

## POSITION DESCRIPTION

<b>Job Title:</b>	<b>Mental Health Clinician – headspace Mildura (hM) &amp; Child and Youth Mental Health Services (CYMHS)</b>
<b>Reporting to:</b>	<b>headspace Mildura Clinical Lead/Centre Manager &amp; CYMHS Manager</b>
<b>Hours:</b>	<b>1.0 FTE; Contract Term: two years</b>
<b>Location:</b>	<b>headspace Mildura &amp; CYMHS</b>

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### Mildura Base Public Hospital

Mildura Base Public Hospital (MBPH) was established as a new entity in September 2020. MBPH is a leading healthcare provider in the north west of Victoria, known for its high level of professionalism, quality care and community engagement. MBPH provides clinical services across a number of medical specialties, including medicine & surgery, intensive care, emergency medicine, mental health, women's health & maternity, paediatrics and aboriginal health services.

MBPH Mental Health Service provides specialist public mental health services to the communities of the Northern Mallee region, and operates both headspace Mildura and Child & Youth Mental Health Services.

### headspace Mildura

headspace Mildura is a youth friendly facility with the mission of enhancing the emotional and social wellbeing of young people aged 12 to 25 years by providing an accessible, flexible, responsive service at the earliest possible point when problems emerge. Services are provided across four core streams: primary health care, mental health, alcohol and other drug (AOD), and social/vocational services.

headspace Mildura provides comprehensive psychosocial assessment, evidence-based interventions, and positive help-seeking experience with opportunities for young people to be linked in with the services that match their needs and activities that support their development.

### CYMHS

The Mildura Base Hospital, Child and Youth Mental Health Service (CYMHS), Northern Mallee, provides tertiary mental health services for children and young people aged up to 25 years and their families. Mildura CYMHS has a multi-disciplinary team that provides a range of services to young people and their families.

The service offers a three-tiered approach which includes, acute crisis assessment, risk management and safety planning, case management and ongoing counselling services to young people and their families. CYMHS also works very closely with the professional service systems and supports that are involved in the young person's life and offers secondary consultation to continue to foster these relationships and enhance service provision to young people and their families.

## Position Summary

Situated within the clinical mental health services of MBPH, the Mental Health Clinician will complete a one-year rotation with headspace before transitioning to CYMHS for a further one-year period.

Primary responsibilities will include:

- triage and intake;
- comprehensive mental health assessments;
- evidence based therapeutic interventions/psychological services and holistic support for young people with, or at risk of developing, serious mental health concerns. This will include individual therapy, family therapy, and group programs.

These services will be based on best practice, evidenced based models of care, and may be delivered in-person or online/telehealth and may also include in-reach and outreach to the community. The Mental Health Clinician will also support parents and guardians of young people and work closely with schools, universities, TAFEs, Child Protection and other key professional services and networks young people may be engaged with.

Subject to direction, while working with some autonomy, the position will be supported by regular team meetings, supervision (individual and/or group), and the availability of a senior staff member.

### Key Responsibilities – headspace

- Promote a youth friendly culture that welcomes and encourages young people, and their family and friends, to access headspace Mildura services. This may include community awareness activities, in-reach and outreach services, and centre-based service delivery.
- Provide a comprehensive holistic service which may include orientating young people to headspace services and supporting them through the registration process, triage and intake, and linking them to the appropriate services according to the headspace Mildura clinical pathway and model of care which may include existing headspace services/programs and/or external agencies.
- Augment information collected at triage and engagement stages with Mental Health Assessments, Mental State Examinations (MSE's), Risk Assessments (and where warranted develop safety plans) and Alcohol and Other Drug Assessment.
- Successfully engaging with, and treating, young people with (or at risk of developing) mental health concerns, through the provision of evidence-based psychological and social interventions tailored to the client's age, development, social and cultural background, beliefs and individual needs.
- Identify, in conjunction with the young person, opportunities to adopt Family Inclusive Practice principles.
- Where appropriate, work closely with CYMHS (and other program streams of mental health service) for integrated and shared care, or alternatively facilitating a smooth transition of care.
- Ensure that a holistic approach is taken by consulting and collaborating with colleagues to provide optimal care to a young person, including attendance at relevant case meetings/clinical review.
- Comply with headspace Mildura referral, record keeping and reporting requirements:
  - documenting all care/education/information provided within a young person's electronic medical record conforming to legal requirements and ensuring that headspace Mildura, headspace National Office, Primary Health Network, Government and Medicare regulations and reporting criteria are met;
  - undertaking the collection, analysis and reporting of health-related data as a means to measure deliverables and continuously improve the delivery of service.
- Maintain professional knowledge and standards through continuing relevant education, headspace webinars and professional development.
- In collaboration with headspace Mildura staff, providing advice on clinical issues and development and implementation of health programs and services that enhance service provision.
- As a member of the clinical team, provide education, advice and support, as required, to other team members.

