

Job Title:	Trainee Children's Wellbeing Practitioner (CWP)
Reports to (job title):	TBC
Line Manager to:	N/A

CYP-PT (formerly CYP-IAPT)

The Children and Young People's Psychological Training programmes (CYP-PT) (formerly CYP-IAPT) is a service transformation programme delivered by NHS England that aims to improve existing children and young people's mental health Services (CYP-PTs) working in the community.

Job Purpose

This is a training role within the Children and Young Psychological Training programmes (CYP-PT). The post-holder will work within a CYP mental health service that is focussed on outreach to the community. Trainees will be delivering, under supervision, high-quality; brief outcome focused evidence-based interventions and guided self-help for children and young people experiencing mild to moderate mental health difficulties within the community.

The training and service experience will equip the post holder with the necessary knowledge, attitude and capabilities to operate effectively in an inclusive, value driven service.

The post holder will attend all university based teaching and Onsite Protected Learning Time required by the education provider, as specified within the agreed national curriculum and work in the service for the remaining days of the week using their newly developed skills.

As part of the Essex Child and Family Wellbeing Service School Nursing Offer, Children and Young People's Wellbeing Practitioners provide early intervention, outcome-focused support to children, young people and their families who are experiencing low mood, mild to moderate anxiety, and other emerging emotional wellbeing concerns.

Working within schools, community settings and family environments, practitioners deliver evidence-based interventions and guided self-help approaches that help children and young people develop effective coping strategies, build resilience, and improve emotional wellbeing. Support is tailored to individual needs and agreed outcomes, ensuring children, young people and families remain at the centre of intervention planning and decision-making.

Main Duties and Responsibilities

1. Therapeutic skills

- Undertake assessments to identify emotional wellbeing needs and agreed outcomes.
- Deliver brief, outcome-focused interventions for children and young people experiencing low mood, mild to moderate anxiety and other common emotional wellbeing difficulties.
- Work collaboratively with children, young people and families to develop personalised plans that support self-management and positive change.
- Provide evidence-based guided self-help and psychoeducation through face-to-face, telephone and digital delivery methods.
- Monitor progress using recognised outcome measures to ensure interventions remain effective and focused on achieving agreed goals.
- Identify and assess risk, escalating concerns and referring to specialist services where needs exceed the scope of early intervention support.
- Work closely with School Nursing teams, schools, community partners and other professionals to ensure coordinated support around the child and family.
- Promote emotional wellbeing, resilience and mental health awareness through group work, participation activities and training opportunities within educational and community settings.
- Provide evidence-based guided self-help and psychoeducation through face-to-face, telephone and digital delivery methods.
- Monitor progress using recognised outcome measures.
- Regularly undertake planning, delivery and implementation of participation activities.
- Prepare and deliver training sessions to professional groups.
- Operate from an inclusive values base that recognises diversity.
- Adhere to agreed activity contracts and contact targets.
- Attend multi-disciplinary meetings.
- Keep coherent records and complete data collection requirements.
- Assess and integrate issues relating to transitions, education and employment.
- Work within a collaborative approach involving a range of relevant others.

TRAINING AND SUPERVISION

- Attend and fulfil all the requirements of the training element of the post including practical, academic and practice-based assessments.
- As well as attendance at the University for training, fulfil private study requirements to enhance learning and prepare assignments for examination.
- Apply learning from the training programme to practice.

- Receive practice tutoring from educational providers in relation to course work to meet the required standards.
- Prepare and present case load information to supervisors within the service on an agreed and scheduled basis, to ensure safe practice and the governance obligations of the trainee, supervisor and service are delivered.
- Prepare and present case information and videos to course staff in practice tutor groups and other small groups in the university setting on an agreed and scheduled basis, to enhance clinical skill development.
- Respond to and implement supervision suggestions by supervisors in practice.
- Engage in and respond to personal development supervision to improve competences and practice.

PROFESSIONAL

- Ensure the maintenance of standards of practice according to the employer and any regulating bodies and keep up-to-date on new recommendations/guidelines set by the relevant departments.
- Ensure that confidentiality is protected at all times.
- Ensure clear objectives are identified, discussed and reviewed with supervisor and senior colleagues on a regular basis as part of continuing professional development.
- Participate in individual performance review and respond to agreed objectives.
- Keep all records up to date in relation to Continuous Professional Development and ensure personal development plans maintains up to date specialist knowledge of latest theoretical and service delivery models/developments.
- Attend relevant conferences/workshops in line with identified professional objectives.

GENERAL

- Support the collection of data and facilitate data flow to the Workforce Development team.
- Contribute to the development of best practice within the service.
- Ensure a comprehensive understanding of the relevant safeguarding legislation, guidance and best practice.
- Maintain up-to date knowledge of legislation, national and local policies and procedures in relation to children and young people's mental health

- All employees have a responsibility and a legal obligation to ensure that information processed is kept accurate, confidential, secure and in line with the Data Protection Act (1998) and Security and Confidentiality Policies.
- It is the responsibility of all staff 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 official duties.
- This Job Description does not provide an exhaustive list of duties and may be reviewed in conjunction with the post holder in light of service development.

Personal Specification	Essential	Desirable
Qualification	Undergraduate degree, upper second class or above, in Psychology OR related subject (e.g., Psychology, Education, Childhood development, Social Work etc), OR any subject with further training or experience in a relevant field (e.g., Teaching/TA; Learning Support; HCA; Youth Work; Counselling etc) OR relevant professional experience in CYP Mental Health/Education/Mentorship (to be considered on a case-by-case basis)	Training in nursing, social work, occupational therapy, counselling or within a specific psychological therapy Psychology or other health /social care/youth related undergraduate degree Other relevant postgraduate degree
Experience	Previous experience of working with children and young people	Experience of working in mental health or related services Worked in a service where agreed targets in place to demonstrating outcomes Experience of working with diverse populations

Job Description

Skills & Competencies	Ability to study as a self-motivated learner and implement training with appropriate support Demonstrates high standards in written and verbal communication Demonstrates ability to work well with other professionals/ colleagues Ability to personally manage a sensitive, traumatic and potentially emotionally distressing caseload.	Ability to manage own caseload and time Speaks a second language Demonstrate ability to present mental health psychoeducation to non-mental health audiences
Other	Full, enhanced and current satisfactory DBS disclosure for the role. Able to travel to meet post requirements	

Employee signature

Manager signature
