**Job Description**

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| **Post** | Peer Support Facilitator – Emotional Difficulties Service |
| **Location** | Based in Peterborough with hybrid working |
| **Line Manager** | Service Manager – Community Personality Disorder Service |
| **Hours** | 21 hours per week covering Monday to Friday |
| **Contract Term** | Permanent |
| **Salary** | Salary £13,958.56 per annum for 21 hours per week  (Salary Scale Point 12 £24,926.00 per annum FTE) |
| **Main Objectives** | To deliver the CPSL Mind element of an innovative Emotional Difficulties Support Service across Cambridgeshire and Peterborough modelling self-awareness, self-belief, self-advocacy and hopefulness by sharing own personal experiences of living with mental distress - working alongside colleagues from Cambridgeshire and Peterborough NHS Foundation Trust (CPFT).  This service was part of an established NHS England Exemplar project exploring ground-breaking ways to deliver community mental health services.  **This service offers:**   * Structured Dialectical Behaviour Therapy (DBT) group programmes, co-delivered with CPFT (training provided) * One to one sessions linked to the DBT element of the service pathway (where appropriate) * Peer support groups, delivered by CPSL Mind * Information and supported signposting to other community groups and services * Co-delivery of introductory workshop sessions |

**Our Vision**

Our vision is a society in which everyone has positive mental health and feels part of a connected community.

**Mission**

Our mission is to:

* support those with poor mental health to live well, whatever that means for them.
* enable people to maintain positive mental health, especially those who are going through tough times.
* inspire connections and eliminate stigma within our communities for the benefit of everyone’s mental health.

**Values**

Our values are central to everything we do. They define us as an organisation.

* **Respect**
* **Empowerment**
* **Inclusivity**
* **Integrity**
* **Courage**
* **Compassion**

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| **Specific Duties and Responsibilities** |

While drawing on and sharing your own personal experiences of living with mental health difficulties to encourage, inspire and motivate others in their recovery you will be expected to:

* Deliver Introductory Workshop sessions, co-delivered with CPFT colleagues
* Facilitate structured Peer Support Groups
* Provide a ‘peer perspective’ within DBT-based group programmes, co-delivered alongside CPFT colleagues
* Provide one to one support sessions reaffirming DBT skills (where appropriate)
* Ensure topics discussed within Peer Support Groups remain relevant by seeking regular feedback
* Offer supported signposting to wider community activities
* Ensure monitoring, impact and evaluation records are maintained, providing data to the service manager as required
* Maintain positive working relationships with CPFT colleagues

Additional duties include:

* Promoting CPSL Mind’s wider services, Co-production Team and volunteer opportunities
* Maintaining standards as per Mind Quality standards, Equality & Diversity commitments and other regulatory obligations
* Ensuring co-production, peer support and CPSL Mind’s six core values are embedded across the service
* Using a dynamic approach, regular monitoring/mitigation of risk; escalating where required
* Undertaking all other duties commensurate with the role description

**This post is subject to satisfactory enhanced DBS clearance.**

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| **General Responsibilities** |
| **Equality**   * Promote the equality, diversity and rights of others by ensuring people are respected and valued as individuals * Ensure equal access to services, that people are treated with dignity and without discrimination |
| **Quality**   * Work within all CPSL Mind’s policies and procedures at all times * Monitor compliance with quality systems including Mind Quality Standards. * Have due regard for health and safety and security in the workplace and contribute to raising awareness. |
| **Services**   * Maintain a strength-based service which recognises and celebrates the talents and abilities of the individuals accessing the service * Maximise the potential for genuine co-production of service delivery wherever possible * Take a dynamic approach to risk assessment and mitigation * Work collaboratively with individuals and other services as necessary in situations where an individual feels unsafe and escalate as appropriate * Liaise with the other mental health services across Cambridgeshire and Peterborough, as required |
| **People**   * Recognise and respect the role of co-producers as equal partners within the service * Create productive working relationships within CPSL Mind and with partner agencies * Identify individual and team development needs to continually improve performance and knowledge * Develop personal skills to improve performance and knowledge |
| **Performance**   * Follow agreed work plans and monitoring and evaluation methods, ensuring that reports on service performance are available * Actively participate in all training relevant to the delivery of this role * Participate in regular line management one to ones, reflective practice, clinical supervision, and annual appraisals |
| **Resources**   * Ensure that equipment and materials are available to achieve service outcomes.   Pro-actively manage limited resources |
| **Information**   * Keep up to date notes and records in relation to support and activities provided and input into databases in a timely way. * Provide to the Head of Services in a timely way data, stories, and other evidence for service impact reports * Manage all data in accordance with the provisions of all current Data Protection legislation * Ensuring co-production, peer support and CPSL Mind’s six core values are embedded across the service * Using a dynamic approach, regular monitoring/mitigation of risk; escalating where required * Active participation in both clinical and management supervision * Participating in lone working systems where appropriate |

**Person Specification**

**Emotional Difficulties Support Service Peer Support Facilitator**

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| **Qualifications/Experience** | **Essential** | **Desirable** |
| Peer support accredited qualification or own experience of mental health difficulties | √ |  |
| Demonstrable group facilitation/co-facilitation experience | √ |  |
| Experience of collaborative partnership working |  | √ |
| **Competency** |  |  |
| Recovery-based approach to supporting individuals experiencing symptoms associated with emotional difficulties, impulsivity and relationship difficulties and mental health issues in general | √ |  |
| Willingness to share own lived experiences of mental health to facilitate individuals to explore the use of evidence-based self-help skills, either in a one to one or group basis. | √ |  |
| Identification, assessment and mitigate risk - and escalation of issues required |  | √ |
| Clear understanding of principles of suicide prevention and safety planning |  | √ |
| Proven ability to effectively manage professional boundaries | √ |  |
| Proven ability to work under own initiative and problem solve as necessary |  | √ |
| Ability to keep accurate notes and evaluation data in line with agreed Information Governance protocols, using Microsoft Office software | √ |  |
| Self-aware, with an ability to reflect on own practice and manage own wellbeing | √ |  |

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| Post Holders Signature  Print Name |  | Date: |  |
| Line Managers Signature  Print Name |  | Date: |  |