

Job Title:	Emotion Regulation and Resilience Practitioner
Reports to (job title):	Getting Help Manager
Line Manager to:	N/A

## Job purpose

The Emotion Regulation and Resilience Practitioner within the Child and Adolescent Mental Health Services (CAMHS) is a key member of the team responsible for providing support and interventions to children and adolescents with emotional and behavioural challenges. This role also involves skill-building work with parents around co-regulation to enhance family dynamics. The postholders expertise will contribute to helping individuals and their families build emotional resilience and improve their overall well-being.

## Base

Area based but agile to meet the needs of Children and Young People

## Key responsibilities

- 1) Individual and Group Support: Provide one-on-one and group support to children and adolescents with emotional and behavioural challenges to develop emotion regulation and resilience skills.
- 2) Parental Skill Building: Conduct sessions with parents to teach co-regulation strategies, enhancing their ability to support their children's emotional well-being.
- 3) Collaboration: Work closely with the wider Getting Help team to ensure coordinated care and intervention strategies.
- 4) Positive Environment: Engage the system around the child or young person to foster a positive and supportive atmosphere within CAMHS to promote the well-being of children, adolescents, and their families.
- 5) Skills Development: Assist clients in developing self-regulation and conflict resolution skills, empowering them to manage their emotions effectively.
- 6) Progress Monitoring: Regularly assess and evaluate client progress, adjusting treatment plans as necessary.
- 7) Documentation: Maintain accurate and up-to-date records of client interactions, assessments, and interventions in compliance with CAMHS guidelines and legal requirements.
- 8) Family Engagement: Encourage open communication and collaboration with parents and guardians to ensure a holistic and family-centred approach to care.

## Our values

Our values are our moral compass and core to our DNA. They underpin the way we deliver our services and treat those who use our services.

To many organisations values are just words which don't translate into reality of the day to day but our values flow through everything that we do, they define who we are, what we stand for and set the expectations of our colleagues, communities, customers and partners. They have been defined by our colleagues and have been integral to our journey so far and will be integral to our future as well.

We have three values which help us stand out from the crowd, not just because there's only three, but because they are unique to who we are. We care, we think, and we do.

Care	Think	Do
<ul style="list-style-type: none"><li>• Inspire</li><li>• Understand</li><li>• Communicate</li></ul>	<ul style="list-style-type: none"><li>• Challenge</li><li>• Improve</li><li>• Learn</li></ul>	<ul style="list-style-type: none"><li>• Accountability</li><li>• Involve</li><li>• Resilience</li></ul>

## Confidentiality and Information Security

As our employee you will be required to uphold the confidentiality of all records held by the company, whether patients/service records or corporate information. This duty lasts indefinitely and will continue after you leave the company's employment.

All information which identifies living individuals in whatever form (paper/pictures, electronic data/images or voice) is covered by the 2018 Data Protection Act and should be managed in accordance with this legislation. This and all other information must be held in line with NHS national standards including the [Records Management: NHS Code of Practice](#), [NHS Constitution](#) and [HSCIC Code of Practice on Confidential Information](#) and should only be accessed or disclosed lawfully. Monitoring of compliance will be undertaken by the Company. Failure to adhere to Information Governance policies and procedures may result in disciplinary action and, where applicable, criminal prosecution.

## Information governance responsibilities

You are responsible for the following key aspects of Information Governance (not an exhaustive list):

- Completion of annual information governance training
- Reading applicable policies and procedures
- Understanding key responsibilities outlined in the Information Governance acceptable usage policies and procedures including NHS mandated encryption requirements
- Ensuring the security and confidentiality of all records and personal information assets

- Maintaining timely and accurate record keeping and where appropriate, in accordance with professional guidelines
- Only using email accounts authorised by us. These should be used in accordance with the Sending and Transferring Information Securely Procedures and Acceptable Use Policies.
- Reporting information governance incidents and near misses on CIRIS or to the appropriate person e.g. line manager, Head of Information Governance, Information Security Lead
- Adherence to the clear desk/screen policy
- Only using approved equipment for conducting business

## Governance

Clinical governance is a framework through which organisations delivering health and care services are accountable to continuously improving the quality of their services and safeguarding high standards of care by creating an environment in which clinical and other forms of care flourishes. Employees must be aware that clinical governance places a duty on all staff to ensure that the level of care services they deliver to patients is safe and high quality, and that they follow/comply with our policies and procedures.