- Participate in Quality Assurance and Risk Management activities to ensure that best practice care is being provided and that the centre is meeting all regulatory requirements including expectations of the headspace Consortia Group and Lead Agency, headspace National Office, and Murray PHN.
- Adhere to confidentiality and privacy arrangements and agreements governing the service.
- Other responsibilities and duties as assigned by the headspace Centre Manager.

### Key Responsibilities – CYMHS

- Undertake primary consultation services, including triage, assessments, treatment planning and continuing care planning in conjunction with clients, carers and GPs
- Provide secondary consultation to specialist mental health, primary care sector and other service providers to facilitate best practice for the treatment of high prevalence mental health problems, such as anxiety and depression.
- Provide acute assessment and treatment for clients in psychiatric crisis or risk of serious self-harm or suicide.
- Undertake the assessment of clients accepted for routine intake and contribute to the development of individual treatment plans for clients.
- Perform all case management and case co-ordination tasks in relation to clients, ensuring the implementation of treatment plans, comprehensive documentation on client files, the performance of reviews and appropriate client transfer/discharge procedures.
- Provide support, information, and education to family members, carers and significant others.
- Facilitate individual and group therapy and psycho-education sessions to clients, carers and families, as appropriate and relevant
- Contribute to internal policy development, service development and planning, and evaluation of Mental Health Service services, in line with relevant legislation.
- Demonstrate commitment to enhancing the capacity of primary and specialist care services for early identification and assessment through education and training. This includes understanding early warning signs / risk factors and symptoms of serious mental illness.
- Utilise a multi-sectorial approach in conjunction with key stakeholders, such as GPs, Psychiatric Disability Support Services and Community Health Services to achieve effective and responsive service provision for the client group/s.
- Work across health, education, and welfare sectors to develop systems and protocols that facilitate best practice in prevention, early detection and intervention within the above identified groups of people.
- Adhere to service reporting mechanisms as appropriate including gathering of data, prepare reports to demonstrate service effectiveness, participate in continuous improvement activities.
- Contribute to Mental Health planning
- Work collaboratively with all internal and external service providers to ensure the most appropriate care and service is provided for the client.
- To continually promote MBPH Hospital mental health services to customers in the wider community and contribute to the education of the general community, other organisations and community groups.
- To protect at all times the integrity and confidentiality of information
- Demonstrate a commitment to quality and excellence in service standards by participating in quality activities and ongoing evaluation of clinical and other services delivered to clients and their families.
- Other duties as directed and required.

## Key Selection Criteria

The following criteria must be met for consideration for this position:

### Essential

- Approved degree and registration in Nursing, Social work, Psychology or Occupational Therapy.
- Knowledge, experience, and demonstrated passion for, and interest in, the health and welfare issues affecting young people and improving health outcomes.
- Knowledge, skills and experience in the provision of direct clinical care to young people who have experienced mental illness, including being able to assess and respond effectively to crisis and high-risk situations when required, and identify situations where the input of other staff, including General Practitioner or Psychiatrist, may be warranted.
- Knowledge, skills and experience in direct service provision of Family Inclusive Practice Principles.
- Demonstrated knowledge and application of Recovery-based principles.
- Demonstrated understanding of service delivery concerns including privacy and confidentiality principles.
- High level of interpersonal, written and verbal communication skills, and demonstrated ability to engage and maintain effective relationships with young people and their family members as well as a broad range of health professionals, educators, and community agencies.
- Demonstrated ability to work in a highly productive environment with time pressures whilst managing multiple tasks, and ability to work both independently and collaboratively as a productive team member.
- Demonstrated information management and technology skills including:
  - experience in the use of electronic client/customer management systems;
  - ability to use a desktop computer, with familiarity with the Microsoft Windows environment and Microsoft Office applications.
- Awareness and knowledge of relevant legislation and regulatory frameworks informing the mental health of young people, including Mental Health Act.
- A commitment to Mental Health & Wellbeing promotion within the community

