**HONORARY ASSISTANT PSYCHOLOGISTS WITHIN FORWARD THINKING BIRMINGHAM (FTB)**

Forward Thinking Birmingham (FTB) is a mental health service offering support, care and treatment for children, young people, young adults, and families in Birmingham.

We have opportunities to work as an Honorary Assistant Psychologists in FTB during your placement year.

**PURPOSE OF ROLE**

* Support and enhance the care of service users by assisting qualified clinical psychologists in the delivery and evaluation of our service and to help understand, prevent and ameliorate psychological distress and disorder and improve the mental health and well-being of our service users.
* Facilitating routine outcome data collection, audit, and supporting people with their recovery.
* Support in completing a range of assessments including routine outcome measures with young people and families and providing summaries to feedback to families and young people.
* Support in the development of psychological formulations.
* The post can entail liaising with organisations outside of FTB in building positive networks and in aiding multiagency planning of care.

**WORKING ENVIRONMENT**

Each post holder will be based within one of the FTB speciality pathways (see below for pathway summaries and locations). They will work under the direct supervision of a clinical psychologist within a multi-disciplinary team composed of community psychiatric nurses, support workers, and consultant psychiatrists.

Due to Covid-19, the service will still take into account of national and local social distancing guidelines. Within each pathway, there are currently local procedures operating to ensure safe practice and infection control.

The role will commence in September 2023 until completion in May/June 2024. The precise end date will be guided by Aston University placement requirements.

**DURATION**

Post holders will receive an unpaid Honorary Contract with Birmingham Women’s & Children’s NHS Foundation Trust. Typical working hours will be Monday-Friday, 9am-5pm. However, there will be flexibility for working hours to be negotiated on an individual basis.

**CONTRACT AND WORKING HOURS**

Teams within FTB pathways have a mixture of different skills that offer support and care tailored to the individual needs of service users and keep them at the centre of what we do.

Service users accessing FTB may be referred to one of our speciality pathway services. These include:

1. Personality & Complex Trauma Service (PACT)
2. CORE mental health services (CORE)
3. First Episode Psychosis Service (EIP)
4. Specialist Eating Disorders Service (SEDS)
5. Tier 4 inpatient services (Parkview Clinic)
6. Infant Mental Health
7. Perinatal Mental Health
8. Learning Disability Service

**PATHWAYS**

At interview, applicants will have the opportunity to express an interest which of the specialist

pathways within FTB they have an interest in and why. Although there is no guarantee you will be allocated to that pathway, we will try our best to take any expressed interest into account. See below for a summary of some of the placements on offer.

**Location(s) include:**

**WEST & NORTH:** Finch Road Primary Care Centre, Finch Road, Lozells.

**SOUTH:** Oaklands Centre, Raddlebarn Road, Selly Oak.

Touchbase Pears, Bristol Road, Selly Oak.

**EAST:** Blakesley Centre, 102 Blakesley Road, Yardley.

Washwood Heath Health & Wellbeing Centre, Clodeshall Road, Washwood Heath.

**INPATIENT:** Parkview Clinic, Queensbridge Road, Moseley.

**PERSONALITY AND COMPLEX TRAUMA SERVICE (PACT)**

PACT aims to support staff across the organisation to provide effective, trauma-led, evidence-based care to young people through complex case consultation, supervision, reflective practice, and training. PACT focus on providing enhanced support to young people experiencing difficulties managing their emotions and relationships. Interventions include: Intensive Community Outreach Network (ICON), Dialectical Behaviour Therapy (DBT) and Controlling and Learning to Manage Emotions Safely (CALMES) Group.

There will be opportunity to engage in the various parts of the pathway, such as co-facilitating CALMES groups, undertaking clinical assessments and appointments with children and young people supervised by a senior member of staff within the wider pathway.

There will also be opportunities to engage in discussions within a weekly multi-disciplinary team meeting, take part in reflective practice and be supervised under a Clinical Psychologist.

In addition to this, there will also be research opportunities to support your learning and the development of the pathway. This may include literature reviews, analysing data, service evaluations and creating material for the service in the form of booklets, leaflets and information.

**CORE MENTAL HEALTH SERVICES (CORE)**

Working as part of Psychology service within the core mental health team, you will have the valuable opportunity to work closely with qualified clinical psychologists as well as other MDT colleagues such as nurses, occupational therapists, social workers.

