

Occupational Therapist

About the role...

We are looking for an occupational therapist, experienced in working with young people in a mental health setting to join our growing team.

We are a team of people with a desire to shake up how therapy is delivered - taking it out of sterile clinic spaces and into the community. Throwing away generic worksheets and powerpoints to put meaningful occupation and living our lives to the fullest at the centre of care. Our team has a mix of experienced clinicians in occupational therapy and EMDR therapy, peer support workers and occupational therapy assistants. You will be working 1-2-1 with young people aged 11-25 and have the opportunity to run occupational therapy groups.

We are a mobile service passionate about making mental health care accessible in Norfolk. You will be working independently across Broadland, Breckland, South and West Norfolk in a variety of locations and spaces.

This role is funded by Norfolk Community Foundation through the Children & Young People Community Mental Health Support Fund. This funding has been made available by NHS Norfolk & Waveney Clinical Commissioning Group to improve access to care and support in the community for children and young people in Norfolk and Waveney who have a mental health need and may experience health access inequalities.

It is recognised that the voluntary, community and social enterprise sector (VCSE) can play a vital role in understanding and responding to the wellbeing needs of the children and young people they support, often providing early intervention and prevention programmes that can reduce presentations of self-harm, suicidal behaviours, and serious mental health diagnosis.

This funding aims to support continuing care in community settings that plays an important role in sustaining children and young people's wellbeing, and to strengthen collaboration between VCSE-led interventions and health services to prevent the 'revolving door' of mental health services.

Training and development opportunities

We welcome occupational therapists with additional therapy training in EMDR, DBT, ACT, or CFT.

We would also like to support occupational therapists to develop additional therapy skills through accredited training.

Opportunities include:

- Child and Adolescent EMDR Training (Level 1) for those who have already completed EMDR basic accredited training.
- ACT Essentials (Acceptance and Commitment Therapy training)
- CFT Essentials (Compassion-Focused Therapy training)
- DBT Essentials (Dialectical Behaviour Therapy training).



- SFT Essentials (Solution-Focused Therapy training)
- IPT Essentials (Interpersonal Psychotherapy training).

About Us...

Cup-O-T: Wellness and Therapy Services is a non-profit organisation with an aim to make mental health services available at an early stage for young people, families and communities.

Our social purpose is:

- To make mental health support accessible at an early stage.
- To support young people to achieve their potential.
- To make mental health support accessible in rural areas.
- To increase mental wellness in communities.

Cup-O-T was set up in December 2017 as a non-profit social enterprise. This means that we charge / trade some services to generate income (training and therapy) and then all the profit made is used to provide free or discounted therapy and services to those who need it most, but unable to access it through the NHS or are on lengthy waiting lists.

We also receive grants and fundraise to run groups and workshops that will benefit young people, families and the community.

Our therapy van:

In November 2018 we purchased a Ford Transit van, over 7 months with the young people we work with, we transformed it into a calming therapy space. The Cup-O-T therapy van can be used for therapy appointments, as a base for groups or to run workshops from at events.

There is the opportunity for you to use the therapy van for your therapy sessions (subject to license and insurance).

Our website: <https://cup-o-t.co.uk/> - there is lots more information to be found on here.

Want to know more?

To apply for this role please complete our [online application form](#).

If you have any questions about this role or Cup-O-T: Wellness and Therapy Services please get in touch by emailing: info@cup-o-t.co.uk

Occupational Therapist

Job Description

Job Title:	Occupational Therapist
Salary:	£14-25-16.52 per hour (dependent on experience - NHS Band 5 / 6 equivalent)
Hours of Work:	25 hours per week (flexible pattern)
Reporting to:	Lead Therapist
Based at:	Home and mobile in Norfolk across Breckland, Broadland, South and West Norfolk
Annual Leave:	33 days including bank holidays (pro rata)
Contract:	1 year fixed term (with potential to extend, subject to additional funding)

Main purpose of the role:

Using your therapeutic skills as a registered Occupational Therapist to provide 1-2-1 assessments and occupational therapy interventions to young people aged 11-25 living in the Breckland, Broadland, South and West districts of Norfolk who are experiencing difficulties with their mental health which is impacting their day to day life.

We particularly welcome applications from Occupational Therapists who have additional accredited training in the following therapies: EMDR, DBT, CFT, ACT, CBT. **We are offering training opportunities as part of this role.**

To demonstrate a commitment to the service's values, namely:

- Delivering an outcome, recovery focused and trauma informed service, drawing on your own professional mental health and occupational therapy background to ensure high quality evidence based interventions are delivered;
- Empowering people using the service, a belief in their involvement and promoting their rights;
- Showing passion about and being committed to empowering people who are experiencing/supporting someone with mental health difficulties.

Key Duties and Responsibilities

Clinical Practice Duties

- Undertake initial occupational therapy assessments for young people accessing the service with a primary focus on goal setting and understanding current challenges and strengths.
- Undertake one-to-one sessions with the young people - each young person will have access to up to 10 sessions.



- Design and facilitate occupational therapy groups to support young people with their mental health and resilience, transitions and school attendance.
- Support development and reviews of the service throughout to ensure evidence based practice.
- Actively participate in team meetings to share best practice and develop clinical thinking, knowledge and learning.

