West Sussex mind

Resettled Refugee Children and Young People's Mental Health Support Worker – Job Description & Person Specification

Name of Employee	
Date of Issue	
Department/Location	Children, Young People and Families
Reporting Line	Youth Mental Health Manager or Head of Children, Young People and Family Services
Grade / Hrs / Duration	Grade 3 - 32.5 hours per week
DBS – Level Required	Enhanced
Location/s	Offering support across West Sussex - initial focus on Crawley and Bognor with a view to provide support across other areas such as Worthing, Horsham and Chichester as required.

Job Summary

West Sussex Mind (WS Mind) works to raise awareness, improve understanding and reduce stigma around mental health across communities in West Sussex. To achieve this effectively, we focus our resources where they are needed most, prioritising communities facing the greatest challenges and barriers to support. We are particularly committed to reaching individuals and groups who are currently underserved or unable to access existing mental health advice, information and services.

This role will work closely with the Resettlement Team at West Sussex County Council to ensure we engage those most in need, with a primary focus on supporting children and young people resettled from Afghanistan, Ukraine and Syria.

The role of Resettled Refugee Children and Young People's Mental Health Support Worker is:

- Provide online and face-to-face one-to-one sessions with a recovery focus.
- To work closely with the Resettlement Team and EMTAS (Ethnic Minority and Traveller Achievement Service) including attending group sessions to promote available mental health support services and delivering short workshops.
- Develop links with and work alongside other agencies supporting refugees and hold appointments at their venues/local schools.

- Contribute towards the development of West Sussex Mind services to meet the needs of resettled refugees.

Scope & Accountabilities

Employees are required to work **independently** in community settings without on-site management or supervision. This role may include the supervision of volunteers/students.

Key Tasks

1. Through face-to-face contact, video call, telephone or email, offer one-to-one recovery focused support with the aid of translation services.
2. Provide support to children and young people including:
   - Assessing needs and risks.
   - Supporting children and young people to identify their needs and goals and facilitating the development of personal support and plans with children and young people.
   - Facilitating and supporting children and young people to access local community resources and services.
   - Using a range of psychosocial tools and approaches to support children and young people to problem solve and self-manage their mental health.
3. Liaise with and feedback effectively to the Resettlement Team, EMTAS, school pastoral teams, parents/carers and link with SPOA/CAMHS as required.
4. Attend regular supervision/reflective practice sessions to guide the delivery of support ensuring the work is trauma informed and culturally sensitive.
5. Develop and provide workshops to support the mental health needs of resettled refugees as required.
6. Implement self-care practices and follow WS Mind Policies in seeking support and guidance.
7. Develop strong links with the Resettlement Team and other agencies who offer support to resettled refugees and signpost effectively.
8. Maintain accurate and up-to-date records of work using agreed systems within WS Mind and report on work activity as requested.
9. Under the guidance of WS Mind manager to take responsibility for developing and overseeing the operation of administrative processes which support the delivery and smooth running of the service including room bookings, collection and monitoring of activity and performance information.
10. Represent the service at local meetings with external partners and stakeholders, as well as within WS Mind during organisational meetings.
11. Contribute to business plan development for the service.
12. To undertake any other tasks and duties as required in order to meet the requirements of the service.
13. Adhere to all policies and procedures of WS Mind.

14. To contribute to creating a safer working environment for yourself, your colleagues and service users. To this effect, you should, as a minimum, follow safety rules, engage in safety training and report incidents or hazards.

Person Specification - The specific skills, knowledge and abilities required of an individual to be able to effectively perform the role.

Essential Experience/Qualifications
Strong evidence of previous training or learning (formal or informal) which relates to supporting children and young people who have mental health needs is essential for this role along with excellent literacy, IT and verbal communication skills.
Preferred Experience/Qualifications
• Experience of working within the mental health field. • Experience or knowledge of working with refugees or similar service users. • Any formal qualification or training in relation to mental health, counselling or working with children and young people and or with children and young people with mental health problems is highly desirable for the role.
Professional & Technical Knowledge, Skills and Abilities
1. Significant knowledge regarding working with children and young people with mental health needs. 2. A good knowledge and understanding of working in groups, group dynamics and leading groups. 3. An understanding of the issues refugees face and the adverse effects this can have on their mental health and wellbeing. 4. Broad knowledge, proven skills and/or training in working with children with emotional and mental health needs on a one to one and group basis using appropriate theories, methods and skills in order to promote ability to better manage their problems and difficulties. 5. Able to work with children to construct good assessments of needs for services/personal development. 6. Knowledge of and a commitment to co production and user led services and able to promote independence and focus on strengths and recovery. 7. Knowledge and experience of barriers people could face to accessing services and how to tackle these inequalities. 8. Practical knowledge and understanding of legislation in relation to safeguarding, health & safety, data protection and risk management. 9. Ability to learn and effectively use Digital and IT systems to support service users, share information, record and report on activity. 10. Skills and abilities around working in partnership with others/multi-agency working to provide support within a health and social care setting. 11. Ability to travel to sites across West Sussex – independent means of transport preferred.

12. Proactive with the ability to work autonomously, with minimal supervision and manage workload effectively.

I have read and understood the Job Description, Person Specification and Competencies/Indicators required for my role and agree to fulfil the requirements of this role.

Signed: Staff member		**Date:**	
Signed: Line Manager		**Date:**	