

Trustee board member – counselling and trauma lead

We are looking for a trustee to join our board with professional experience in trauma, counselling, psychotherapy, psychology or a closely related clinical field.

Rehabit is a small charity that provides free counselling and peer support for people who are struggling with drugs or alcohol and who have no or limited funds. Many of our clients have experienced trauma, loss, neglect, abuse, homelessness, mental ill health or long periods of instability. They are often people who have fallen through the cracks, are stuck in the system, or need extra time, patience and care before they can begin to recover.

Apart from a part-time CEO and part-time service delivery manager, we are a volunteer-led charity. We are therefore particularly interested in trustees who can bring specialist expertise and, where possible, take a more active role than a traditional trustee position. This is ideal but not essential.

The trustee will help shape the direction of a small, personal and developing charity with a strong platform to build on. Rehabit was recently awarded Cranfield Trust's Journey to Excellence award and presented to their patron, HRH Princess Royal.

Role purpose

The trustee will sit on the board and act as board lead for counselling, with a particular focus on trauma-informed practice.

This is not a clinical delivery role and does not involve providing therapy to clients. The role is to help the board understand counselling, trauma and client need at a strategic and governance level, and to support the charity in maintaining safe, ethical and effective services.

Key duties

- Actively engaging with all the governance and legal responsibilities of a trustee.
- Being part of our board of trustees and participating in our monthly board meeting by video and occasional face-to-face catch-ups.
- Acting as board lead for counselling, trauma-informed practice and related service quality matters.
- Helping the board understand the needs of clients affected by trauma, addiction, mental health difficulty, homelessness or complex life circumstances.
- Supporting the CEO and board to review counselling provision, referral pathways, client suitability and the overall shape of the service.
- Providing strategic oversight of counselling-related policies, boundaries, safeguarding links, clinical risk and good practice.
- Helping ensure that Rehabit's counselling and peer support remain safe, compassionate, non-judgemental and appropriate for the clients we serve.
- Working alongside the CEO, clinical advisers, counsellors and other trustees where appropriate, while respecting operational and clinical boundaries.
- Jointly sharing responsibility for the overall strategy, direction and growth of the charity.

Commitment

Around three hours a month for the board meeting: two hours for the meeting and around one hour to read reports and papers.

There may also be occasional additional time to advise on counselling, trauma-informed practice, policy, service design or annual reporting. This is likely to vary depending on need.

Qualifications and experience

We are looking for someone with professional experience in one or more of the following areas:

- Counselling, psychotherapy or psychology
- Trauma therapy or trauma-informed practice
- Addiction, mental health or co-occurring condition / dual diagnosis services
- Clinical supervision or service leadership

The ideal candidate will have at least three years' relevant professional experience. Experience of working with adults affected by addiction, trauma, complex needs, homelessness, abuse, grief or mental health difficulty would be especially helpful.

A formal clinical qualification would be welcome, but we are also interested in applicants with strong professional experience in trauma-informed services, counselling governance or therapeutic service design.

Key skills

As well as the ability to self-organise, the candidate should be able to demonstrate:

- Expertise in trauma-informed practice, counselling, psychotherapy, psychology or a related field.
- Good judgement around boundaries, risk and professional ethics.
- An understanding of the link between trauma, addiction, mental health and social exclusion.
- Decision-making.
- Direction-setting.
- Leadership.
- Empathy.
- Teamwork and the ability to contribute constructively to a small board.
- The ability to think strategically while remaining grounded in the needs of vulnerable clients.

About Rehabit

Rehabit provides free counselling and peer support for those who are struggling with drugs or alcohol and who have no or limited funds. We are a small, agile and personal charity that provides a non-judgemental, quick intervention and free service, with lived experience and abstinence at its heart.

We complement the work of larger drug and alcohol services by helping those who are in danger of falling through the cracks in society or who are stuck in the system. We believe those who benefit from our services are often people who need extra time, tolerance, patience and care to get the help they need.

Our services are primarily for clients in Islington and Camden, but we also cover Haringey, Barnet and Enfield. We work closely with statutory-funded bodies and the voluntary and community sector on the frontline to receive referrals. We also take referrals directly from people within the community.