



A MENTAL HEALTH SOCIAL MOVEMENT

8-10 WEST STREET, OLD MARKET, BRISTOL, BS2 0BH · 0808 808 9120
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Job Pack

CYP Wellbeing Practitioner (in training)

OTR's Wellbeing Practitioner's Team works collaboratively with schools and community organisations to ensure that Children & Young People across Bristol, South Gloucestershire, and North Somerset have access to high quality, flexible early intervention in relation to their mental health and wellbeing.

We are seeking a passionate and motivated CYP Wellbeing Practitioner (in training) to support the development and delivery of low intensity cognitive behavioural therapy (LICBT) support. Working as part of a creative and dynamic team of qualified and trainee Wellbeing Practitioners, the postholder will provide 1-1 LICBT for young people within schools and community spaces across the Bristol, South Gloucestershire, and North Somerset area and support the delivery of our CBT based therapeutic groups, both online and in-person.

Successful candidates will be knowledgeable and passionate around early intervention support, be excellent at building good working relationships with other professionals in order to successfully signpost and work in partnership with other providers, and will broaden access to mental health support, delivery to a diverse community of young people.

Important Note:

Following approval by NHS England, the BPS and BABCP have now launched their registration schemes for qualified Children's Wellbeing Practitioners (CWPs) and Education Mental Health Practitioners (EMHPs).

From April 2024 all CWPs will be required to register in order to continue to practise. This is a significant and important step forward in quality assurance, public protection and professional recognition of these vital roles. The schemes will also set requirements for continuing professional development (CPD) and registered CWPs will be able to access tailored CPD for their role, alongside other member benefits.

All candidates must be willing and able to register in their own time. Practitioners will be required to cover the cost of the registration.

Registration for BPS: <https://www.bps.org.uk/wider-psychological-workforce>

Registration for BABCP: <https://babcp.com/CWP-Registration>

Role Summary

Job Title	CYP Wellbeing Practitioner (in training)
Salary	OTR Band B Starting salary £25,378
Hours	37.5 per week
Contract	Fixed term for two years
Leave	Flexible - our basic entitlement is 38 days (pro rata). However, OTR operates a flexible leave policy and you are entitled to request as much leave as you would like and need.
Pension	With The People's Pension - 3% employer contribution on qualifying earnings
Location	Based at OTR, 8-10 West Street, St Philips, Bristol, BS2 0BH and in locations across Bristol and South Glos.
Accountable to	Team Manager (Wellbeing Practitioners)
CYP IAPT	<ul style="list-style-type: none"> The Children and Young People's Improving Access to Psychological Therapies programme (CYP IAPT) is a service transformation programme delivered by Health Education England and partners that aims to improve existing children and young people's mental health services (CYP MHS) working in the community. Wellbeing Practitioners in training will benefit from being integrated fully within CYP MHS and linked to the CYP IAPT collaborative.
Job Purpose	<ul style="list-style-type: none"> This is a training role within the Children and Young People' Improving Access to Psychological Therapies programme (CYP IAPT). The post-holder will work within a CYP MHS as part of a multi-disciplinary team delivering, under supervision, high-quality; outcome-informed, focused, evidence-based interventions for children and young people experiencing mild to moderate anxiety, low mood, behavioural difficulties. The training and service experience will equip the post holder with the necessary knowledge, attitude and capabilities to operate effectively in an inclusive, value driven service. The post holder will attend all university based taught and self-study days required by the education provider, as specified within the agreed national curriculum and work in the service for the remaining days of the week using their newly developed skills.
Key Relationships	<ul style="list-style-type: none"> Team Manager Clinical Supervisor Schools & Outreach Team OTR staff and volunteers Young People External youth services