Safeguarding and Child Protection

- Identify and report any safeguarding and child protection concerns following Cup-O-T: Wellness and Therapy Services' policies and procedures.
- Identify and report any safeguarding concerns about any vulnerable adults following Cup-O-T: Wellness and Therapy Services' policies and procedures.
- Be pro-active in reporting safeguarding issues and concerns, to the school and line management, in accordance with Cup-O-T: Wellness and Therapy Services' policies and procedures.

Information/Record Keeping & IT

- Work with IT equipment and systems to ensure accurate and timely recording of service user data, accidents/incidents, as well as the use of shared electronic calendars and a lone worker safety system.
- Maintain and build upon good working knowledge of IT, and to take full advantage of opportunities to use IT to progress the services we offer.

Task planning, personal development & development of the service

- Work within set targets and manage time effectively on your own initiative and as part of a team.
- Contribute to the aims and continuous improvement of the service.
- Share knowledge, skills and experience within the team, while observing confidentiality, and participate in team meetings and supervision.
- Make a positive contribution to and work constructively within the team, including developing your own abilities to enhance team performance.

Other

- Work flexibly and remotely as part of a geographically-spread team, including local travel within Breckland, Broadland, South and West Norfolk
- Ability and willingness to work flexibly including mornings, afternoons, evenings and weekends as required
- Promote leadership and the principles recovery focused and trauma informed therapeutic work.
- Work in a way that ensures the service is delivered in compliance with relevant legislation, the service values, policies and practices and contractual requirements.
- Carry out any other reasonable duties within the scope of the role as required.



Personal Specification

Competency / Experience	E - Essential D - Desirable
Qualifications	
Holds a recognised qualification in Occupational Therapy	E
Holds a recognised membership with the HCPC	E
Holds a recognised accredited qualification or training in: EMDR (EMDR UK Association accredited), CFT, ACT, DBT	D
Experience	
Post qualified experience in a clinical role as an occupational therapist working with children and adolescents in a mental health setting.	E
Experience designing and facilitating evidenced based occupational therapy groups.	D
A clear understanding of child protection policy and procedures and commitment to safeguarding of children and vulnerable adults.	E
Demonstrates a clear understanding of the needs of service users and stakeholders and range of service provision offered to support them across Cup-O-T: Wellness and Therapy Services.	E
Values	
Commitment to the empowerment of individuals and a belief in user involvement and promoting people's rights .	E
Commitment to equal opportunities and awareness of issues surrounding BME, LGBTQIA+ and other minority groups.	E
Actively seeks opportunities for own development and to share skills / knowledge.	E
Commitment to delivering outcome, recovery focussed and trauma informed services.	E
Passionate about and committed to the empowerment of people who are experiencing mental health difficulties.	E
Skills / Knowledge / Competencies	
Clinical	
Demonstrates understanding of a range of therapeutic models.	E
Demonstrates understanding of working with children, young people and families.	E
Demonstrates understanding of using additional therapy skills alongside occupational therapy interventions (EMDR/DBT/CFT/ACT).	D
Ability to complete assessment and formulation and hold regular reviews of clinical work.	E
Manage and account for overall clinical caseload – information governance GDPR.	E
Takes an active approach to self-development and shows a commitment to continuous professional learning.	E
Safeguarding	
Is pro-active in reporting safeguarding issues and concerns with regards to children and vulnerable adults, to school and line management, in accordance with Cup-O-T: Wellness and Therapy Services' policy .	E
Continues to keep up to date with safeguarding policy and developments.	E
Line Management and Supervision	



Willingness to take active part in line management and clinical supervision with your line manager.	E
Develops an understanding of how to manage an active caseload of one to one work.	E
Seeks to continually improve quality of service provision in all areas.	E
Displays effective, well-organised management of your caseload and input on appropriate systems.	E
Is able to motivate and support the development of others through coaching and showing enthusiasm and resilience in finding solutions to challenging situations.	D
Communication / building and maintaining appropriate relationships	
Excellent communication skills and the ability to deal tactfully and sensitively with a range of people, including being assertive when necessary.	E
Ability to develop, maintain and facilitate positive working relationships with individuals, staff, volunteers and health professionals.	E
Ability to build and maintain appropriate and person-centred professional client/worker relationships.	E
Excellent listening skills and the ability to communicate effectively with people who are in mental distress, including any who may be acutely unwell.	E
Ability to liaise and communicate well, both orally and in writing, with health professionals, general public, other providers and be assertive where necessary.	E
Information / Record Keeping and IT	
Excellent IT skills including use of Google Docs, shared calendars, Gmail, the internet.	D
Willing and able to engage with IT systems, including a client record management system, on a daily basis.	E
Ability to accurately and efficiently maintain appropriate records.	E
Knowledge and experience of working with confidentiality.	E
Task planning and time management	
Ability to manage a busy workload, work on own initiative, prioritise work, meet deadlines and make autonomous decisions where needed.	E
Ability to undertake lone-working with minimal supervision, and the ability to plan ahead whilst also retaining capacity for flexible working.	E
Other	
Confident in making decisions within job scope, but defers to line manager as appropriate.	E
Ability to adhere to all relevant policies and procedures including confidentiality, equal opportunities and diversity.	E
Willing to learn, through training, supervision and day-to-day experience.	E
Ability and willingness to work flexibly and remotely as part of a geographically-spread team, including daily local travel within the service locality.	E
Ability and willingness to be flexible and work some unsociable hours, including evenings and weekends.	E
Commitment to work flexibly as required across Norfolk.	E