

JOB DESCRIPTION

Mental Health Specialist Health Trainer

MAIN PURPOSE

To work closely with the Primary Care Mental Health Services (PCMHS) in Cambridgeshire and Peterborough by providing individual personal support to people who have a serious mental illness (SMI), focusing on improving key lifestyle behaviours and signposting to other relevant services.

This post will:

- Improve the access of those with an SMI to lifestyle support and advice.
- Increase Health Trainer awareness and understanding of mental health; specifically SMI to enable them to identify mental health issues and advise appropriately.
- Increase capacity locally in terms of Mental Health First Aid delivery

SUMMARY OF RESPONSIBILITIES AND DUTIES

Responsible and accountable for:

- Provide support for those with a SMI to improve their lifestyle and in turn, their physical health enabling effective goal setting to elicit behaviour change ensuring a positive, motivational and engaging experience.
- To work closely with the PCMHS team to support patients with SMI that have been discharged from secondary care, or who may require more support than primary care can provide.
- Increase access to the Health Trainer service for those with SMI, leading to better monitoring of conditions, to improve lifestyle outcomes.
- Accept and take responsibility for self-referrals or referrals from other professionals as part of an overarching specialist pathway.
- Be an ambassador within the locality team in raising awareness of mental health.
- Support patients as they travel across the specialist pathway of care, utilising behaviour change techniques and SMART goal settings on a 1:1 and group basis to ensure sustainable changes are achieved.
- To keep abreast of the holistic range of services available in the community by developing links with service providers and keeping up to date with service changes and developments, in order to appropriately signpost individuals to the service as and when they need them.
- Raise the profile of the service within communities of Cambridgeshire and Peterborough, in particular among workplaces to strengthen community engagement.
- Utilise a range of communication methods including digital technologies, face to face, telephone, email and texting to ensure patient led support is proportionate to individual and varying need.
- Be aware of local barriers and individual resistance to changing health behaviours, adopting a solution-focused approach to positively facilitating and supporting individuals to overcome such barriers.

- Support the service to achieve contractual performance indicators, including individual, team and contract targets.
- Support the service's volunteer engagement strategy and encourage local volunteer health champions and ambassadors for the service.
- Be compliant with all relevant policies, procedures and guidelines, including the appropriate code(s) of conduct associated with this post; maintain awareness of safeguarding issues, report and acting on concerns in accordance with Everyone Health and Local Authority policies and procedures.
- Take responsibility for own CPD and participate in Everyone Health's induction, training and continual professional development as required; recognise and work within own competence and professional code of conduct.
- Prioritise, organise and manage own workload in a manner that maintains and promotes high quality.
- Deliver outstanding patient care, demonstrating empathy, understanding, attention to detail, and a commitment to delivering a quality service.
- Ensure that commitment to equality and diversity is reflected at all stages of project planning, delivery and evaluation, in line with agreed service standards.
- Be an ambassador for Everyone Health, promoting Cambridgeshire and Peterborough Lifestyle service and the Specialist Mental Health Trainer service to members of the public and other stakeholders/ partners, where appropriate.

PERSON SPECIFICATION

1. SKILLS & ABILITIES

- Enthusiastic approach to reducing stigma associated with mental ill health.
- Be able to plan own time and activities around the varying needs of individuals in the community.
- Respond effectively to referrals in line with agreed service protocols.
- Strong communication skills – written, verbal and non-verbal, and listening skills.
- Keep accurate records of activity to provide data and monitoring information.
- Ability to document information in clear accurate English.
- Good numeracy and literacy skills.
- Emotionally sensitive and empathetic to members of the public who wish to improve their health.
- Ability to research and update accurate information.
- Experience of being active in a team, group and MDT.
- Strong relationship building skills with a range of people, from different backgrounds and situations.
- Computer literate - ability to use PowerPoint and to maintain and monitor information systems in line with the national minimum dataset and adapt to reflect local needs.
- Flexible and adaptable approach to working.
- Strong organisational and planning skills, with the ability to prioritise, often managing competing priorities and deadlines.
- Flexible attitude to working environment and specific community needs, ability to think innovatively to engage specific community groups effectively.
- Strong team player, whilst also confidentially working independently when reaching out to communities.

2. KNOWLEDGE

- Good knowledge and understanding of mental health issues, including SMI.
- Knowledge and a good understanding of the social determinants of health.
- Knowledge of lifestyle risk factors with good understanding of the increased risk to health when individuals present with multiple risk factors that contribute towards unhealthy lifestyles.
- Understanding of the inequalities that those with SMI may experience.
- Knowledge of behaviour change and theoretical principles that support people when embarking on a behaviour change, including the use of Motivational Interviewing.
- Knowledge of health inequalities and the barriers to health improvement.
- Knowledge of the benefits of undertaking regular physical activity, reducing sedentary behaviour and improved healthy eating with a view to preventing falls.
- Knowledge of social marketing approaches and use of market segmentation tools, with a focus on identifying triggers for behaviour change.
- A comprehensive knowledge of good communications and engagement practice and how to translate practice into innovative and effective solutions.
- Knowledge of the range of mental health services in England.
- Knowledge and understanding of the Patient Confidentiality Act and the Data Protection Act.

3. EXPERIENCE

- Positive attitude towards people with mental health issues.
- Providing 1:1 and group support to communities, evidencing a sustained positive change in knowledge and behaviour, resulting in positive healthy lifestyle behaviours.
- Providing ongoing individual support, working cohesively with a team of specialists / MDT.
- Building strong links and relationships with a range of groups, organisations and agencies.
- Raising public awareness and provision of consistent healthy lifestyle messaging, on issues relevant to the health of the community.
- Experience of working with targeted communities, in particular those with an SMI.
- Experience in delivering training.
- Managing own workload, to ensure tasks are completed on time and to a high standard.
- Using software systems to document, collate and evidence work.
- Experience of effectively networking.
- Experience of delivering training/teaching effectively.

4. QUALIFICATIONS

Essential:

- GCSE Maths and English to at least Grade C, or equivalent.

Desirable:

- Recognised Health Trainer qualifications e.g., City & Guilds Level 3 *Certificate for Health Trainers*, or equivalent, or Royal Institute of Public Health Level 2 *Understanding Health Improvement* or equivalent. If these are not held, the post holder will be supported in achieving Everyone Health's accredited behaviour change training during their first year in post.
- Mental Health First Aid Instructor qualification

5. SPECIAL CONDITIONS

- Role incorporates evening / weekend working, with variable levels of travel across Cambridgeshire and Peterborough, working in a variety of settings including home visits, the community and community centres.
- Full UK Driving licence and access to a car for work- with 'business purposes' insurance.
- Evidence of a personal commitment to continuing professional development and to maintaining an up-to-date professional knowledge supporting the development of business within the company.
- This post involves working with vulnerable adults and as such the post holder will be required to apply for a disclosure of criminal records at an enhanced level (DBS).