

# POSITION DESCRIPTION: Integrated Wellbeing Coach

About Adventure Development	
Purpose:	Adventure Development (ADL) is a not for profit organisation that helps young people and their whānau who are dealing with mental health, alcohol and drug issues and offending issues.
Our Aim is:	<p>We support and empower young people and whānau to live meaningful, valued and enriched lives through collaborative relationships and sustainable, innovative and responsive services.</p> <p>We work for Pae Ora/ healthy futures as determined by Māori and uphold the articles of Te Tiriti o Waitangi in our service to ensure equitable outcomes.</p>
Our Kaupapa:	<p style="text-align: center;"><b><i>Tika and Excellence</i></b>            “Doing what’s right, and just, and doing it well”  <b><i>Mauri and Dignity Enhancing</i></b>            “Actively holding hope and vision for the future, everyone is valued and valuable”  <b><i>Kia tina and Adventure</i></b>            “Having big dreams and going for them”  <b><i>Kotahitanga and Relationship</i></b>            “Journeying together, doing it with heart”</p>

Position Purpose – Integrated Wellbeing Coach	
<p>The role involves working alongside ADL’s clinical staff to enhance the psychological wellbeing of young people aged 12 to 24 years. The role will be hands on and focused around the following:</p> <ul style="list-style-type: none"> <li>• Supporting young people and whānau waiting for the Thrive Te Pae Ora Service or transitioning into other internal or external services.</li> <li>• Directly supporting young people with mild needs and their whānau</li> <li>• Providing follow-up tele-health support for young people and whānau with mild needs</li> <li>• Working alongside clinicians with young people with moderate needs and their whānau</li> <li>• Helping to navigate young people and their whānau to a wide range of pro social and wellbeing supports.</li> </ul>	
Reports to:	Service Leader - Otago
Direct Reports:	N/A

Position Responsibilities	
Directly supporting young people with mild needs and their whānau	<p>The role provides the following support:</p> <ol style="list-style-type: none"> <li>1. <b>Support While Waiting</b> for internal or external services. The Wellbeing Coach will maintain regular contact with young people and/or whānau while they are on our waitlist or while they are waiting to be picked up by</li> </ol>

	<p>other services. This will not be face to face but rather via phone or other digital media. This will involve:</p> <ol style="list-style-type: none"> <li>1. monitoring of wellbeing status and safety</li> <li>2. support to access self-directed digital and tangible resources and programmes</li> <li>3. support to access community resources.</li> </ol> <ol style="list-style-type: none"> <li>2. <b>Navigation Support</b> for young people and whānau that do not meet the criteria for the service or who would prefer to be self-managing. The Wellbeing Coach will navigate young people to appropriate community or other support, which would include online and digital resources.</li> <li>3. <b>Follow-Up Support</b> for some young people who are experiencing “low-mild” distress by providing the follow-up check-ins for the young person and/or their whānau via phone or other non-face to face media.</li> <li>4. <b>Direct Support</b> for some young people who are experiencing “mild” distress. It may also involve direct delivery of a range of prescribed core programmes to young people and whānau that are a combination of psychoeducation and skills development.</li> <li>5. <b>Collaborative Support</b> for young people who are experiencing “moderate” distress, the Wellbeing Coach may be asked to work alongside the clinician to provide support to the young person and/or their whānau. This may involve any combination of the following:             <ol style="list-style-type: none"> <li>1. prescribed core programmes that are a combination of psychoeducation and skills development</li> <li>2. Supporting access to and use of paper-based and online resources and tools</li> <li>3. Implementation and use of techniques in real life situations eg: sports clubs, library, school, workplace</li> <li>4. Actively linking into community resources and supports eg; Kapa Haka Groups, housing, Work and Income, primary health care, etc.</li> <li>5. Increasing pro social peer activity.</li> </ol> </li> </ol>
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Scope of the role	<p>The following tasks and activities are in the scope of the role:</p> <ul style="list-style-type: none"> <li>• Wellbeing screening</li> <li>• Safety screening</li> <li>• Goal setting</li> <li>• Support while waiting for service (internal or external)</li> <li>• Support to engage with digital resources</li> <li>• Direct work via prescribed programmes with young people with mild psychological distress or substance use issues</li> <li>• Family/whānau and peer inclusive practice</li> <li>• Handover to internal service</li> <li>• Referral on and/or linking to community supports or resources</li> </ul>
Other tasks	<ul style="list-style-type: none"> <li>• Other tasks as requested by the Service Leader.</li> </ul>