## Registered Health Professional

All staff who are a member of a professional body must comply with standards of professional practice/conduct. It is the post holder's responsibility to ensure they are both familiar with and adhere to these requirements.

## Risk Management/Health & Safety

The post holder has a responsibility to themselves and others in relation to managing risk, health and safety and will be required to work within the policies and procedures laid down by the company. Staff are required to observe the Hygiene Code and demonstrate good infection control and hand hygiene.

Employees must be aware of the responsibilities placed on them by the Health & Safety at Work Act (1974) to ensure that the agreed safety procedures are carried out to maintain a safe environment for other employees, patients and visitors. It is essential to observe strict fire and security precautions at all times.

All staff must report accidents, incidents and near misses so that the company can learn from them and improve safety.

## Safeguarding Children and Vulnerable Adults Responsibility

We are committed to safeguarding and promoting the welfare of children and adults at risk of harm and expects all employees to share this commitment.

## Medicines Management Responsibility

### **Nursing or registered healthcare professionals**

Undertake all aspects of medicines management related activities in accordance within the company's medicines policies to ensure the safe, legal and appropriate use of medicines.

### **Skilled non-registered staff**

Undertake all aspects of medicines management related activities in accordance with the company's medicines policy where appropriate training has been given and competencies have been achieved.

## Policies and Procedures

All colleagues must comply with the Company Policies and Procedures which can be found on the company intranet.

## General

We are committed to serving our community. We aim to make our services exemplary in both clinical and operational aspects. We will show leadership in identifying healthcare needs to which we can respond and in determining the most cost-effective way of doing so.

We recruit competent staff that we support in maintaining and extending their skills in accordance with the needs of the people we serve. We will recognise the commitment from our staff to meeting the needs of our patients.

The company recognises a "non-smoking" policy. Employees are not able to smoke anywhere within the premises or when outside on official business.

## Equal Opportunities

It is the company's intention to be an employer of choice and ensure that no job applicants or employees are unfairly disadvantaged on the grounds of gender, disability, race, ethnic origin, colour, age, sexual orientation, religion or belief, trade union membership or any other factors that are not relevant to their capability or potential. To this end, the company has an Equality and Diversity policy and it is the responsibility of each employee to contribute to its success.

# Job Description

## Flexibility Statement

This job description is not exhaustive and may change as the post develops or changes to align with service needs. Any such changes will be discussed directly between the post holder and their line manager.

## Personal Specification

### Essential

- **Experience:** Previous experience working with children and adolescents with emotional and behavioral challenges, ideally within a therapeutic or behavior management setting.
- **Qualifications:** Minimum of a level 4 qualification in a relevant field (e.g., psychology, counseling, social work).
- **Co-Regulation Expertise:** Knowledge of co-regulation techniques and strategies for working with parents to enhance family dynamics.
- **Communication Skills:** Excellent communication and interpersonal skills to effectively interact with children, adolescents, parents, colleagues, and other stakeholders.
- **Empathy and Passion:** Patience, empathy, and a genuine passion for making a positive impact on the lives of children, adolescents, and their families.
- **Team Player:** Ability to work collaboratively as part of a multidisciplinary team to provide comprehensive care.

### Working Conditions:

- This role requires flexibility in working hours to accommodate the availability of young clients and their families and will involve evening and weekend activities
- The work primarily takes place in a clinical or office setting, and the support worker will often interact directly with CYP and their families
- **Driving License:** A valid driver's license and access to a vehicle for travel to different locations, including schools and partner organisations.



# Job Description

Employee signature

---

Manager signature

---