The team serves young people and families of young people up to the age of 25 with a wide range of mental health presentations. These include anxiety, depression, self-harm, trauma, often in combination with neurodiversity such as autism and adhd. You will have a wide range of interesting and rich experiences on placement here, whilst supporting the team. Some of these are: exposure to different therapeutic models in practice, assisting in completing a range of clinical assessments, the development of psychological formulations and creative tools that will assist engagement with children and young people.

The post also entails project work, liaising with organisations outside of FTB in aiding multiagency care and using literature and key guidance to improve clinical practice.

**EARLY INTERVENTION IN PSYCHOSIS (EIP) SERVICE**

EIP works with young people aged 14-35 who have developed psychosis. The post holder will encounter a range of presenting problems, including hallucinatory and delusional experiences, self-harm, substance misuse, emotional difficulties (e.g., depression, anxiety), cognitive deficits (including impairments of intellectual, memory and executive function), severe interpersonal problems and social disabilities, often in association with childhood abuse.

The team aims to facilitate recovery by providing a range of psycho-social interventions including Cognitive Behaviour Therapy (CBT), Behavioural Family Therapy (BFT), social support, peer support, vocational interventions, and medical interventions. You may support the clinical psychologist and the wider team in the delivery of these interventions along with supporting the implementation of the EIP outcomes strategy, clinical audit and helping to develop team formulations.

**FTB SPECIALIST EATING DISORDER TEAM (SEDS)**

SEDS provides a city-wide service for people aged 0-25 who need an assessment and treatment for an Eating Disorder. The team is led by dedicated mental health professionals, who can help explore relationships with food and understand the best way we can help the patient to tackle their individual difficulties.

The post holder will encounter a range of difficulties, such as, Anorexia, Binge Eating disorders, Bulimia, ARFID, as well as emotional difficulties and trauma.

SEDS offer a range of treatment interventions that can facilitate recovery. This includes: Cognitive Behavioural Therapy for Eating Disorders (CBT-E, CBT-10), EMDR, Cognitive Analytic Therapy (CAT), Family Based Treatment, Physical health monitoring, medical interventions, and peer support.

The post holder will support the clinical psychologist to deliver a range of interventions and will be actively part of groups which we regularly run. SEDS is also part of the FREED Network (First Episode Rapid Early Intervention for Eating Disorders), so supporting the SEDS team with clinical audits, research and evaluation may also be part of the role. The role further extends to supporting the team to create and evaluate new and existing evidence-based treatment pathways to support early intervention and treatment in eating disorders.

**TIER 4 REGIONAL INPATIENT SERVICES (PARKVIEW CLINIC – MOSELEY)**

Parkview Clinic is a regional inpatient hospital which comprises of 3 units, an Eating Disorders Unit (Irwin), a General Adolescent Unit (Heathlands) and a locked unit for young people with higher levels of dependency (Ashfield).  We promote recovery and provide excellent multidisciplinary mental health services for young people, (aged 11 – 17) and their families.  The Psychological Therapies team have a remit for delivering NICE compliant evidenced based psychological assessment and intervention to children and young people aged up to 17 with eating disorders, suicidality, complex trauma, ASD, and psychosis and bipolar disorder.

The postholder will be supervised by a Clinical Psychologist and work with the Clinical Psychology team and wider multidisciplinary team to support the assessment, formulation, care planning and intervention for young people and their families, as well as completing audits, literature searches, administering and scoring outcome measures, and supporting training.

**INFANT MENTAL HEALTH**

It is widely recognised that the first 1001 days of a baby’s life, from conception to age two, when the architecture of the brain is being laid down, provide a crucial window of opportunity for early intervention and prevention. The presence of a responsive and nurturing primary caregiving relationship during this time is critical to shaping positive early brain development and supporting long-term emotional, social and physical wellbeing and resilience.

Infant Mental Health (IMH) is a developing service offering early specialist support to parents and babies during this critical period of life. Reasons for referral may include difficulties in the parent-infant relationship, trauma-related and attachment-related difficulties, and developmental/ behavioural concerns (e.g. toileting, sleep, feeding and behavioural problems) that haven’t responded to previous interventions, or where needs are more extreme and/or multiple agencies are already involved. IMH is part of the wider ‘Conception to Reception’ care offered by FTB and is closely aligned with the FTB Perinatal Mental Health pathway and FTB Early Help. The service works closely with partners across the city in midwifery, health visiting, Early Help, social care, community perinatal mental health, and Early Years education.

