

JOB DESCRIPTION

Job title: Art Psychotherapist (Temporary Maternity Cover)

Service: Off Centre 16-25 Young People's Transitions Mental Health Service

Salary: Grade 3 Point 23

Hours: 22.2 hours per week

Location: Hackney

Responsible to: Lead Therapist / Service Manager

Summary of job:

The 16-25 year old Young People's Transitions Mental Health Service provides early access help for young people with moderate to severe mental health problems who would not be suitable for adult services. It facilitates the transition to adult services where appropriate, improves the mental well-being of young people by providing timely or early interventions including individual, time limited and outcome focussed counselling / art psychotherapy, accessible drop in provision, therapeutic group work and keywork support. Following an holistic assessment, the service provides a range of therapeutic interventions with a step in, step up and step down approach dependent on the complexity of the individual young adult's issues.

The objectives of the service include: improving mental health outcomes for young people in City and Hackney; improving the wider determinants of good mental health for children and young people to increase academic attainment, life opportunities and future employment opportunities; to relieve increasing burden on health and mental health systems where mental health problems endure in to adulthood; and to relieve the burden on wider public systems owing to the impact of mental health problems extending in to society and social settings.

As an Art Psychotherapist you will be responsible for undertaking assessments, delivering 1-1, time limited, outcome focussed sessions with young people for up to 24 weeks (depending on their assessment evaluation) and evaluating therapeutic interventions for young people. You will also undertake associated case management and administrative work. You will be required to offer evening sessions until 8pm at least one evening a week (on Monday or Thursday) as part of your working hours and there is also the potential to facilitate a psychoeducational group using DBT based skills with a partner service.

This is a maternity cover contract which will be terminated when the substantive post holder returns to work in order to enable us to give them work. This is currently expected to be in 12 months but this is subject to change.

Key tasks and responsibilities:

1. To carry out clinical and holistic, initial assessments of service users' needs, triage their suitability for our service, including assessing risk and safeguarding issues, co-design an outcome focussed treatment plan, utilising agreed assessment and outcome tools such as CORE 10, PHQ 9 and GAD 7.
2. To carry and maintain a caseload of 8-10 service users receiving individual counselling / art psychotherapy applying specialist knowledge and techniques of counselling / art psychotherapy. In addition, undertake the associated case management and

administrative work in accordance with funding requirements and our triage process. You will also support the facilitation of the weekly 'Drop In' and associated reporting.

3. To provide high quality support, based on excellent counselling / art psychotherapeutic theory and practice with the aim of providing the best possible interventions in all areas of clinical practice.

4. To keep excellent and up-to-date records of work with service users at all times, adhering to confidentiality and information sharing protocols in conjunction with safeguarding requirements.

5. Ensure all data, outcome measurements and monitoring information is provided to the service's management in a timely manner for reporting requirements and actively contribute towards the design, delivery and evaluation of the service.

6. To advise and liaise with outside agencies involved in the mental health and wellbeing needs of clients in accordance with point 4.

7. Contribute locally as well as regionally, to strategic planning discussions and ensure collaborative working with statutory and voluntary agencies and service providers to ensure a high quality unified service. Ensure that service-users' views are heard and understood and inform and influence the development of local mental health services' provision and practice.

8. Take responsibility for personal development and actively participate in team, clinical and working group meetings, and Family Action's supervision and appraisal processes. Be responsive to critical challenge, advice, feedback and direction as part of a process of continuous improvement and clinical supervision. To keep informed of and adhere to the BACP / UKCP / BAAT code of ethics.

9. To be able to evidence Family Action's values at all times, which underpin Family Action's mission of 'building stronger families' by:

- a) Being people focused
- b) Reflecting a 'can do' approach
- c) Striving for excellence in everything we do
- d) Having mutual respect for everyone we work with, work for and support through our services

10. To adhere to all quality and safeguarding standards as set out in Family Action's policies and procedures, promoting and safeguarding children / young people and vulnerable adults.

11. To ensure the implementation of Family Action's Diversity & Equality Policy and our Ethical Policy in every aspect of your work and positively promote the principles of these policies amongst colleagues, service users and other members of the community.

12. To comply with Family Action's Health and Safety Policy, Data Protection Policy and to protect your own and others' health, safety and welfare.

13. To work flexibly as may be required by the needs of the service, delivering sessions until 8pm at least once a week, and carry out any other reasonable duties as required.

Person Specification

Education, qualifications and experience

1. Educated to level three or above, with a recognised professional Art Psychotherapy or Counselling qualification (Masters level is desirable).
2. Hold individual UKCP / BAAT (or equivalent) registration or accreditation (or be eligible for accreditation) with a proven commitment to continuing learning and professional development including active participation in clinical supervision, line management supervision and performance appraisals.
3. Ideally minimum 3 years' post qualification experience as an art psychotherapist / counsellor and evidence of experience of working with children / young people / young adults with complex mental health and psychosocial issues and providing outcome focussed interventions that support resilience and / or recovery. Experience of delivering group work and DBT skills would be desirable.
4. Experience of monitoring, evaluating and reviewing treatment in progress, adapting delivery to maximise client engagement, applying clear knowledge of counselling and psychotherapeutic theory and practice to support best possible interventions and outcomes in all areas of clinical practice.
5. Demonstrable experience of advising and liaising with other professionals in relation to young people's mental health needs. Experience of delivering presentations on such areas would be an advantage.

Abilities and skills

6. Ability to empathise with needs of young people from a range of communities and backgrounds and a working knowledge of the social issues that affect young people and impact upon their mental health and well-being. Proven experience of delivering a range of therapeutic intervention levels and different durations, that result in positive outcomes for young people.
7. Excellent interpersonal and communication skills, both written and verbal. Ability to work as part of a team from different theoretical backgrounds and identify with organisational and service goals.
8. Excellent knowledge and understanding of risk management, health and safety issues and pan-London Child Protection procedures and Working Together to Safeguard Children, as well as ability to work in accordance with local and organisational Child Protection and Safeguarding policies and procedures (for both children and adults) and keep up to date as required. Implementing child protection procedures in consultation with management.
9. Experience of prioritising own workload, plan and undertake action under own initiative, manage time and competing priorities effectively.
10. Proven experience of liaising effectively with other professionals from different disciplines and backgrounds and maintaining successful relationships with a variety of stakeholders.

11. Proven experience in collecting data that informs the service as well as local stakeholders and funders of performance, trends, gaps in provision, risks, barriers as well as successes and contribute to production of monitoring and evaluation reports in accordance with funding specification.

12. Able to evidence Family Action's values at all times, which underpin Family Action's mission of 'building stronger families' by:

- a) Being people focused
- b) Reflecting a 'can do' approach
- c) Striving for excellence in everything we do
- d) Having mutual respect for everyone we work with, work for and support through our services

13. Ability to work flexibly to meet the needs of the service, including providing sessions until 8pm at least once a week (Monday and / or Thursday).