

## JOB DESCRIPTION

### Children and Young Person's Therapist

<b>Responsible for:</b>	Supporting the Clinical team in delivering evidence-based interventions for children and young people with mild to moderate mental health problems.
<b>Responsible to:</b>	Clinical Lead for clinical matters and Operations Manager for operational matters
<b>Reporting to:</b>	Clinical Lead
<b>Hours of work:</b>	22.5 hours over 3 or more days
<b>Contract Type:</b>	1 year fixed term contract
<b>Location:</b>	Various premises within Derbyshire

#### Key Areas of Focus:

The post holder will provide mental health interventions to Children and Young People presenting with mild to moderate mental health issues such as anxiety and depression.

#### Main Duties

- Deliver outcome focused, evidence-based interventions for children and young people experiencing mild to moderate mental health difficulties.
- Assess children and young people to ascertain suitability of service, signposting elsewhere where DRCS is not able to meet the needs of the child or young person
- Respond to enquiries from parents, carers, families and professionals and take referrals where appropriate
- Work in partnership with parents/carers, families and referrers to encourage the self-management of presenting difficulties
- Provide effective, evidence-based plans for the intervention and agreed outcomes
- Support and empower children and young people to make informed choices about the interventions being offered
- Undertake and record accurate assessments of risk and operate clear risk management processes in line with DRCS procedures, including safeguarding protocols
- Through case management and supervision to step up young people referrals where the level of need or risk is beyond the scope of practice of the post holder/service
- Provide a range of information, resources and support for evidence based psychological treatments, primarily guided self-help
- Practice, evidence and demonstrate ability to manage one's own caseload in conjunction with the requirements of the team
- Contribute to the development of individual or group clinical materials or training materials, and in addition to develop such materials independently within own degree of competence, and under direction of the wider team

### **Maintaining Service Standards**

- Respond to enquiries from service users, other professionals and other relevant organisations including the justification for clinical decisions.
- Keep clear, professionally coherent records of all activity in line with DRCS protocols and use these records and outcome data to inform decision making
- Complete all requirements relating to data collection

### **Maintaining Standards of Practice**

- Ensure you continually meet minimum requirements for personal and professional development, keeping up-to-date records of practitioner CPD, qualifications, and supervisions.
- Contribute to the development of best practice within the service and ensuring compliance with standards of practice as set out by DRCS and relevant accrediting bodies.
- Attend training and development, CPD opportunities where appropriate
- Maintain professional registration and work towards or maintain accreditation
- Advocate service improvements by identifying issues and implementing changes in practice.
- Promote and maintain links with other organisations to help co-ordinate the provision of an effective service.

### **Adherence to Operating Principles**

Together with the Clinical Lead and Operations Manager, recognise and ensure adherence to the principles that

- a) Client confidentiality is protected at all times
- b) Practitioners are responsible for ensuring that they access and use supervision, and complete CPD in line with professional body and DRCS requirements.
- c) All practitioners have a responsibility to ensure that accurate, confidential, secure records are kept, in-line with the General Data Protection Regulations 2018, and DRCS Security and Confidentiality Policies.
- d) It is the responsibility of all practitioners 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 work for DRCS.

### **Personal Practice and Development**

Manage a portfolio of clients per week, and to maintain personal professional development by;

- Ensuring you receive clinical supervision on a regular basis for all clinical work undertaken within this role at DRCS
- Preparing and presenting case load information to supervisors within the team on an agreed and scheduled basis to ensure safe practice and governance obligations
- Responding to and implementing supervision suggestions by supervisors in practice

### **Additional Responsibilities**

Health and Safety	All staff hold responsibility for their health, safety and welfare whilst at work. The post holder must therefore highlight areas of concern to their line manager within a reasonable timeframe.
DRCS Values	It is expected that all staff recognise and uphold the organisation's values at all times.