any safeguarding concerns to your line manager or Deputy Designated Safeguarding leads (DDSL’s) following the Dorset Mind Safeguarding policy and procedure.

**What you can expect of us:**

* Dorset Mind training including Induction, Mental Health Awareness, Safeguarding and Boundaries and Resilience
* Role specific training to ensure you are confident and equipped to do the role
* Ongoing support and supervision from a knowledgeable and supportive team
* Regular social and get togethers with other volunteers and larger charity

PERSON SPECIFICATION:

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| **KNOWLEDGE** | |
| Familiar with and committed to the aims, objectives and values of Dorset Mind | Essential |
| Working knowledge of Microsoft Office 365 (Word, Excel, Outlook, SharePoint) | Essential |
| Familiar with using Zoom and/or Microsoft Teams | Essential |
| Knowledge of Children and Young People Safeguarding and risk management | Desirable |
| Familiar with and ability to adhere to Dorset Mind policies, particularly those relating to confidentiality, data protection and health & safety | Essential |
| **SKILLS** | |
| Excellent interpersonal skills | Essential |
| Able to work flexibly and independently | Essential |
| Personable and enthusiastic | Essential |
| Good organisational and time management skills | Essential |
| Accurate attention to detail | Essential |
| Able to remain confidential and retain boundaries in a professional setting | Essential |
| **EXPERIENCE** | |
| Experience / understanding of mental health issues of Children and young people (11-25) | Essential |
| Experience working with children and young people | Essential |
| Experience in providing emotional support within a professional setting | Essential |
| Experience of working in the voluntary sector | Desirable |
| **PERSONAL CHARACTERISTICS AND VALUES** | |
| Responsible, reliable and punctual | Essential |
| Trustworthy and approachable | Essential |
| Committed to working openly with diversity | Essential |
| Honest, Open, Passionate and Experienced | Essential |
| Lived experience of mental health problems | Desirable |