

## JOB DESCRIPTION

### Alcohol Specialist Health Trainer

#### MAIN PURPOSE

To identify and provide support to individuals whose alcohol use may be putting their health at risk and want to tackle their increased alcohol use whilst also making broader changes to their lifestyle. Working as part of a multi-component service the Specialist Alcohol Health Trainer will keep the wider lifestyle abreast of big national campaigns in their specialist areas. Alcohol Specialist Health Trainers also deliver alcohol awareness training to internal colleagues, external professionals and community organisations.

This post will:

- ✦ Increase public understanding of the risks associated with alcohol and strengthening communication through local awareness and campaign work.
- ✦ Increase the skills, knowledge and confidence of health professionals through the delivery of quality evidence-based alcohol early intervention training to internal colleagues and external partners.
- ✦ Embrace every contact opportunity to discuss the 4 lifestyle risk factors (diet, physical activity, tobacco and alcohol)
- ✦ Target alcohol early interventions to those diverse communities with increased risk factors.

#### SUMMARY OF RESPONSIBILITIES AND DUTIES

- ✦ Provide individual personal support for more complex clients who are drinking at increasing risk levels and who require Extended Brief Interventions (EBI), focusing on reducing alcohol consumption and improving key lifestyle behaviours (diet, smoking, and physical activity) and where appropriate signposting to other relevant specialist services.
- ✦ To be the main interface between the health trainer service and the specialist treatment service, ensuring shared learning, training and strong communication links between both services.
- ✦ To deliver Alcohol Identification and Brief Advice (IBA) training to internal colleagues and to external partners.
- ✦ Ensure that alcohol awareness has sufficient profile amongst the wider Everyone Health team and that colleagues are routinely conducting alcohol screens, delivering IBA and referring clients into specialist services or for further EBI support.
- ✦ To work as an 'alcohol champion' within the organisation providing advice, support and guidance to health trainer colleagues within the organisation
- ✦ To coordinate local alcohol awareness events (in partnership with the specialist treatment service) and enhance the profile of national alcohol campaigns at a local level (e.g. national alcohol awareness week, drink drive campaigns, Sober October, Dry January)
- ✦ To ensure that alcohol safer drinking messages are included, and easily accessible, on the Everyone Health lifestyle service website and information is distributed through appropriate social media mechanisms.

- ✦ To work with key local partners to engage individuals from diverse communities and to deliver alcohol prevention and early intervention work (e.g., Migrant workers in Wisbech)
- ✦ To distribute and develop alcohol harm reduction literature and messages in a format that is easily received and accessible to the target audience (e.g., older people, translated literature for non-English speaking residents, easy read etc.)
- ✦ To attend and contribute to the multiagency countywide harm reduction group (quarterly)
- ✦ Be accountable for the monitoring and achievement of service key performance indicators (KPIs) and other quality related targets.
- ✦ Keep accurate records and written reports and ensure patient contact data is recorded in accordance with Everyone Health and Commissioner Policies, to ensure compliance with Information Governance and Data Protection in relation to client and patient information.
- ✦ Deliver outstanding patient care, demonstrating empathy, understanding, attention to detail, and a commitment to delivering a quality service.
- ✦ 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 then need when they need them.

## PERSON SPECIFICATION

### 1. SKILLS & ABILITIES

- ✦ To be able to deliver Alcohol Identification and Brief Advice (IBA) training
- ✦ Be able to plan and manage own time and activities around the needs of individuals in the community to respond effectively to referrals.
- ✦ Ability to keep accurate records of activity to provide data and monitoring information.
- ✦ Effective numeracy and literacy skills
- ✦ Emotionally sensitive and empathetic to members of the public who wish to improve their health, to be supportive and encouraging to people in difficult (sometimes frustrating) situations.
- ✦ Value and be respectful of other people – regardless of background or circumstances.
- ✦ Have strong interpersonal and communication skills.
- ✦ Be flexible with good time management and planning skills.
- ✦ Be interested in motivating and supporting both individuals and groups in community-based settings, and in the home.

### 2. KNOWLEDGE

- ✦ To have the knowledge and understanding of the links between alcohol misuse and poor mental health (co-occurring conditions)
- ✦ Good knowledge and understanding of the harm of drinking at increasing risk levels.
- ✦ Knowledge of Extended Brief Interventions (EBI)
- ✦ In depth knowledge of local communities
- ✦ Knowledge of the challenges to achieving health improvement amongst local vulnerable and deprived communities.

### 3. EXPERIENCE

- ✦ Providing Extended Brief Interventions (EBI)

- ✦ Delivering Alcohol Identification and Brief Advice (IBA) training
- ✦ Experience of working with and engaging individuals and groups.
- ✦ Experience of actively engaging with local communities.
- ✦ Desirable - experience of health screening and delivering NHS health checks.
- ✦ Experience of using Microsoft programmes (Word and Excel)
- ✦ Experience of team working.
- ✦ Experience of managing a personal workload or caseload.

#### 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 Society of Public Health Level 2 *Understanding Health Improvement* or equivalent. Train the trainer qualification in Alcohol Identification and Brief Advice (IBA). 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.

#### 5. SPECIAL CONDITIONS

- ✦ Highly motivated self-starter with resilience, determination and the ability to see jobs through to completion.
- ✦ Role incorporates evening / weekend working, with variable levels of travel across Cambridgeshire and Peterborough, working in a variety of settings including primary care and the community.
- ✦ 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).