



headspace

National Youth Mental Health Foundation

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Position Description

eheadspace Clinician (HS3 & HS4)

Location:	National Office - Melbourne
Department:	Clinical Programs
Level:	HS3 (Graduate – 2 years) and HS4 (2+ years clinical mental health experience since full registration)
Employment Type:	Part time and full time positions (minimum 6 shifts per fortnight, involving day, evening & weekend shifts), Maximum Term
Approved By:	<u>Steve Leicester</u>
Date Approved:	<u>April 2018</u>
Agreed By:	<u>_____</u>
Date Agreed:	<u>_____</u>

1. HEADSPACE VISION

All young Australians are supported to be mentally healthy and engaged in their communities.

2. HEADSPACE MISSION

headspace collaborates to design and deliver innovative ways of working with young people to strengthen their mental health and wellbeing.

3. HEADSPACE VALUES

At **headspace**, we are inspired by and believe in the power of youth. We work together to deliver authentic, progressive and inclusive services to build a brighter future with young people. We know where we're going, we're guided by our values, and we're committed to getting there together. Our people play an important part in shaping our culture and therefore, all **headspace** employees are expected to undertake their work in accordance with the **headspace** values as follows:

- **Inclusion** - We have a welcoming, safe and inclusive work environment - we believe that there is strength in difference
- **Collaboration** - We share information and work collaboratively, internally and externally, to deliver great outcomes with young people

- **Agility** - We are agile and innovative in our approach, so that we continue to meet the changing needs of young people
- **Excellence** - We have dedicated people who are empowered to deliver on our promises so that we can provide professional, high quality services

4. POSITION SUMMARY

eheadspace Clinicians provide online mental health services to young people and their families, including: screening; assessment; delivery of brief psychological interventions; and information and referral to face to face services. Clinicians work within the **eheadspace** clinical model, maintain appropriate clinical records and contribute to the review and development of **eheadspace**.

From time to time, **headspace** secures contracts to deliver other short-term mental health initiatives through its virtual capabilities, for example the 'friends and family' and 'Victorian Regional Schools' telephone lines. Successful candidates will be provided the opportunity to opt into these opportunities when they are available. These initiatives are telephone based only and are subject to different roster arrangements to **eheadspace**.

5. POSITION CONTEXT

eheadspace combines online and telephone support to young people and their families and translates mental health professional services into a telephone and online environment.

The role requires a health professional with qualifications and experience in assessment and treatment of mental health and other related issues for young people, in one of the following areas: Social Work, Occupational Therapy, Mental Health Nursing or Clinical or Counselling Psychology.

eheadspace clinicians form part of a multi-disciplinary team and report to a Clinical Coordinator. Clinicians receive clinical guidance and instruction from Senior Clinicians. Alongside these senior staff, the **eheadspace** clinician participates in the maintenance of a responsive and respectful workplace culture. The **eheadspace** clinician will be expected to integrate the **headspace** values into their routine clinical work.

6. KEY RESPONSIBILITIES/OUTCOMES

Operating at HS3, you will:

- Apply evidence-based treatments and best practice standards online and via telephone as required
- Undertake online screening, assessments with young people and their families
- Deliver brief psychological interventions as defined by the online model
- Provide access to best practice psychoeducational resources
- Provide referral to and liaise with face-to-face service providers
- Support young people to attend face-to-face services
- Maintain appropriate clinical records and data requirements
- Participate in the ongoing planning, development and implementation of online services within **headspace**
- Contribute to a range of shift times to support service delivery outside of business hours.
- Attendance and active participation in clinical review, supervision and team meetings.
- Engage in ongoing professional development and training.
- Other duties consistent with the position where required and/or requested by Senior Clinicians, Clinical Coordinator or **eheadspace** Management

Operating at HS4, you will perform all the above together with increasing involvement to:

- Provide clinical support to junior staff, where appropriate.
- May be required to provide specialist support as needed to portfolio areas

7. SELECTION CRITERIA

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

7.1 Essential

Operating at HS3, you will have:

- Approved tertiary qualification in an allied health discipline, including social work, psychology (clinical, counselling, 4+2 or 5+1 pathway), mental health nursing, and occupational therapy.
- Eligibility for membership of an appropriate professional body. Social workers are required to be eligible for full membership with AASW. Psychologists, mental health nurses, and occupational therapists are required to have full registration with AHPRA.
- Demonstrated clinical skill in best practice mental health assessment.
- A sound knowledge of the common mental health issues faced by young people, therapeutic interventions for high prevalence disorders (such as CBT for mood and anxiety disorders) and the literature underpinning such approaches
- