



sussex



**Fulfilling Lives**

**Pre-Treatment Stabilisation Worker**

**Job Description**

**Ref: 425**

## **Job Summary**

The Fulfilling Lives South East Project started in 2014 and is funded until July 2022 by the National Lottery Community Fund. The project, which is led by BHT and supported by a number of voluntary and statutory sector partners, provides intensive and tailored support to people with multiple and complex needs, working with the most vulnerable and hard to reach.

The Fulfilling Lives casework to date has identified some women have unmet mental health needs and remain “stuck” in a cycle, self-medicating with substances to cope with the symptoms of trauma and unable to engage meaningfully with services.

We have demonstrated that highly flexible pre-treatment psychological support can be delivered effectively; to help break cycles of trauma and abuse and to enable clients to access substance misuse and mental health treatment effectively.

The Pre-Treatment Stabilisation worker, a 12-month pilot role based in Brighton & Hove, will assist women with multiple and complex needs to achieve a level of stability and preparedness to enter residential drug and alcohol treatment.

Interventions will be delivered in a highly flexible and focused way and will include using psychoeducational tools to help individuals to understand their trauma responses and develop techniques to manage symptoms, in order to prepare for accessing and participating in residential drug and alcohol treatment.

The learning from the role will feed into our wider project aim of bringing about systems change for individuals with the most complex needs. For further information see the Fulfilling Lives Manifesto for Change

## **Responsible to:**

Practice Development Coordinator, Fulfilling Lives

## **Significant Working Relationships:**

- a) Fulfilling Lives colleagues
- b) Colleagues within BHT Detox Support and Recovery Projects and CGL St Thomas Fund
- c) Statutory and voluntary agencies providing services and support to clients with multiple and complex needs

- d) CGL and Oasis colleagues within the community treatment service
- e) Other practitioners within the city offering similar or linked interventions

## Duties / Responsibilities

1.	To manage a small caseload (approximately 10 cases) of women with multiple complex needs and offer bespoke psychosocial and emotional support to help to stabilise and regulate emotions in order to access and fully engage in residential rehab.
2.	To provide assertive engagement, including street-based outreach, going to the service user rather than expecting the service user to attend appointments, and not to disengage if the service user does so.
3.	To work proactively with high-risk presentations and seek to facilitate access rather than risk being a barrier.
3.	To work collaboratively within multidisciplinary teams including housing, probation, sexual health, social care teams and feed into multi agency support planning.
4.	To build and create teams of multi-agency support around the client that work in trauma informed ways to provide positive experiences and safety for clients.
5.	To report progress on a quarterly basis and feedback key learning to the Fulfilling Lives Project.
6.	To produce case studies which highlight good practice as well as gaps and barriers in service pathways and delivery.
7.	To deliver training and education to partner agencies to promote understanding of complex trauma and reduce stigma and re-traumatisation.
8.	To develop a close network of communication, co-operation, joint working and skills exchange with other practitioners in the project team and the wider community.
9.	To work closely with members of the BHT and CGL residential treatment teams to ensure project cohesion.
10.	To adopt agreed monitoring and case management systems and keep appropriate casework and administrative records.

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11.	To develop methods of evidencing and evaluating the impact of the work in conjunction with the Fulfilling Lives Learning & Impact Team.
12.	To provide a service that upholds best safeguarding practice in relation to children and adults at risk.

It is the duty and responsibility of each employee to familiarise and comply with, BHT Sussex health and safety policies and procedures. You are responsible for taking care of yourself to avoid injury to yourself and other persons who may be affected by your acts or omissions at work. You will be required to co-operate with BHT Sussex and others in meeting statutory requirements.

For confidentiality and data security: whilst working for BHT Sussex you may gain knowledge of confidential matters which may include manual, electronic personal and medical information about our Board Members, Staff, clients, residents or third-party contacts. Such information must be considered strictly confidential and must only be used for the purpose for which it was obtained for. Failure to observe BHT Sussex's GDPR & Data Protection policies and procedures could lead to disciplinary action. In addition, you must comply and handle personal data securely in accordance with BHT policies and procedures, including the IT Security Policy and Computer Use Policy.

Adherence to and ensure compliance with BHT Sussex's Safeguarding Policy and Procedure at all times. If, in the course of carrying out the duties of your role, you become aware of any actual or potential risk(s) to the safety or welfare of clients, these concerns must be reported to your line manager in the first instance.

Actively promote and live out BHT Sussex values of 'Inspiring Change'; 'Delivering Excellence'; 'Empowering People'; 'Being Accountable' and 'Collaboration'.

To assist with identifying and reviewing strategic risk, and to be responsible for the management of specific risks delegated to you from time to time".

No job description can cover every issue which may arise within the post at various times and the post holder is expected to carry out other duties from time to time which are broadly consistent with those in this document.