



## **Volunteer Allocated Family Support Member (aFSM)**

**Role:** Volunteer Allocated Family Support Member (aFSM)

Supervisor: Dr. Richard Drake

## **Role Summary/Purpose:**

Culturally adapted Family Intervention (CaFI) is a new 'talking therapy' designed to meet the needs of people with diagnoses of psychosis from Sub-Saharan, African & Caribbean backgrounds and their families. CaFI is being funded by the National Institute for Health Research (NIHR) to see if it works and is good value for money. In our pilot study, half the service users who took part would not have been able to receive CaFI therapy without Family Support Members, so this is a very important role.

To be a FSM, volunteers:

- Need to be well enough to support the service user taking part in the study
- Have knowledge or experience of mental health services
- Do not need to be of Sub-Saharan, African or Caribbean background

There are two ways to become a FSM:

- 1. Nominated FSM's service users who don't have access to their families can nominate people they trust to work with them in CaFI therapy. This could be professionals e.g. care co-ordinators. It can also be friends, faith leaders or youth workers who are willing to support them in therapy.
- 2. Allocated FSM's If the service users are unable to nominate anyone to support them to receive CaFI, we are inviting people who can help take on this important role.

In order to match FSM's to service users, volunteers are asked to provide a brief biography describing who they are, background, hobbies, interests etc. You will be asked to state why you would like to participate in CaFI.

## Main Duties & Responsibilities:

Allocated FSM's will support service users who decide to take part in the CaFI trial and receive CaFI therapy.

They will support the service users throughout the 10 x 1 hour sessions of therapy. This can take up to 26 weeks. The activities expected of the FSM will be:

 Attend 10 x 1 hour sessions of CaFI therapy with the service user – this could be face to face or online. This will be determined by the service user, as they will choose how they would like to receive therapy;





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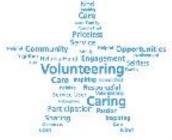
- Support service users in developing and practicing ways of coping with symptoms and stress;
- Act as a sounding board and provide opportunities to discuss common reactions to stressful events and ways of coping; and
- Help to build bridges between service users, their communities, and their families.

Training will be provided so that you know what to expect from the sessions, and how you can help the therapy process. You will also receive monthly group supervision from a clinical supervisor to share your experiences and discuss any concerns.

## **Person Specification**

**JOB TITLE:** Allocated Family Support Member (aFSM)

REQUIREMENTS	ESSENTIAL	DESIRABLE	Method of Assessment		
Experience					
Willing and able to support the	✓		Application	form	and
service user to receive CaFI therapy			interview		
Experience of mental health		✓			
services and insight into service					
users' experiences. This could be as					
service user (with any diagnosis),					
as carers/family members, or					
professionals (including voluntary					
sector workers)					
Experience of supporting people		✓			
with severe mental health problems					
Skills, Knowledge & Special Aptitu	ides				
Excellent communication skills	✓		Application interview	form	and
Ability to organise own day to day	✓				
tasks and activities					





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Involvement
Selfless
Selfless

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ESSENTIAL	DESIRABLE	Method of Assessment	
✓			
✓			
	✓		
✓		Application form and	
		interview	
✓			
✓			
✓			
✓			
✓			
	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓		





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REQUIREMENTS	ESSENTIAL	DESIRABLE	Method of Assessment
Committed to attending training	✓		
and regular supervision sessions.			
Acting in a professional manner	✓		
with appropriate behaviour at all			
times.			
Ability to ensure that procedures	✓		
are carried out with safe systems of			
work and current legislation.			

Please note that we strongly recommend that you check with the Benefits Agency that your commitment to volunteering does not penalise you in any way and does not affect your benefits.

This role is unpaid, however, we will refund all travel expenses for training and volunteering in line with Trust Policy

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