

Dorset Mind

Role Description

Job Title:	Children and Young People (CYP) Connected Minds Practitioner
Responsible to:	Waiting Well Service Team Leader
Relating to:	Services
Pay Scale:	B2 - £12.78/hour. Hours will be offered in line with service demand and programme delivery requirements. There is no obligation on Dorset Mind to offer work, nor on the post holder to accept work offered
Contract:	0-hours contract
Based:	Various venues across Dorset
Conditions:	Enhanced DBS check required for this role. A full driving licence and use of a car is required to deliver the role.

Context

Connected Minds is an 8-week group programme for 10-13-year-olds experiencing low school attendance/engagement and associated mental health concerns.

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 feelings and emotions 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 face to face work with CYP, liaising with schools, family hubs and statutory partners.

The Connected Minds programme is part-funded by our Waiting Well project which aims to help young people maintain their mental health and wellbeing whilst waiting for statutory services.

Main scope of the role

To champion Dorset Mind's vision and mission through facilitating interactive and inclusive face-to-face group sessions, aimed at nurturing the mental health and wellbeing of young people aged 10-13.

The post holder will offer a high-quality programme and create a supportive environment that practices active listening, mindfulness techniques and provides emotional support.



The work will involve coordinating and delivering all aspects of the services offered, including handling enquiries and referrals, session preparation and delivery, data collection and input, case management and onward referrals.

Key Responsibilities

To create the **Vision** of Dorset Mind:

- A community where living with and talking about Mental Health becomes acceptable for everyone.

Through the delivery of our **Purpose** we:

- Connect minds: We bring people together to make change in their communities.
- Change minds: We speak out and demand better from policymakers and the public.
- Support minds: We deliver life-changing support.
- To establish an excellent working relationship with local primary, middle and secondary schools in Dorset so that young people most in need are referred onto the Connected Minds programme
- To establish an excellent working relationship with Family Hubs and statutory partners in Dorset so that young people most in need are referred onto the Connected Minds programme
- To develop and maintain positive relationships with teaching, pastoral staff and parents to promote the service and to encourage referrals.
- To establish good working relationships with venues used to deliver the programme including carrying out risk assessments, safety checks and setting up a comfortable environment for the young people.
- To support the delivery of the Connected Minds programme within the Christchurch locality.
- To evolve delivery in response to the needs of the young people.
- To identify and assess needs of the young people and offer emotional support and/or signpost as appropriate.
- To report any issues, feedback, or complaints to the reporting manager in a timely manner.
- To handle any safeguarding concerns in accordance with Dorset Mind and school safeguarding policies and procedures.
- To ensure the services remains compliant with statutory, legal, and best practice obligations and Dorset Mind policies.

Administration tasks

- To manage a caseload of participants including completing necessary assessments and paperwork with support from schools, statutory partners and your team leader/manager.

- To prepare resources for the group sessions.
- To record participant and service data information in relevant systems.
- To support in evaluating and monitoring the effectiveness of the programme.
- To attend planning meetings to reflect, monitor and develop the programme
- To attend supervision and reflective practice meetings

General Duties

- Undergo and actively participate in training relevant to the role internally or externally.
- Report participant feedback, complaints, or concerns in a timely manner.
- Ensure that duties are carried out in accordance with statutory, legal, and best practice obligations and Dorset Mind policies and procedures.
- Attend and participate in support sessions, team meetings and annual appraisals.
- Travel around Dorset.
- Undertake other duties as may be required from time to time commensurate with the level and nature of the post.

Person Specification

QUALIFICATIONS	
Relevant qualification for the role equivalent to (but not specifically) NVQ Level 3 in Health & Social Care.	Essential
Additional coaching or therapeutic qualification.	Desirable
KNOWLEDGE	
Familiar with the visions and mission of Dorset Mind and the Mind network	Essential
Familiar with the role of the voluntary sector	Desirable
Knowledge of mental health conditions, appropriate evidenced treatment models, coping skills, psychoeducation, self-management tools and therapeutic approaches	Essential
Knowledge and understanding of the stigma associated with mental health and wellbeing challenges	Essential
An understanding on how to promote and maintain good mental health including understanding the benefits movement, learning new skills and regular social contact	Essential
Knowledge of Children and Young People Safeguarding Procedures	Essential

SKILLS & ABILITIES	
Self-motivated and able to work on own initiative	Essential
Strong interpersonal skills and being able to actively listen, empathise, negotiate, be assertive and mediate when necessary	Essential
Competent IT skills including MS Office 365 and video conferencing software such as MS Teams or Zoom	Essential
Ability to always remain professional and work within set boundaries	Essential
Ability to work efficiently as part of a team or on one's own	Essential
Excellent time management and organisational skills to balance a busy workload	Essential
Ability to work flexibly to meet the demands of the service, both in terms of hours and role	Essential
EXPERIENCE	
Experience working in a similar setting	Essential
Experience of working with young people (aged 11-18) with mental health difficulties	Essential
Experience in developing community services	Desirable
Professional or lived experience of mental health and wellbeing challenges	Desirable
VALUES	
Honest	Essential
Open	Essential
Passionate	Essential
Experienced	Essential
OTHER	
A willingness to support Dorset Mind events, including some evenings and weekends	Desirable