

Connected Minds Volunteer

Title:	Connected Minds Volunteer
Responsible to:	Waiting Well Project Manager
Time commitment:	A minimum of 3 hours per week
Location:	Various locations across Dorset, primarily Wareham and Bridport
DBS check:	Enhanced DBS certificate required for this role (can be provided by Dorset Mind)
Qualifications:	Experience supporting children and young people with mental health difficulties.

Context:

Connected Minds is an eight-week early intervention programme for 10–13-year-olds (years 6-8) experiencing mild to moderate anxiety and emotional problems and low attendance at school.

We empower young people to look after their own mental health and wellbeing by giving them the information and tools required to do so. We encourage young people to explore their reasons for not wanting to attend school and develop a toolkit to address these issues going forward.

We are looking for someone who is experienced in working with young people and is passionate about mental health and wellbeing. The role is community based across various locations in Dorset and will involve facilitation of groups, liaising with schools and managing a caseload of young people.

The Connected Minds programme is funded by our Waiting Well project which aims to help young people improve their school attendance whilst maintaining their mental health and wellbeing.

Main scope of role

To provide support (3 hours per week for 8 weeks per school term) to the Connected Minds Practitioner during Connected Minds group sessions, in either Bridport or Wareham.

You will be working alongside the young person to explore new coping skills and learning strategies to support confidence building, relationships, self-esteem and school engagement.

You will be working with Children and Young People who are experiencing low to moderate mental health issues such as low mood, anxiety or anger, and who may be struggling with relationships, low self-esteem or low school engagement.

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.
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- 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.
 - Liaise with referrers, other professionals and agencies as appropriate including 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
- Wellbeing check-in service training
- Ongoing support and supervision from a knowledgeable and supportive team.
- The majority of our work is delivered by volunteers, so we know how important it is to treat our volunteers well, value them and have fun along the way.

PERSON SPECIFICATION:

KNOWLEDGE	
Familiar with and committed to the aims, objectives and values of Dorset Mind	Essential
Working knowledge of Microsoft Office 365 (Word, Excel, Outlook, Teams, SharePoint)	Essential
Knowledge of Children and Young People Safeguarding and risk management	Desirable
Ability to adhere to Dorset Mind policies, particularly those relating to confidentiality, data protection and health & safety	Essential
SKILLS	

Excellent interpersonal skills	Essential
Familiar with using Zoom.	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