

## Job Description

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**Job Title:** Perinatal Mental Health Support Officer

**Hours:** negotiable between 15 & 20hrs per week

**Salary:** £31,200 Pro Rata

**Service:** Cherish Project - Perinatal Mental Health Support Service

**Fixed Term Contract until 30<sup>th</sup> April 2024**

**Reports to:** Managing Director

**Location:** Borders Wide

### Job Purpose

To support delivery of the Cherish Project Perinatal Mental Health Support Outreach Service through;

- Caseload holding and providing emotional and practical support in a one-to-one capacity, to women who are experiencing mental health challenges during the perinatal period.
- Providing signposting and advocacy support to service user to enable them to access further support and opportunities within their community.
- Engaging with women, their families and professionals within the Scottish Borders, to establish build and maintain relationships.
- Supporting service users to access peer mentoring and group work programmes, and promote volunteering opportunities.
- Provide one to one supervision and training to volunteer mum befrienders who are matched to service users on the caseload.
- Raising awareness of Perinatal Mental Health issues both within the community and amongst partner organisations.

The perinatal period is the time in a woman's life during pregnancy and the first two years following birth. We provide emotional support to parents who are experiencing emotional/mental health challenges; or are identified as vulnerable to developing mental health challenges in the perinatal period. This support may be through telephone calls, video calls, home visits, group work, therapy sessions or support to access other local services.

### Role Responsibilities

1. To help maintain a referral system, assess information from referring agencies and determine the appropriateness of the information and whether the details are in keeping with the service specification.
2. Assess referred parents at home and manage the transition of appropriate referrals into the service and where necessary signpost parents onto other services.

3. To develop a professional relationship with referred parents and provide one to one outreach support as well as facilitating group support during the perinatal period.
4. To undertake evidence-based assessments and prioritise the needs of parents to develop a support plan for the service user.
5. To support new parents to understand and manage their own emotional and mental health needs and those of their infant and promote secure attachment for the child.
6. To help match trained volunteer befrienders to parents and provide supervision support to the volunteers.
7. To engage and maintain effective liaison with statutory and voluntary services working with women during the perinatal period and attending relevant meetings as necessary to address potential barriers to access and to help ensure service users receive coordinated help and support.
8. To help organise and deliver workshops covering topics such as relaxation in pregnancy, baby massage and other activities to promote bonding and emotional and mental wellbeing of parent and child.
9. Manage a caseload of families to ensure service delivery remains accessible and convenient.
10. Keep records which facilitate communication within the charity and are compliant with all current GDPR regulations (both on IT systems and paper files)
11. Manage all requirements relating to data collection research and audit within the service, including statistics and records, communications to referrers and others involved in family care, providing regular reports on activity within, and effectiveness of the service at staff meetings and other ad hoc meetings with colleagues.
12. To signpost to other services as appropriate, helping parents not appropriate for the Cherish Project to access other universal services.
13. Promote volunteering opportunities through networking, attending community events and work with community organisations to develop creative and innovative approaches to volunteer recruitment.
14. To ensure you have an understanding (appropriate to your role) of and comply with Nurture the Border's procedures for promoting and safeguarding the welfare of children and vulnerable adults.

15. To comply with Nurture the Border's Equality & Diversity Policy in every aspect of your work and positively promote the principles of this policy amongst colleagues, service users and other members of the community.
  16. To comply with Nurture the Borders's Health and Safety Policy, GDPR Policy and to protect your own and others' health, safety and welfare at work.
  17. To work flexibly as may be required by the needs of the service and carry out any other reasonable duties as required.
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## Person Specification

### Qualifications

An appropriate social care, early years or health qualification at SCQF level 8 or above (E.g. Nursing, Midwifery, Family Support, Social Work etc)

Or

Equivalent knowledge and experience acquired by other means

### Essential Skills & Experience

- Experience of pregnancy and childbirth with the ability to empathise with the needs of families during the perinatal period.
- An understanding of mental distress, the emotional effects of pregnancy and birth and the demands of parenthood, with the ability to empathise with the needs of families during the perinatal period.
- Experience of working in at least one of the following areas:
  - Emotional Support
  - Volunteering
  - Mental Health
  - Social work/social care
  - Parenting work
- Knowledge and understanding of pregnancy, childbirth, the transition to parenthood and the challenges and opportunities of this time in a parent's life.
- A high level of self-awareness and demonstrated ability to practice self-care.

- Highly developed interpersonal skills appropriate to establishing and maintaining effective working relationships with healthcare professionals, staff, parents, volunteers and the wider community.
- Experience of supporting and mentoring others and of working as part of a team.
- An understanding of child and adult safeguarding issues with the ability to implement relevant policies and procedures.
- Good IT, numeracy, record keeping and organisational skills.
- Excellent verbal and written communication skills.
- Ability and enthusiasm to work creatively and independently with an appropriate amount of supervision alongside the ability to work well as part of a supportive team.
- Knowledge of health and safety issues and an ability to take responsibility for the health, physical well-being and safety of the adults and children attending the service.
- A current driving licence and access to a car that can be used for work.

## Desirable

- A good level of knowledge about the services available and professionals working with 'parents to be' and new parents in the Scottish Borders, and an ability to contribute to the multi-disciplinary forums.
- A good level of knowledge of perinatal mental health issues and a passion to support families during this time.
- A good level of knowledge of infant mental health, child development and attachment.
- Experience of facilitating assessments and support planning.
- Experience of providing sensitive, non-judgmental support to families