



Primary Mental Health Worker

Role Description

Job Title: Primary Mental Health Worker 37 hours

Responsible to: Primary Mental Health Manager

Based in: Vale of Glamorgan

Salary: £23,368

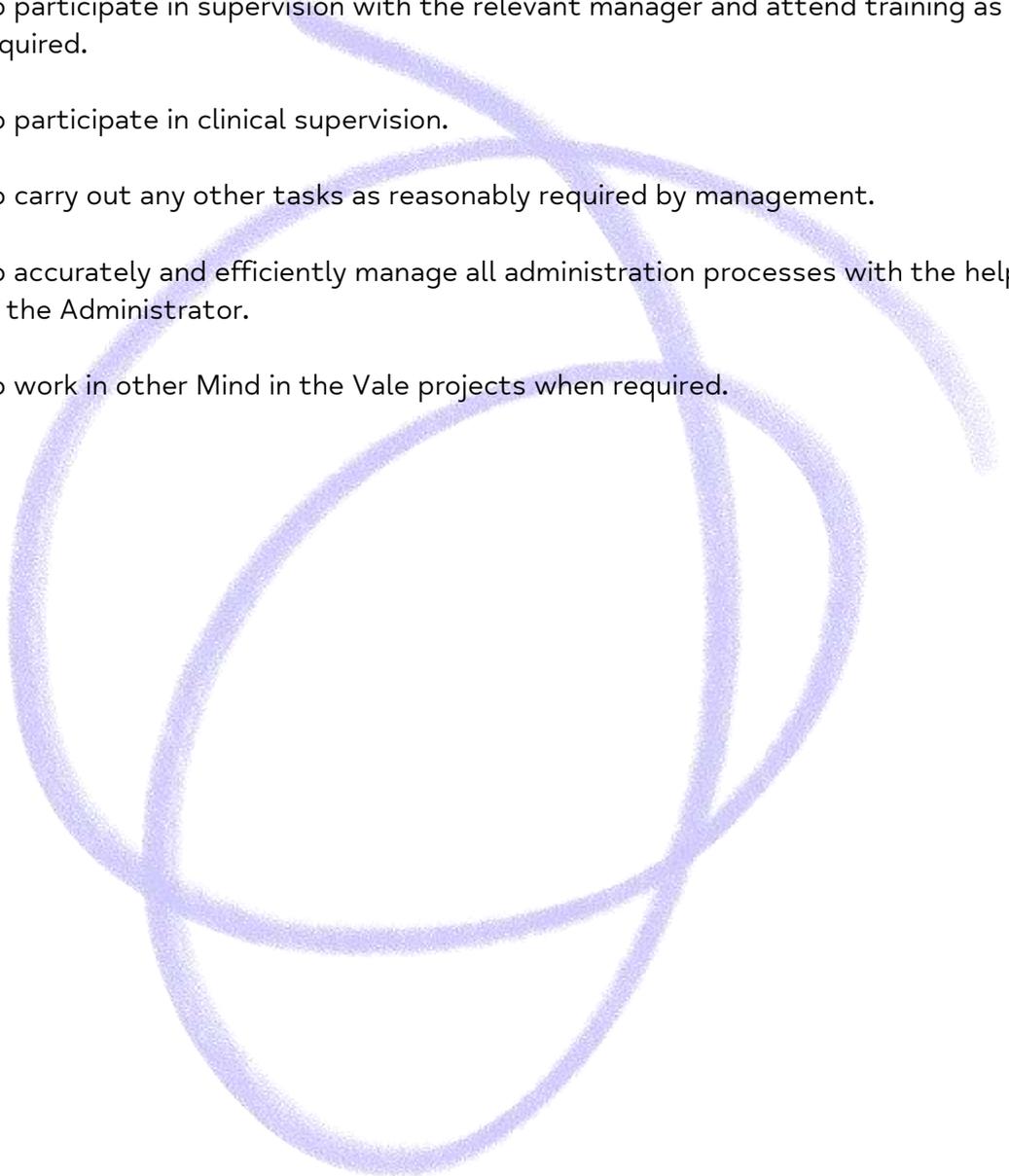
Job Purpose

Working in partnership with Cardiff & Vale UHB Primary Mental Health Support Services, Primary Care Liaison Service and GP practices to deliver guided self-help and social prescribing designed to provide early interventions provision within Primary Care. Working with the concepts of social inclusion and recovery.

This role will involve working remotely and directly in GP surgeries delivering the CCIs and facilitating psycho-educational courses in community venues or remotely. You will also be asked to work in other Mind in the Vale projects as and when required.

The key functions of this post are:

1. To deliver guided self-help using the Centre of Clinical Interventions (CCIs) remotely and in GP surgeries across the Vale of Glamorgan covering 10 different courses:
Assertiveness, self-esteem, depression, panic, worry, perfectionism, procrastination, social anxiety, distress intolerance and self-compassion.
2. To co-facilitate and co-deliver the open access psychoeducational courses – Stress Control and ACT-ion for Living in community venues.
3. To be responsible for a caseload of patients.
4. To work with people to overcome early signs of mental health distress.
5. To use outcome measures – The Recovery Star, CORE 34 and CORE 10.

6. To maintain all required records on the Lamplight database in line with Mind in the Vale of Glamorgan's GDPR Policy and Lamplight Recording Procedures.
 7. To build and maintain positive relationships with key partner agencies such as GP practice staff.
 8. To promote social inclusion, early intervention and recovery.
 9. To participate in supervision with the relevant manager and attend training as required.
 10. To participate in clinical supervision.
 11. To carry out any other tasks as reasonably required by management.
 12. To accurately and efficiently manage all administration processes with the help of the Administrator.
 13. To work in other Mind in the Vale projects when required.
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Primary Mental Health Worker

Person Specification

Experience and Qualifications

1. 2 years of experience of working in mental health and using social care skills face to face with the public, some of whom may present as emotionally upset or angry from time to time.
2. Level 3 in Health & Social Care or equivalent.

Knowledge

1. Knowledge of social care and the issues of supporting people with a range of mental health issues, including risk assessment.
2. Knowledge of the current trends in mental health provision including social inclusion, monitoring and recovery.

Abilities

1. Ability to motivate people to engage in self-help activities
2. Ability to offer various pathway options and promote client autonomy.
3. Ability to deliver the service as a standalone intervention and provide psycho-educational skills to enhance maintenance of wellbeing.
4. Ability to assess clients for suitability and make appropriate referrals when necessary.
5. Ability to identify and manage risk incidents.
6. Ability to work as part of a team and to work on own initiative.
7. Ability to liaise and communicate with colleagues, volunteers, external agencies and the public.
8. Ability to carry out a range of office tasks (telephone, word processing, taking bookings, report writing, using databases) accurately without supervision.
9. Ability to work in line with Mind in the Vale of Glamorgan's policies and procedures.

10. Ability to manage time and work load effectively.
11. Ability to assist with promotion of services.
12. Ability to work flexibly to meet the demands of the service, both in terms of hours and role.
13. Welsh speaker desirable.
14. Ability to drive, have a full clean driving licence and use of a motor vehicle.