KEY RELATIONSHIPS	
Internal	External
<ul style="list-style-type: none"> <li>- Clinical Leader</li> <li>- Clinicians</li> <li>- Other Wellbeing Coaches</li> <li>- Other ADL Teams and Service Leaders</li> <li>- Other employees of ADL</li> </ul>	<ul style="list-style-type: none"> <li>- Young people, whānau, and caregivers</li> <li>- Local community groups, including Iwi</li> <li>- Child Adolescent Mental Health Services Clinicians</li> <li>- Other Mental Health and Wellbeing Services</li> <li>- Education Sector</li> </ul>

PERSON SPECIFICATION		
Requirement	Essential	Desirable
Education	A minimum relevant level 4 NZQA certificate or preferably a higher qualification.	We would welcome applications from new graduates, including Occupational Therapy, Social Work, and counselling.
Knowledge and Experience	<ul style="list-style-type: none"> <li>- Experience working with youth</li> <li>- Understanding of mental wellbeing</li> <li>- Strong communication skills</li> <li>- Ability to work as part of a small team.</li> <li>- Knowledge of strengths-based approach</li> <li>- Knowledge of te reo and tikanga Māori.</li> <li>- Good computer literacy and ability to use electronic note keeping systems.</li> </ul>	<ul style="list-style-type: none"> <li>- Previous experience in community support role or a proven track record of liaising and networking with others</li> <li>- Knowledge of youth justice sector</li> <li>- Capability to build rapport and advocate for young people.</li> <li>- Knowledge of local youth services</li> </ul>

	<ul style="list-style-type: none"> <li>- Full driver’s license and clean police and MSD record.</li> <li>- Preparedness to actively engage in physical activity alongside clients.</li> </ul>	
<b>The way we work (expected behaviours)</b>	<p><b>Stewardship of resources</b> We endeavour to make the most effective use of the resources available to us while at work, be they financial, material, time, environmental, relationships. We take the view that, to the best of our ability, these resources should be used to maximise the benefit to the young people we work with, their whānau and the communities they and we live in.</p> <p><b>The wellbeing of ourselves and others</b> We will ensure that our actions while at work enhance our own wellbeing and that of others.</p> <p><b>Diversity, discrimination and stigmatisation</b> We will act in ways that enhance expressions of diversity, challenge discrimination and reduce stigmatisation. We will act in these ways within the work place, with our clients and their whānau and in our communities.</p> <p><b>Integrity</b> We will ensure that our behaviour while at work would always bear the scrutiny of others. In situations where we are unsure about the right thing to do or we think we may have a conflict of interest, we will ask and seek guidance. If we see someone else behaving in a way does not line up with our values we will not ignore it but address it with them and someone else if necessary.</p> <p><b>Connection, relationship and trust</b> We place high value on relationships and will work to ensure that they are healthy and supportive. We know that trust needs to be cultivated and commit ourselves to this. We also understand that there are circumstances where confidentiality must be upheld.</p>	

<b>Health &amp; Safety</b>
<p>ADL believes the engagement of all team members in Health and Safety management is essential for good Health and Safety practice. All ADL team members will demonstrate their commitment to Health and Safety by:</p> <ul style="list-style-type: none"> <li>- Ensuring their own Health and Safety and that of others around them</li> <li>- Being actively involved in the management of hazards and risks their position might be exposed to</li> <li>- Participating in all Health and Safety initiatives that apply to their position, and any other initiatives of interest</li> <li>- Providing suggestions and solutions for the improvement of Health and Safety practices at ADL.</li> </ul>