Role Description

Therapeutic Skills

- Assess and deliver, under supervision outcome focused, evidence-based interventions to children and young people experiencing mild to moderate mental health difficulties.
- Working in partnership, support children, young people experiencing mild to moderate mental health difficulties and their families in the self-management of presenting difficulties.
- Work in partnership with children, young people and families in the development of plans for the intervention and agreed outcomes.
- Support and empower children, young people and families to make informed choices about the intervention.
- Operate at all times from an inclusive values base, which recognises and respects diversity.
- Accept referrals within agreed national and local protocols.
- Undertake accurate assessment of risk to self and others.
- Adhere to the service referral protocols.
- Through close case management and supervision, escalate cases where the level of need becomes beyond scope or more severe, ensuring adherence to other relevant elements of service delivery.
- Provide a range of information and support for evidence based psychological treatments. This may include guided self-help. This work may be face-to-face, by telephone or via other media.
- Adhere to an agreed activity contract relating to the overall number of children and young people contacts offered, and sessions carried out per week in order to improve timely access and minimise waiting times.
- Attend multi-disciplinary meetings relating to referrals or CYP in treatment, where appropriate.
- Keep coherent records of all activity in line with service protocols and use these records and outcome data to inform decision making. Complete all requirements relating to data collection.
- Assess and integrate issues relating to transitions, education and training/ employment into the overall therapeutic process.
- Work within a collaborative approach involving a range of relevant others when indicated.
- Work in collaboration with children, young people and communities to enhance and widen access.

Training & Supervision

- Attend and fulfil all the requirements of the training element of the post including practical, academic and practice based assessments.
- Apply learning from the training programme to practice.
- Receive supervision from educational providers in relation to course work to meet the required standards.
- Prepare and present case load information to supervisors within the service on an agreed and scheduled basis, in order to ensure safe practice and the governance obligations of the trainee, supervisor and service are delivered.
- Respond to and implement supervision suggestions by supervisors in practice.
- Engage in and respond to personal development supervision to improve competences and practice.

Professional	<ul style="list-style-type: none"> ● Ensure the maintenance of standards of practice according to the employer and any regulating bodies, and keep up-to-date on new recommendations/guidelines set by the relevant departments. ● Ensure that confidentiality is protected at all times. ● Ensure clear objectives are identified, discussed and reviewed with supervisor and senior colleagues on a regular basis as part of continuing professional development. ● Participate in individual performance review and respond to agreed objectives. ● Keep all records up-to-date in relation to Continuous Professional Development and ensure personal development plans maintain up-to-date specialist knowledge of latest theoretical and service delivery models/developments. ● Attend relevant conferences/workshops in line with identified professional objectives.
General	<ul style="list-style-type: none"> ● Contribute to the development of best practice within the service. ● Ensure a comprehensive understanding of the relevant safeguarding legislation, guidance and best practice. ● Maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to children and young people's mental health. ● All employees have a responsibility and a legal obligation to ensure that information processed is kept accurate, confidential, secure and in line with the Data Protection Act (1998) and Security and Confidentiality Policies. ● It is the responsibility of all staff that they do not abuse their official position for personal gain, to seek advantage of further private business or other interests in the course of their official duties. ● To engage in training and development appropriate to the role. ● To commit to the core values of OTR, including young people's empowerment and participation. ● To work within the spirit and framework of all OTR policies, governance, and delivery philosophy and to keep up to date with relevant training and professional development, especially in relation to Equality, Participation, Confidentiality, Vulnerable Adults and Child Protection and Safeguarding. ● To ensure all paper and electronic personal records are managed and stored safely at all times. ● To respect and maintain the confidentiality of all staff, volunteers and young people at OTR internally and with external agencies.

Person Specification

	Essential	Desirable
Education & Qualifications	<ul style="list-style-type: none"> ● Evidence of ability to study successfully at undergraduate level or equivalent. ● Evidence of numeracy. 	<ul style="list-style-type: none"> ● Psychology or other health/social care/youth related undergraduate degree. ● Other relevant postgraduate degrees.
Experience	<ul style="list-style-type: none"> ● Experience of working with children and/or young people. 	<ul style="list-style-type: none"> ● Evidence of working with children and young people with mental health difficulties. ● Experience of working in mental health or related services. ● Experience of working to agreed targets and demonstrating outcomes.
Knowledge	<ul style="list-style-type: none"> ● Knowledge of child and adolescent development and the role of the family in supporting children and young people's emotional well-being. ● Understanding of systems and contexts in which children and young people are likely to live. 	<ul style="list-style-type: none"> ● Demonstrate an understanding of common mental health problems experienced by children & young people. ● Able to identify common mental health problems in children and young people. ● Understand why it is essential to use evidence-based interventions when possible. ● Understand why collecting feedback from children, young people and parents is important
Skills & Abilities	<ul style="list-style-type: none"> ● Ability to evaluate and put in place the skills gained during training. ● Ability to work flexibly. ● Computer literate. ● Excellent organisational and self-management skills. ● Excellent verbal and written communication skills, incl. telephone skills and use of internet based communication. ● Able to develop good therapeutic relationships with clients. ● Able to develop good professional relationships with colleagues inside and beyond child and adolescent mental health services. 	<ul style="list-style-type: none"> ● Received training on (either formal or through experience) and carried out risk assessments within scope of practice.

