

HEADSUP KILDARE

supporting U and
your mental health



Job Description – Mental Health, Wellbeing and Resilience Coordinator

Introduction

County Kildare Leader Partnership are delighted to offer this exciting opportunity for a dynamic self-starter who wants to make a difference in the lives of individuals and communities in the county through the HEADSUP and SICAP Programmes, working closely in collaboration with Healthy Ireland.

The role of the Mental Health, Wellbeing and Resilience Coordinator is to oversee the mental health education and resilience building of men in Kildare through the HEADSUP Kildare Programme, to develop responses to the mental health and wellness needs of rurally isolated men and communities in the North West of the county and to work collaboratively with Newbridge Family Resource Centre to engage and support men in the area. Reporting directly to the HEADSUP Programme Co-ordinator, the coordinator will be responsible for the design, facilitation and development of mental health and resilience building in these interventions.

HEADSUP Kildare is an evidence-based mental health education and training programme for men 18-80yrs who are finding life stressful, are unemployed, feeling isolated/lonely and wish to explore and learn positive ways of managing and improving their overall wellbeing.

HEADSUP Kildare offers a range of programmes and interventions to men across the county. These programmes aim to help develop the participants' resilience and assist them to engage with local education, employment and mental health services so that they can be supported to improve their current circumstances. It includes:

- 12-week programmes – 2 days per week
- 4-week taster mini programmes
- Online Peer Support Group
- A rural mental health intervention for men
- Peer Supporters
- Once off workshops

The role will include but not be limited to the following

- Working with the HEADSUP Kildare Programme Co-ordinator to develop, design and facilitate in a group setting the wellbeing and resilience elements of each programme.
- Working with Healthy Ireland and the Social Inclusion and Community Activation Programme (SICAP) to develop responses to rural men and rural communities in Kildare which may include facilitating group-based programmes as well as other accessible supports, including telephone / online support.
- Respond to the mental health needs of men in collaboration with Newbridge FRC which will include exploring the possibility of a social prescriptive model.
- Identify appropriate evidence-based strategies to incorporate across all initiatives.

- Leading out the wellbeing and resilience sessions of all programmes. This will include facilitating discussion, identifying needs, liaising with and supporting other facilitators and external agencies.
- Identify emerging issues and needs in relation to the target group and ensuring these are raised and responded to appropriately, including signposting men to appropriate services in the community e.g., mental health teams should an issue emerge while they are on the training programme.
- Designing and facilitation of thematic workshops and other initiatives in response to identified needs or emerging issues among the target group.
- Link in with past participants to review their sustained activity levels and community engagement. This will help to evidence the outcomes of the programme.
- Attend team meetings, external group supervision and any relevant training as appropriate.

Person Specification

Skills and Attributes	Essential	Desirable
Training and Qualifications	<p>A recognised third level qualification in mental health, psychology, social sciences or a related field (Level 8)</p> <p>WRAP level 1 and 2 training or another evidence based mental health recovery training.</p> <p>ASIST</p>	<p>Training in</p> <ul style="list-style-type: none"> • Mindfulness • Self-Harm / Suicide Ideation • Decider Skills • Addiction Recovery • Anger Management • Dialectical Behavioural Therapy (DBT) • Managing challenging behaviour • Counselling or Psychotherapy • Community Development
Experience	<p>Minimum of 3 years facilitating groups or working in a community development framework.</p> <p>Minimum of 3 years working with and supporting people who have experienced mental health challenges (or disadvantaged groups).</p> <p>Track record of developing and delivering innovative training in line with best practice that promotes positive mental health</p>	<p>Experience of working in a rural context</p> <p>Experience of using social prescription</p> <p>Experience of working in male only groups</p> <p>Experience of working collaboratively with other services</p> <p>Managing challenging behaviours</p>

	Experience of outreach to develop positive relationships with vulnerable or marginalised individuals in the community	
Knowledge and Skills	<p>Proven track record in facilitating diverse groups</p> <p>A clear knowledge and understanding of mental health recovery principles.</p> <p>An in-depth understanding of mental health challenges and complex needs of target group</p> <p>Skilled in building relationships with both internal and external stakeholders and in working collaboratively</p> <p>Innovative approach with the ability to identify and develop new and fresh ways to expand the programme to further it's aims and objectives.</p> <p>Report writing, analysis and presentation skills</p>	<p>Knowledge of the challenges experienced by men</p> <p>Knowledge of the supports and services available in Kildare.</p> <p>Knowledge of Local Development Companies and their working networks.</p>
Communication / Interpersonal Skills	<p>Strong interpersonal skills and ability to build positive relationships with target group, agencies etc</p> <p>Ability to use online platforms and other media to develop innovative training and supports</p> <p>Proactive and highly organised, with strong time management, planning skills and attention to detail</p> <p>Excellent administration skills</p>	Be dynamic, engaging, motivating, encouraging, inspiring and personable
Other requirements	<p>Own transport</p> <p>Full clean driving licence</p>	

Terms and Conditions

The Mental Health, Wellbeing and Resilience Coordinator will be employed on a fixed term contract 5 days per week (35 hours) subject to a four-month probationary period, 1 day per week will be allocated to working

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collaboratively with Newbridge F.R.C., and the remaining days will focus on the other programmes of HEADSUP Kildare. The position will be based in Naas and other locations as appropriate and may require the design and delivery of on-line programmes.

Salary €40,854

