



**PERSONAL SPECIFICATION**

**Young Adults Service: Wellbeing Worker**

ATTRIBUTES	ESSENTIAL/DESIRABLE CRITERIA	
JOB/ TECHNICAL KNOWLEDGE, SKILLS	E	Knowledge of mental health issues and empathetic to the needs of clients.
	E	Experience and understanding of CAMHS and Adult Mental Health systems and service provision
	E	Degree or equivalent in a relevant subject e.g. Psychotherapy, Health, Social Care, Occupational therapy or substantial equivalent practitioner experience
	D	Post graduate qualification in psychological therapy-based qualification
	E	IT literate, including Word, Excel, use of databases and Social Media
	E	Knowledge and understanding of person-centred services and client involvement activities
	E	Experience of working 1-1 with young people with complex mental health needs and/or distress
	D	Experience of working with young people (and/or their families) with neurodiverse conditions or traits, including ASD & ADHD
	D	Experience of working with young people in a group setting
	E	Experience in developing and delivering evidence-based programmes or interventions to support young adults.
	D	Experience of working in/with a charity or the voluntary sector
	E	Ability to relate professionally, and effectively with all stakeholders – internally clients, staff and volunteers; externally with other agencies and organisations
	E	High level verbal and written communication skills.
	E	Ability to co-ordinate and motivate people
ADMINISTRATION AND ORGANISATIONAL SKILLS	E	Personal and organisational time management skills – ability to work to deadlines and timescales
	E	Ability to manage own caseload whilst risk assessing and support planning cases
	D	Proven experience of administration and using service IT systems
OTHER	E	Car driver and use of a car
	E	Understanding the importance of confidentiality and boundaries

	E	Understanding of and commitment to equal opportunities for individuals with mental health problems
	E	Ability to work flexibly to meet the needs of the service