



The Forward Trust Job Description

Position Title	Psychological Wellbeing Practitioner	Reports to	Senior Psychological Wellbeing Practitioner/ HIT
Location: HMP			

Introducing Forward Trust

We are The Forward Trust (formerly RAPt and Blue Sky), the social enterprise with charitable status that empowers people to break the often interlinked cycles of crime and addiction to move forward with their lives. For more than 25 years we have been working with people to build positive and productive lives, whatever their past. We believe that anyone is capable of lasting change. Our services have supported thousands of people to make positive changes and build productive lives with a job, family, friends and a sense of community. In 2020 Forward Trust introduced an exciting addition to the services provided to include IAPT mental health services within our custodial establishment, as recognition of dual diagnosis in our client group and to support those with low level mental health issues access support to achieve change.

Role/Team Overview

As a Psychological Wellbeing Practitioner (PWP) a large part of your role will be to assess a service user's suitability for evidence based psychological interventions for those presenting with common mental health issues such as anxiety and depression. You will be delivering a wide range of low-level psychological step 2 interventions to adults on an individual face-to-face basis or through facilitating therapeutic groups.

The successful candidate will be contributing to team performance and delivery of a responsive, high quality service in line with IAPT requirements. You will actively participate in both Case management and line management supervision, they will also be supporting the service to ensure quality standards are met.

In line with Forward Trust **mission** is to bring lasting change to people's lives by delivering services that inspire the belief in a better life, and provide clear steps to achieve this change, the successful candidate should be committed to equal opportunities.

Accountabilities

- Build strong relationships with colleagues in the unit, and make full use of the support offered from Forward Trust colleagues both local, regional and central.
- Develop and maintain relationships with other agencies within the prison by attending weekly and monthly multi-disciplinary meetings.
- Maintain effective case load management, making sure that clients are prioritised appropriately and seen in a timely manner, ongoing care and treatment is reviewed in close liaison with other agencies.



- Create and maintain effective Case management and actively participate in clinical supervision.
- Effectively assess for and respond to Risk within both prison and Forward Trust policy.
- Ensure case notes are completed to the standards set

Other

- Take on other reasonable tasks and responsibilities as deemed appropriate by the Service Manager.
- Some flexibility of delivery may be required within the role. This may include additional shifts, or supporting another service temporarily.

Role Criteria

Below is a list of the criteria required to apply for this role; please address each of these points in your application.

Criteria Requirement	
E	Essential Criteria
D	Desirable Criteria

Demonstrable experience in the management of teams, performance and development.	D
Knowledge and experience of implementing formal procedures and policies	D
Knowledge of the criminal justice sector and/or community services	D
Experience of undertaking comprehensive risk assessments, including assessment of risk to self and others.	E
Experience of delivering Step 2 Psychological interventions.	E
A thorough understanding of Improving Access to Psychological Therapies (IAPT) and the concept of stepped care	E
Genuine interest in motivating and developing people	E
Project and time management skills	D
Inter-personal skills and ability to relate to a diverse range of people	E
Understanding the need for evidence based psychological interventions.	E
Ability to work flexibly in order to meet the needs of the service	E
Able to work across sites as required.	E
Previous experience working in a prison environment	D
Previous experience of working with people with common Mental Health issues such as anxiety and depression.	E

Personal Attributes	
Proactivity – Quick thinking with a high level use of initiative	E
Resilience – Solves problems, takes learning on board from mistakes to aid personal and professional growth	E
Adaptability – Can work in fast-paced changing environments	E
Confidence – Has confidence in own abilities, has good eye contact and able to communicate clearly and concisely	E
Team Work – Works in harmony with colleagues to deliver results	E
Open to Feedback - Open to constructive feedback in order to further develop	E
Innovative – Continually searching for better ways of working	E
Qualification	
Completed relevant IAPT course in line with the IAPT low intensity national programme. Holding a relevant PWP qualification.	E
Completed or in the process of completing an IAPT supervision training course.	E