Wellbeing Navigator

## Job details

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| Job title: | Wellbeing Navigator |
| Department: | NHS Mental Health Service |
| Location: | Across BNSSG |
| Reporting to:  (job title only) | Wellbeing Navigator Lead |
| Direct reports:  (job title only) | N/A |
| Job purpose: | The Wellbeing Navigator role serves as a link between the core Improving Access to Psychological Therapies (IAPT) and non-IAPT pathway to ensure that our Service Users achieve the best possible service experience leading to good outcomes mentally and physically.  To work with Service Users to ensure their care pathway meets their assessed needs, utilising services provided by Vita Health Group and local community organisations to achieve sustained improvement.  The role also develops health and wellbeing relationships within communities between clinical and other support services. |
| Role and Responsibilities: | * To contribute to the development of new Health and Wellbeing services provided by Vita Health Group * Working individually with service users to design and develop personalised Health and Wellbeing Plans to help them access local support * Empower Service Users to work through their Wellbeing plan, using structured interventions and motivational communication methods. * Review service user progression and adjust Wellbeing Plans in conjunction with the service user as required to meet their targets and goals * Engage and work with local organisations and VitaMinds Teams to ensure that services required by Users are in place and effective * Undertake non-clinical assessments with Service Users to ensure they are appropriately supported * Facilitate links with specialist services as required * Work in close partnership with the Partnership Liaison Officers to ensure that local organisation relationships are developed and maintained * Work closely with Step 2 and 3 clinical services to support Service Users who require holistic support outside of what is possible within the IAPT model * Work closely with the Long-Term Conditions team and Health and Wellbeing Workers to support Service Users with Long Term conditions into local Physical Health organisations and beyond * Plan, deliver and review Health and Wellbeing Group events, including booking community venues * Where appropriate support on the co-delivery of Step 2 and 3 courses * Run promotion and engagement events for the public / service users / service leads to attend, to educate and inform on the work of the navigation team * Maintain records of activities in line with published standards and in line with information governance policy * Any other reasonable request as required |
| Clinical Governance:  (where applicable) |  |
| Training and supervision: |  |
| Additional information: | The role is based at one of our Hubs but is expected to work flexibly in the community to deliver individual programmes to Service Users. A full clean driving licence is desirable. |

## Person specification

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|  | **Essential** | **Desirable** |
| **Experience** | * Working directly with service users in a support role * Working with people experiencing mental wellbeing difficulties * Working within time limited treatment models | * Delivering group activities |
| **Skills/knowledge** | * Ability to undertake assessment of needs * Creation and review of support plans in collaboration with service users * Understanding and awareness of psychological therapies within IAPT * Good knowledge of local statutory and voluntary services in BNSSG | * Basic counselling skills * Basic motivational interviewing skills |
| **Personal competencies and qualities** | * An awareness of and commitment to supporting and facilitating diversity and inclusion * Friendly and approachable with excellent written and verbal communication skills * Good IT skills, including Microsoft Office * Adept in time management and working under pressure * Willingness to undertake occasional evening or weekend work when required * Willingness to travel |  |

# Version Control

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| Owner: | Human Resources | Review: | Annually | Classification: | 1 (Proprietary) |
| Author: | Human Resources | Version: | V1.1 | Status: | PUBLISHED |
| Date Published: | 03/12/2019 | Code: | TBC |  |  |

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| Version: | Date: | Summary of Changes |
| V1.1 | 03.12.19 | Document copied onto authorised VHG branded Policy Template (original had no coding) |
| V1.2 | 06/08/20 | Updated to include diversity and inclusion statement |
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