The postholder will be an integrated member of the small IMH team and will support the delivery of specialist parent-infant relationship support in groups as well as 1:1. They will be involved in supporting partnership working across the city around the use of shared assessment tools and outcome measures.

**PERINATAL MENTAL HEALTH**

The Perinatal Mental Health Pathway in FTB is being re-established and will offer care to patients who are currently pregnant or have given birth within the last 12-24 months, and who are not eligible for a service from the BSMHFT Community Perinatal Mental Health Service.

The perinatal period is a time of immense psychological adjustment and women (and men) can be more vulnerable to onset or relapse of mental health difficulties during this time. These difficulties can impact on their relationship with their baby, partner and other family members, making prompt access to specialist care a priority.

The postholder will work closely with the dedicated Perinatal Mental Health staff in FTB to support the delivery of direct specialist perinatal care; support consultation, training and support to the wider FTB team around perinatal mental health needs; and support the completion and recording of clinical audit and ROMs.

**LEARNING DISABILITY SERVICES**

We are a small but supportive team of Clinical Psychologists, an Occupational Therapist, a Speech and Language Therapist, Community Learning Disability nurses, Psychiatrists, and Support Workers. Our remit is to work with children and young people (aged between 0 and 19 years) with moderate to profound learning disabilities, who are usually referred to us when there are changes in, or concerns about, their behaviours or emotional well-being.

As a team, we pride ourselves in being a friendly and supportive network of professionals who share the same core values of being child centred, accessible, and focussed on safeguarding disabled children and putting their needs first. We have three main clinical pathways linked with NICE Guidance: 1) challenging behaviour pathway (using values of positive behaviour support, and functional analyses etc); 2) co-morbid Autism (ASD) or ADHD diagnostic pathway; and 3) Learning Disability (LD) mental health pathway for suspected mood disorders. The range of presentations of the young people and their unique circumstances are so varied and diverse that every day is interesting and there are always opportunities for learning something new. You may support the clinical psychologist in assessment, formulation, and delivery of psychological interventions across our clinical pathways. There are also opportunities to support the team with group work, training and resource development, alongside shadowing other members of the multidisciplinary team.

We work across the city but are primarily based in our Finch Road hub (Lozells). Having use of your own car is not essential but may be beneficial as we do a lot of travelling and networking during our everyday casework (e.g. special schools visits, home visit, respite unit visits).

**A FEW WORDS FROM PAST HONORARY ASSISTANTS**

Placement on the SEDS team has been such an eye opening and exciting experience to be part of it. I have been made to feel so welcomed and included in every aspect of the team. I have a gained a lot of hands-on experience and love being a part of such a hardworking, determined and friendly team.

Esha, SEDS

I did my placement at the North Early Intervention to Psychosis team as part of my BSc Psychology degree. I also managed to do a shorter placement over the summer in the FTB Core Team. I was involved with creating formulations, shadowing different members of staff, running a social inclusion group targeted at female service users, writing therapeutic letters and I even had the opportunity to do some 1-1 work with service users. These placements were a great opportunity to get a real in depth understanding of how community mental health team’s work. I loved working within the multi-disciplinary team, and it was great to see how each different member of staffs opinion was taken into account when care planning. These placements were a good opportunity to network, and I now have a paid role as assistant psychologist within South Early Intervention to Psychosis team.

Asha, Early Intervention

My experience in the West CORE team has been so insightful. I’ve learned so much from the variety of projects I’ve been a part of and the tasks I’ve completed. I have felt valued and respected in all aspects I have been involved in and have grown so much with the confidence and reassurance of those also in the team. The experience has been invaluable, and I am continuing to grow with each day.

Kirsty, West CORE

My experience as Honorary Assistant Psychologist has been extremely insightful, especially from the first-hand clinical experience I have been able to gain. Having the opportunity to shadow my supervisor on home/remote appointments, I was able to listen to the patients and their experiences; gaining a greater understanding in how treatment is administered. As well as the team being extremely friendly and the support that is provided from everyone when undertaking certain tasks, has given me more confidence in carrying out those tasks, knowing that I’m not being pressured to do something but rather having the opportunity to do it. Not only that, having participated in MDT meetings and CPA reviews, it has allowed me to become more a part of the team and shadow in discussions that are had between the team members. Overall, I’ve had a really positive experience in the EIP east team, having no clinical experience prior to this role I believe that it has formed a good introduction for me in my journey as a psychology student.

Wabida, PACT

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