### Desirable

- Post graduate training in mental health
- Sound understanding of a social model of health, the social determinants of health, health promotion settings approach, and capacity building.
- An understanding of the issues relating to mental health and primary health care for young people living in rural and remote communities, including the role of general practice and allied health providers.
- Knowledge of Mildura's youth/health sectors

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## Mandatory Requirements

### National Police Record Check

A current and satisfactory National Police Record Check must be presented to the Division of People and Culture by all new staff prior to commencement at Mildura Base Public Hospital.

### Working with Children Check

Mildura Base Public Hospital has a responsibility to provide a child safe environment. This position is a defined "child-related role" at Mildura Base Public Hospital. As such you must maintain a valid working with children check. In addition, you will be required to assist Mildura Base Public Hospital in providing a child safe environment by participating in any training or reporting required to ensure the protection of children in our care.

## Registration with Professional Association

For example, AHPRA, AHRI, etc. The work to be performed is set out in this position description and, where relevant, any professional standards and codes of conduct and ethics issued by the relevant professional association.

## Immunisation Requirements

As part of your employment conditions, you will be asked to provide documented evidence of healthcare worker immunisation or immunity to communicable vaccine-preventable diseases prior to commencing employment with MBPH. If you do not provide satisfactory evidence that you have the required immunisation and you have commenced employment, consideration will be given to your ongoing employment and termination may result.

## Drivers Licence

A current Victorian driver's licence is required for this position

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## Workplace Practices/General Responsibilities

Employees are required to comply with the **Victorian Government's Code of Conduct**. All staff must ensure they comply with **policies, procedures** and standard ways of work practices when carrying out their work.

Employees are responsible to take reasonable care of their own **health and safety** and the safety of others, to cooperate with the group's OH&S policies and to participate in appropriate safety education and evaluation activities. All staff are expected to participate in reporting any health, safety and wellbeing issues. All staff must adhere to the policies and procedures as set out in the hospital's **infection control** manuals.

All information concerning Mildura Base Public Hospital, its patients, clients, residents and staff should remain strictly **confidential**. Any unauthorised disclosure of such information may result in disciplinary action. As a Mildura Base Public Hospital employee, you have a responsibility to participate in and commit to ongoing **quality improvement** activities using the framework of the NSQHSS (National Safety and Quality Health Service Standards).

Any breach in compliance to any of the above general responsibilities may result in disciplinary action.

*All Mildura Base Public Hospital sites, workplaces and vehicles are smoke free.*

*This position description is intended to describe the general nature and level of work that is to be performed by the person appointed to the role. It is not intended to be an exhaustive list of all responsibilities, duties and skills required. Any elements of this document may be changed at Mildura Base Public Hospital's discretion and activities may be added, removed or amended at any time.*

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## How to apply

Applications should address the key selection criteria outlined in the position description and include a letter of application and curriculum vitae with three professional referees. Please forward to Human Resources, Mildura Base Public Hospital, by email to: [humanresources@mbph.org.au](mailto:humanresources@mbph.org.au)

For further information please contact:

Teresa Cavallo, headspace Mildura Centre Manager - (03) 5021 21400 or [teresa.cavallo@headspacemildura.com.au](mailto:teresa.cavallo@headspacemildura.com.au)

Tania Brookes, CYMHS Manager – (03) 5051 1900 or [tbrookes@mbph.org.au](mailto:tbrookes@mbph.org.au)

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