

Full-Time Mentor & Behavioural Support for B16 (Dyslexia, Dyspraxia, & Severe Anxiety)

Location: Ealing W13

Wage / Salary: £30,000 - £41,000 gross per annum depending on experience

Driver: Preferable but not essential

Essential:

- Patient and resilient personality and mindset
- Physically fit
- Previous experience supporting young people with social, emotional and mental health needs
- Prior hands-on experience working with or engaging with teenagers who are disengaged
- Excellent understanding of how to support anxiety and depression
- Ability to provide homeschooling support and teaching life skills
- Behavioural management experience
- Strong routine and boundary implementation skills

Desirable:

- A brilliant and experienced **male** role model
- Musical instrument proficiency
- Flexibility for overtime on the weekends
- Previous work experience within social care for young people
- Previous work experience within domestic settings with young people

Start Date: ASAP

Days & Hours:

- Monday - Friday
- 40 hours per week (8 hours per day) with overtime available

Pets: 2 dogs

About B16:

B16 has been diagnosed with dyslexia, dyspraxia and could potentially have ADHD/ADD but at this stage has not been diagnosed. He stopped attending school in October 2019 due to anxiety and struggling with a breakdown in some important relationships with his peers/teachers. He really struggled with the 1:1 attention and style of education he was receiving which caused him to retreat into himself and become distrusting of others, particularly adults. The pandemic has unfortunately exacerbated these feelings which have now caused B16 to experience extreme anxiety around leaving the house, as well as his general motivation even for his preferred activities.

Prior to this B16 was really passionate about outdoor activities like cycling and was an avid drummer, however, he has now lost interest in hobbies that once brought him joy and can often spend days at a time locked in his room, refusing to come out.

B16 was adopted at 5 years old and still has contact with his brother who will soon be turning 18 and leaving foster care to move into sheltered accommodation. B16 has not had contact with his birth father however his brother has.

About the role:

B16 can come across as very reserved and introverted around new people, often not wanting to interact with others, especially outside of his comfort zone. When he is frustrated, he does not back down easily and can occasionally become overwhelmed leading to some distressed and dysregulated behaviour such as throwing objects, swearing and shouting.

It is integral that the chosen Sennie can commit long-term as B16 struggles with issues around abandonment and attachment. The Sennie must have: experience in behaviour management, can form a close and trusting bond quickly with B16 so they can then set clear boundaries, can remain resilient and be capable of supporting B16's social, emotional, physical and intellectual development. B16's sleep routine has recently regressed to a point where he is often not waking up or emerging from his room until the very late afternoon, which is having a large impact on his mental health and self-esteem.

Key duties will include:

- To find and put in place appropriate support for B16 including connecting him with educational psychologists and potentially a therapist who conducts in home visits
- Planning and improve B16s structure, routine and ability to engage in activities (this will take time and the main goal is to build trust and a friendship before boundaries are put in place)
- Creating a healthy meal plan or shopping list to cover all meals/snacks for B16, working with him to find a balanced diet that works for him that he can maintain
- Day and evening support depending on B16s current sleep routine which you will help manage - hours will be different in the first month whilst you establish a good routine
- Supporting and managing interventions as set by the family such as ensuring the internet is disconnected every night to deter B16s late-night habits (again this will come later on once trust is built)
- Creating a weekly/monthly plan you can share with the mother in regards to life skill lessons and education for B16
- Joining the family on trips to their country home in West Wittering and abroad when it is safe to do so
- Helping B16 regain interest in his hobbies, building up his confidence/independence by using positive reinforcement/language, finding ways to try and reduce his anxiety as well as and ensuring he is getting enough exercise outside of the house where possible
- Creating a plan to support B16 in completing his 5 GCSE's (This can include support from a specialist tutor)

It is important to note that B16's happiness and confidence levels are more important than school exams and his overall GCSE grades. In your first few months, life skill lessons or a project such as repairing or building something together would still be classed as homeschooling if well planned and executed, to encourage B16 to live a healthier lifestyle.

If B16 goes to bed at 4am and wakes up at 4pm, your hours would need to align with when he is awake, and then ensure he goes off to bed at a suitable time, in preparation for the next day. The hope is that after a short period of intervention, his routine will improve to a more steady schedule, allowing the Sennie to resume more normal/standard working hours. This has been achieved in the past within a month.

Once a friendship and trust has been built, it is important you are firm with your boundaries without being disrespectful or rude and find ways to incentivise B16 to make healthier and more positive choices.

It is of great importance that the new Sennie is able to confidently and assertively take charge in challenging situations whilst staying patient and calm.

B16 can often be easily offended/cross if things are not going his way, or if he feels people are 'patronising' him. Mum has found that arguments can become difficult without another adult present especially as, with age, B16 is growing more defiant, taller and stronger. An assertive experienced male role model would be ideal for this household, however, the role is open to all genders should you feel you have enough relevant experience.