

Working with us

Our mission is combating homelessness, creating opportunities, promoting change. We see it as our role to both challenge the causes of homelessness, poverty and marginalisation and to deal with the consequences.

BHT is a people-led organisation. First and foremost are the clients and residents who access our services and we recognise that our most important assets are our staff and volunteers.

We employ over 250 members of staff who bring a rich assortment of skills, expertise and professionalism which is an essential ingredient of turning people's lives around.

Mental Health & Wellbeing Services

BHT Sussex delivers several services providing specialist support, accommodation, drop-ins and counselling to adults experiencing mental health issues.

BHT Sussex's mental health services range from counselling to supported accommodation. We are a psychologically informed organisation and apply a trauma informed approach to service delivery.

Our mental health services include:

- **Archway**
- **Threshold Women's Services**
- **Route One**
- **Shore House**
- **Pathfinder: West Sussex**
- **Be OK: Youth Mental Health**
- **Mid Sussex Supported Housing**
- **Peer Support**

We offer:

- a comprehensive employee benefits package including a stakeholder pension scheme
- a free and confidential employee assistance helpline for both personal and work related concerns
- a popular cycle to work scheme
- free employee NHS health checks run in-conjunction with the local councils
- a free new starter 30 day Brighton bus pass
- generous holiday allowance including an additional two days of leave at Christmas
- the opportunity to participate in wellbeing and fundraising activities throughout the year

BHT Sussex is an equal opportunities employer using a fair and open recruitment process which fully complies with the requirements of the Equality Act 2010. We are committed to encouraging equality, inclusion and diversity within the workplace.

Shore House

Shore House is an innovative and dynamic service which provides accommodation and 24-hour intensive support to 20 people with a range of mental health diagnoses, and to those experiencing the effects of complex trauma.

Shore House is part of the Mental Health Tiered Accommodation Pathway, jointly commissioned by Brighton and Hove City Council and the Clinical Commissioning Group.

As a specialist high-support mental health service we work closely and effectively with Sussex Partnership Foundation Trust mental health teams including assessment and treatment teams and the Mental Health Rapid Response Service.

The accommodation comprises 20 individual client rooms, some with en-suite facilities, as well as a variety of communal spaces including a large shared kitchen.

Our Approach

The team provide a flexible range of one-to-one and group support which empowers clients to manage and improve their mental and physical health, wellbeing, and gain the skills and confidence to live more independently within an 18-month timeframe.

We work alongside people as the individuals they are, supporting them to identify and achieve their personal hopes, wishes and aspirations.

We recognise that different people take different approaches to their mental health and recovery, so co-produce person-centred plans that work for them.

Our Team

BHT Sussex is a supportive employer that recognises people are at the heart of good service delivery. The team at Shore House is supportive, skilled, and compassionate. The management team prioritise wellbeing, reflective spaces and clinical supervision, and promote personal and professional development.

“I feel I’m important and that staff have empathy and I belong.”

Client, Shore House

“Shore House is a place of safety, supporting clients with immediate care. It is a place where clients can recover with full support and continues to be a service for clients to excellent effect.”

Community Psychiatric Nurse

Respite @ Shore

The Respite @ Shore service provides a non-clinical, community model to supporting those experiencing an increase in suicidal thoughts and planning.

Respite @ Shore has two rooms that offer stays for up to 7 days in an environment that promotes recovery, with on-site staff support 24 hours a day. Its aim is to provide a safe, planned and preventative setting to avert an escalation of suicidal feelings and prevent the need for acute services.

As well as being a responsive service available to people who find themselves in crisis, it can also be used as a preventative measure for people to manage periods they might expect to find challenging e.g., a planned stay around the time of a triggering event, difficult anniversary, or transition whereupon someone's suicidal thoughts may increase.

Our Approach

We recognise that life can be challenging for different people at different times, and that a clinical setting is not always the right choice for everyone. We work closely with the Sussex Partnership Foundation Trust and CCG to make sure that individuals have options that feel right and is safe for them. We provide an opportunity for guests to gain some distance from their day-to-day lives, discuss and reflect openly about their experiences of suicidal feelings, and co-produce a safety plan for how to manage these thoughts and feelings in the future.

Our Team

BHT Sussex is a supportive employer that recognises people are at the heart of good service delivery. The team at Shore House is supportive, skilled, and compassionate. The management team prioritise wellbeing, reflective spaces and clinical supervision, and promote personal and professional development. Specific training is provided to support staff to work with this service, as well as having a dedicated Deputy Manager to oversee the service provision and staff wellbeing.

"I felt valued by the service and treated as an individual."

"Making plans for the future really helped."

"I found it really helpful having someone to talk to whenever I needed. Knowing there is someone there to support me has been really helpful and reassuring."

Guests of Respite @ Shore

Our Clients: Shore House

Here are some things those living at Shore House have said about the service, staff and support:

"The support has been great, if I needed to talk to someone there was always help and support"

"Staff do an amazing job. I am so thankful for their kindness and support. Staff were there for me and did not judge me"

"I think the service is very supportive and caring, my keyworker is understanding and recognises my support needs"

"The keyworkers and all the staff are on point, they notice when you need your meds and they remind you if you forget"

"The staff notice quickly any changes in me and they offer extra support, it's better here than other places I've lived"

"The keyworkers are good"

"It's good, the staff are helpful and there is always someone there"

"My keyworker is really good, she listens to me, she understands my Autism and knows how I tick along"

"I'm really grateful for very understanding and listening staff who have helped me move into Shore House and start to settle down in my living spaces, also thanks for the cups of tea"

"I feel settled, staff are co-operative"

"Everyone's ever so helpful here. I'm happy. I don't really want to move, it's my home."

Our Partners:

Shore House

Here are some things those that work with Shore House have said about the service, staff and support:

“The Staff at Shore House are friendly and professional. Good communication. Excellent knowledge base of supporting clients with various mental health issues who have been in emergency accommodation, homelessness, promoting self and independence where identified.”

“I feel they are doing a wonderful job”

"Management of Shore House is very good: Open communication at all times. The management team are very supportive to help plan when clients are presenting challenging."

“I always think that Shore House is a great place with great staff”

"The team are very friendly, approachable and dedicated."

"Shore House is a place of safety, supporting clients with immediate care. It is a place where clients can recover with full support and continues to be a service for clients to excellent effect.”

Our Staff:

Shore House

Here are some things that our staff have said about working at Shore House and with BHT Sussex:

“Being a Shore House support worker provides the chance to work with people from all walks of life with varying needs of support.”

“The relationships formed with the people I work with instil the sense of personal achievement. Supporting them in living their life to the full is the reason I get up in the morning.”

“I’m passionate about making a positive difference and real change to those I support, whilst also making a difference to my own life by leading a more compassionate and fuller life.”

“The wealth of training provided, the opportunities for personal development, and the support for career progression make BHT Sussex a great employer.”

“We work collaboratively, everyone feels recognised and contributes, it’s a strong supportive team, full of a variety of skills and shared knowledge.”

“I love the daily challenge of working with complex mental health needs. No day is ever the same, so I have to think creatively on my feet.”

“Where I have had challenging clients, the managers have taken the lead risk assessing and holding multidisciplinary meetings, allowing me time to do vital one-to-one support work.”

“I am passionate about using the psychosocial model of emotional distress to give people hope that they can heal from trauma/adversity and move out of the mental health system.”

“BHT Sussex are forward thinking. The support of managers and senior managers is excellent.”

“My managers have supported me to access training that is relevant to my experience including the most ground-breaking & up-to-date mental health work going on in the world today.”