

JOB DESCRIPTION

MENTAL HEALTH TRAINER – STAFFORDSHIRE

MAIN PURPOSE

- Support people on the SMI register to access an annual physical health check through the provision of multi modal engagement approaches (using behavioural change principles) and patient education (including the provision of brief advice)
- Address the barriers which prevent service users accessing SMI physical health checks
- Reduce health inequalities and exclusion by improving accessibility to checks for SMI population

SUMMARY OF RESPONSIBILITIES AND DUTIES

- Reach out to any service user who have missed appointments to rebook
- Reach out to any service user who have not yet engaged with the SMI Physical Health Check service
- Provide support by identifying the barrier to not attending and address any concerns or issues raised
- Provide education around physical health checks and the importance of the reviews
- Support service users to engage with their health checks in the home where applicable
- Support service users to access clinics in a familiar environment, where the clinic is at the service user's own GP surgery
- Reduce health inequalities and exclusion by improving accessibility to checks for SMI population
- Prevent, reduce or delay the need for long-term care

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 service users
- 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.
- Emotionally sensitive and empathetic to service users who wish to improve their health.
- Ability to research and update accurate information.

- Strong relationship building skills with a range of people, from different backgrounds and situations.
- Computer literate – Ability to use databases, Excel, Word and Outlook
- 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 service users.

2. KNOWLEDGE

- Good knowledge and understanding of mental health conditions 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 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

- Experience of working with service users with severe mental health conditions.
- Providing 1:1 support, evidencing a sustained positive change in knowledge and behaviour, resulting in positive healthy lifestyle behaviours.
- 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.
- Encouraging participation in activities.

- 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

4. QUALIFICATIONS

- Recognised Health Trainer qualifications e.g. Promoting Community Health and Well-being / Facilitating Behaviour Change; Royal Society of Public Health Level 2 Understanding Health Improvement or City & Guilds Level 3 Certificate for Health Trainers.
- Essential: A mental health qualification or equivalent experience.
- Desirable but not essential as full training will be given: Mental Health First Aid qualification.

5. SPECIAL CONDITIONS

- Full UK Driving licence, with access to a car to travel across Staffordshire
- This post involves working with vulnerable adults and as such the post holder will be required to complete a disclosure of criminal records at an enhanced level (DBS).

6. SAFEGUARDING

Everyone Health Ltd is committed to safeguarding and promoting the welfare of the adults, young people and children who use the services. All staff have a responsibility to report any identified concerns of abuse or exploitation through the appropriate route in line with the respective policies and procedures.