



Wellbeing Practitioner

Job Description

Job Title: Wellbeing Practitioner (Maternity Cover)

Grade: NJC Point 14 - 25

Contract: 22.5 hours over 3 days, or
30 hours over 4 days,
39 weeks per year

8:00am – 4:00pm to include a 30 minute unpaid break

These hours may include the rare occasion for supporting at evening events or after-school training.

Directly Responsible To: SENDCo

Job Purpose: To work within the Wellbeing Team to support children and young people at the early stages of mental health and wellbeing challenges, overcome barriers to learning and help prevent further Mental Health intervention later in life.

Name	
Signed	
Date	

Main Duties

Support & Intervention:

- To deliver small group interventions (max. 6 students) including our 'Building Resilience' course.
- To deliver evidence-based 1:1 interventions to students experiencing low level mental health & wellbeing difficulties – including but not limited to interventions using CBT skills, DBT skills, counselling skills, mindfulness and relaxation strategies.
- To work with other wellbeing practitioners, the wider staff team and parents to promote the mental health and wellbeing of students; including supporting students experiencing low mood and anxiety, self-harm, stress, low self-esteem and sleep issues.
- To conduct student wellbeing assessments using our Wellbeing Assessment framework to identify issues and assess the risk of students with mental health concerns.
- To provide advice and guidance to teachers around supporting students with wellbeing concerns.
- To confidently risk assess students who may be presenting with concerns of self-harm or suicide, engage with parents where required to ensure safety and signpost onwards.

Collaboration and Referral:

- To attend regular meetings as a key member of the Wellbeing Team.
- When required, work collaboratively with relevant internal and external services (e.g. Young Minds Matter) regarding student welfare in order to ensure effective and holistic support.
- To make appropriate onwards referrals/signpost for further support when required.

General

- To unequivocally support and promote the values and ethos of Severn Vale School
- Be aware of the responsibilities under Data Protection Legislation for the security, accuracy and significance of the personal data held in the schools' systems
- Have due regard for safeguarding and promoting the welfare of children and young people and to follow all associated child protection and safeguarding policies as adopted by the school
- Work in accordance with the Schools Health and Safety Policies and Procedures Have the ability for lone working
- Work within the daily routines of a mainstream secondary school.
- To have the ability to lone work.

Qualifications and Experience

Key Skills & Experience:

- Hold a relevant qualification (e.g. Level 3 or above Certificate in Counselling, Youth Mental Health First Aid, or equivalent) and/or have significant experience in working in a mental health/wellbeing setting with children or adults.
- Previous experience of working in an educational setting or other youth-focused environment.
- Strong understanding of mental health issues affecting 11-16 students and the ability to tailor interventions to suit individual needs.
- Have experience and confidence in assessment of mental health needs, risk assessment and a commitment for effectively monitoring, managing and reducing risk.
- Have knowledge and understanding of the range of mental health services available, including local mental health service provision.

- Knowledge of Safeguarding procedures and the ability to maintain confidentiality in dealing with sensitive issues.
- Excellent communication skills, with the ability to build positive relationships with students and staff.
- Strong communicator in a range of contexts e.g. 1-1 with students, online, on paper, with parents.
- Confidence delivering group interventions.
- A proactive and empathetic approach to supporting students in managing their emotional wellbeing.
- Ability to work under pressure, dealing with tasks logically and problem solving.
- The ability to prioritise and manage tasks independently and within a team environment.
- A willingness to work flexibly and assist others when requested.

Desirable experience:

- Experience in delivering mental health or wellbeing interventions or workshops for young people.
- Familiarity with evidence-based therapeutic interventions for low-level mental health difficulties (e.g. Cognitive Behavioural Therapy)
- Familiarity with working in a secondary school setting with strong knowledge of procedures within a school environment.

This job description will be reviewed regularly and may be subject to amendment or modification at any time after consultation with the post holder. It is not a comprehensive statement of procedures and tasks but sets out the main expectations of the School in relation to the post holder's professional responsibilities and duties.

The school will endeavour to make any necessary reasonable adjustments to the job and the working environment to enable access to employment opportunities for disabled job applicants or continued employment for any employee who develops a disabling condition.