



JOB DESCRIPTION

Young Adult Service: Wellbeing Worker

Key Notes

Responsible to:	DFMH Young Adult Service Manager.
Location:	DFMH office base in Matlock or Buxton, but the role will involve regular travel across Derbyshire and/or Derby City
Salary/Pension:	In accordance with the pay structure; currently £12.25per hour (plus 3% pension contribution).
Hours:	20 hrs per week. Working hours to be between 8am and 6pm Monday to Friday. Occasional evening and weekend work may be required.
Travel:	A valid full UK car driving licence, business car insurance and access to a car for work purposes. A business mileage rate of 45p per mile will be paid.
Note:	This post is subject to an enhanced DBS criminal records check. You will be required to produce necessary identification documents to comply with the Home Office rules preventing illegal working.

Overall Job Purpose

As a Wellbeing Worker you will:

- work with young people and/or young adults with complex mental health needs
- support young adults through the difficult transition of discharge from CAMHS and other statutory service provision
- engage with young people to develop resilience strategies through the use of evidence- based techniques; to aid their ability to strengthen & maintain positive wellbeing
- adopt a person-centred approach: putting the young person at the heart of their own support
- Comply with all DFHM policies and procedures to maintain confidentiality, safety, data protection and conduct

Principal Tasks

- Link and liaise directly with CAMHS, AMHS and any other referrers to ensure clear and succinct transition from statutory services into community-based support.
- Reinforce and support the support provided by C/AMHS whilst developing clear progression plans.
- Build Young Adults' resilience and support their progress towards self-identified goals (via Wellness & Recovery planning tools).
- Develop & deliver 1-1 & group provision, involving:
 - Structured group provision around psychoeducation, self-management & coping skills
 - Acting as a first contact into the service & co-ordinating support, recovery and crisis planning as appropriate
 - Resilience building, and creation of wellness plans, strategies and 'toolkits'
 - Provide evidence-based interventions (e.g. CBT- and DBT-based tools)
- Coordinate step-down into peer support/mentor support/engagement opportunities as appropriate
- Liaise with and support the service manager as required
- Record and capture accurate records as relevant to the service provision
- Support young people to identify and set their own goals, and support them to identify possible solutions and achieve those goals
- Support young people to develop resilience and self-management skills
- Work collaboratively with partners to receive and share information within that team in order to safeguard individuals; supporting them to work towards their goals and aspirations
- To liaise with the engagement workers to ensure seamless step-down within the Young Adults Service.
- Attend regular internal and external meetings related to service provision
- In consultation with line manager to have primary and active responsibility for own continuing self development.
- To attend training days, courses and conferences, as determined by the identified training and development needs of the post-holder, in consultation with line manager.
- To participate in regular Supervision and Annual Appraisal meetings with your line manager.

Other duties and responsibilities of your role

You will be required to:

- Perform other duties when required, appropriate and commensurate to a job at this level, or individuals range of competencies.
- Ability to travel across the service area.