

## Job Description

### Distress Brief Intervention (DBI) Coordinator

<b>Accountable to:</b>	DBI Co-ordinator
<b>Location:</b>	Inverness (travel across the Highlands may be required)
<b>Salary:</b>	£20,520 pro rata
<b>Hours of work:</b>	28 hours per week

#### Aims of the Post

The purpose of this role is to work with people in distress who are referred by front line services (including Police Scotland, Scottish Ambulance Service NHS Highland Accident and Emergency and Primary Care) to the Level 2 Distress Brief Intervention team. The work will include: reviewing the reasons for distress, working with individuals to develop their Distress Brief Intervention Management Plan and using supported referral to link individuals into a range of appropriate community services and facilities as appropriate.

Training in Level 2 Distress Brief Intervention, specific to the post, will be provided.

The post involves some weekend work and work on Public Holidays, which may sometimes include work on Christmas Day and/or New Year.

#### Key Responsibilities

- Contact people referred to the DBI Level 2 team within 24 hours of referral by a front-line service
- Provide immediate, direct support through a compassionate response to the person in distress
- Work with people who are referred in order to assess the immediate triggers of distress, identify possible course of action to address those issues and develop effective coping strategies. It should be noted that this does not imply intensive, counselling work.
- Liaise with organisations and agencies in order to determine whether they can provide support suitable for particular individuals
- Ensure that people who are moving on have all relevant, helpful contact details for any future periods of stress or distress
- Keep accurate records of interventions and the outcomes of those interventions for monitoring and evaluation purposes
- Provide follow up calls as directed by the Project Manager

- Support the Project Manager in publicising the DBI programme and disseminating information about the DBI
- Attend training as required
- Support the Project Manager in maintaining an up-to-date directory of local community services and facilities that can provide support to people across a range of issues

### **General Responsibilities**

- Attend staff meetings, meetings of the organisation and other events as required
- Actively pursue opportunities for personal development, including training
- Participate positively in support and supervision and annual appraisals
- Demonstrate commitment to non-discriminatory practice
- Adhere to the values and objectives of the organisation
- Operate at all times in a professional and respectful way
- Any other tasks, as required

## PERSON SPECIFICATION

	<b>Essential</b>	<b>Desirable</b>
<b>Qualifications</b>	Educated to SVQ 3 level or equivalent in Social Services and Health Care, or relevant appropriate experience. If the post-holder does not have this qualification they will be required to work towards it during their employment	
<b>Knowledge</b>	Mental health issues and in particular issues around distress, suicide prevention and recovery	
<b>Experience</b>	Working with people in distress or working with vulnerable people	Working in the voluntary sector  Working in a Mental Health context in the community
<b>Compassionate Practice</b>	Commitment to reflective practice  Compassionate, non-judgemental approach to support work	Understanding of recovery-focused support work
<b>Community Development Approach</b>	Experience of joint working to achieve support outcomes  Understanding of co-production and asset based community development	
<b>Team Worker</b>	Ability to evidence excellent team work skills	
<b>Professionalism</b>	Ability to take initiative and manage own workload  Able to use supervision constructively  Understanding of the importance of policies and boundaries	
<b>Communication</b>	Articulate  High quality written work	Group work experience

	<p>IT literate and familiar with standard workplace software, including Microsoft Office</p> <p>Social Media aware</p> <p>Open and friendly</p>	
<b>Practical</b>	<p>Prepared to travel throughout the Highlands, including occasional overnight stays</p> <p>Driving licence and access to a vehicle</p> <p>Willing to work on Public Holidays as required</p>	