	<ul style="list-style-type: none"> • Responsive to and willing to ask for feedback and supervision. 	
Training	<ul style="list-style-type: none"> • Able to attend the formal training as required. • Able to complete academic components of the course. • Able to integrate training into practice. 	
Personal Qualities	<ul style="list-style-type: none"> • High level of enthusiasm and motivation. • Ability to use supervision and personal development positively and effectively. • Able to work under pressure. • Regard for others and respect for individual rights of autonomy and confidentiality. • Ability to be self-reflective in personal and professional development and supervision. • Able to travel between sites where children and young people may present (e.g. schools, NHS premises, home etc). • Resilient; able to model good self care. • Values led with a personal commitment to equality, diversity, social justice and change. • A strong personal interest in and commitment to the mental health and wellbeing of children and young people. 	<ul style="list-style-type: none"> • Working flexibly across the week to include evening and weekend work. • Transport and/or ability and willingness to travel to locations throughout the organisation. • Fluent in languages other than English.
Other	<ul style="list-style-type: none"> • Able to travel between sites where children and young people may present (e.g. schools, NHS premises, youth clubs etc). 	<ul style="list-style-type: none"> • Fluent in languages other than English. • A driving licence and access to appropriate transport.

About us

OTR is a mental health social movement by and for young people. The charity is at an exciting stage of its 59-year history and is proud to be reaching more young people than ever before (over 20,000) across Bristol, South Gloucestershire, and North Somerset with creative and diverse mental health and wellbeing info and support.

Our approach to mental health is grounded in a set of beliefs and assumptions that underpins all of our work. We believe in celebrating diversity, empowering and mobilising young people to make change, and that catering to the unique strengths, interests and circumstances surrounding young people is key. Our approach centres on collaboration and partnership, building relationships between individuals, peers and communities.

Each day is as engaging and fulfilling as the last, and with a network of supportive, community minded people, we hope you'll feel welcome here. As a thank you, we like to compensate our employees for the important work they do with a range of benefits including a flexible leave policy (38 days), healthcare cost assistance with HealthShield, flexible and hybrid working arrangements, enhanced sick pay, parental leave, continual training and development, free yoga and reiki, and more (subject to contractual terms and conditions).

At OTR, whatever your role or professional background, you will be expected to work in a way that is anti-oppressive and inclusive. A key focus for OTR is to develop an organisation that is inclusive for all but we do not claim to be experts in this. We are committed to continuous learning and improvement in these areas and invite you to join us on this journey.

OTR recognises the benefits to individual practice and organisational credibility of having a diverse community of staff and volunteers and to this end is continually working towards building and maintaining an environment which values and pursues diversity accordingly.

We recognise that tackling systemic inequality, prejudice, racism and oppressive practice requires each of us to actively engage, self-examine and make changes where necessary, in order to improve access and equitable experience for all in society and all of those who come through our doors at OTR.

What We Believe	What We Value	How We Behave
<ul style="list-style-type: none">• We believe that our offer should be inclusive of all cultures and identities• We believe that young people have unique strengths, interests and circumstances• We believe that the world around us impacts our wellbeing• We believe in placing young people at the heart of our work• We believe in innovating and evolving to improve our offer for young people• We believe that relationships are what make the difference• We believe in the power of partnerships	<ul style="list-style-type: none">• Collaboration• Diversity• Learning• Sharing• Participation• Self-efficacy• Self-care• Transparency• Agency• Creativity• Social Action• Pragmatism	<ul style="list-style-type: none">• We're accommodating• We're integrated• We're thoughtful• We're supportive• We're open• We're resourceful• We're resilient• We're communicative• We're independent• We're imaginative• We're motivated• We're adaptable