

## BHT Sussex

BHT Sussex is a charity and a registered housing association working in Brighton and Hove, Eastbourne, Hastings and other parts of Sussex.

BHT Sussex's Mission is to combat homelessness, create opportunities, and promote change and aims to achieve this Mission through a network of interlinked projects. By providing direct, practical services combined with a commitment to challenge the causes of poverty and inequality, we hope to achieve a supportive structure which men and women can use in a variety of ways to improve the quality of their lives.

## Project/Department 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.

We also work alongside people with lived experience of multiple disadvantage; to achieve positive changes in services and systems to help make them better connected and easier to access. The project operates in Brighton and Hove, Eastbourne and Hastings.

More information can be found here: <https://www.bht.org.uk/fulfilling-lives/>

## Job Summary

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.

## Salary

The salary is paid monthly in arrears and will be £28,774 per annum. An employer's pension contribution of between 3% and 6% is also paid. The level of this contribution is reviewed annually.

## Hours of Work

The hours of work will be 37 hours per week, working Monday-Friday 9.00am - 5.00pm. BHT does not pay overtime; but will grant "time off in lieu" if agreed by the line manager.

## Annual Holidays

The annual leave entitlement will be 185 hours (25 working days), rising 1 day for each year of service to a maximum of 222 hours (30 days) pro rata. All public bank holidays are granted with two extra statutory days, to be taken over the Christmas period

## Closing Date

12 noon, Wednesday 9<sup>th</sup> June 2021

## Interview Date

Wednesday 16<sup>th</sup> June 2021