



## **Role Description**

<b>Role:</b>	Mental Health Creative Support Worker
<b>Project:</b>	Step Up Daytime Life Skills Project, ages 16-24
<b>Commitment:</b>	2 x days per week (days TBD), 10am – 6pm Over 4 weeks from 13 <sup>th</sup> November – 8 <sup>th</sup> December 2017
<b>Fee:</b>	£1200

## **Role Introduction**

We are seeking a creative practitioner with training and experience in the mental health field to work alongside LYT's Step Up Programme Manager on our Day-Time Life Skills project for young people aged 16-24. The successful candidate will have training and experience in using creativity in a therapeutic environment (i.e. Drama Therapy), and will have an understanding of young people's access to mental health services.

## **Lewisham Youth Theatre Background**

Lewisham Youth Theatre (LYT) provides participatory drama programmes to young people aged 3-24 who live or learn in Lewisham. All programmes are free to young people. Participation is based on commitment rather than ability, and participants must not currently take part in other out of school drama activity. LYT provides a universal service, but targets recruitment at young people in need across a range of disadvantages. Over 70% of participants every year are identified as facing disadvantage, which LYT defines as:

- Coming from families in receipt of means-tested benefits
- Having special needs (inc. disability, learning difficulty or autism spectrum disorder)
- Requiring additional support to take part (inc. Looked after children, Young Carers, those with mental health difficulties, English as an additional language; low literacy/numeracy)
- Referred from local partners, which include schools, pupil referral units, Child & Adolescent Mental Health Services (CAMHS), Lewisham social care services, youth offending team, etc.

## **Step Up Project**

As part of LYT's commitment to providing equal access to all, the Step Up Project was set up in 2011 to increase access to LYT's youth theatre activities for young people who are NEET, at-risk of becoming NEET or who would otherwise not be able to access LYT's services. Each year, we offer a Daytime Life Skills project - using drama as a tool to develop and increase employability; Creative Trainee Project - creating and touring a Forum theatre piece to local youth settings; Outreach sessions with Child & Adolescent Mental Health Services and 1-to-1 mentoring for participants.

In recent years, we have received more referrals to the Step Up project with more complex mental health needs. We have identified a need for a specialist mental health worker to contribute to the programme planning and delivery; and to provide additional pastoral support to the young people who attend the projects.

## **Mental Health Creative Support Worker Role**

The Support Worker will help to plan and deliver the Life Skills sessions alongside the Step Up Programme Manager, taking particular responsibility for ensuring that activities meet the mental health needs of participants. The Support Worker will also support participants to be able to access additional support for their mental health outside the sessions, e.g. by sign posting to appropriate services. This role would suit someone with a drama or art therapy background. Although the Step Up project does not provide a specifically therapeutic session, we would be interested to hear from candidates with experience of using creativity in therapeutic environments.

In the first instance, we are recruiting for a Support Worker on the Day Time Life Skills project November – December 2017. Ideally, we would look to work with the successful candidate(s) on a freelance basis on further Step Up projects.

### **Skills and Qualifications**

#### **Essential**

- Training in using creativity in a therapeutic environment (e.g. art or drama therapy qualification)
- Experience of leading creative sessions with teenagers and young adults (ages 14-24)
- Understanding of mental health services and support available to young people
- Ability to work collaboratively with other delivery staff
- Ability to work sensitively with young people in group and one-to-one activities
- Ability to evaluate own work and adjust plans to meet the needs of the group

#### **Desirable:**

- Understanding of current mental health practice with young people, specifically in Lewisham
- Links with Lewisham CAMHS or other mental health provision
- Experience of working in a youth theatre and/or professional theatre context

You will need to hold a current enhanced DBS check or be willing to undertake one.

### **To Apply**

Please send an Expression of Interest to [victoria@lewishamyouththeatre.com](mailto:victoria@lewishamyouththeatre.com)

The Expression of Interest should include:

- A CV
- A short covering letter (1 side A4) explaining how your skills and experience will contribute to the role

Please send your expression of interest as soon as possible, and before **4<sup>th</sup> September 2017**. We plan to hold initial informal interviews with shortlisted candidates in September, followed by a practical interview with our young people.

**For More Information:** If you have questions, or for an informal chat about the project / role, please contact Victoria Shaskan on 020 8690 3428 / [victoria@lewishamyouththeatre.com](mailto:victoria@lewishamyouththeatre.com)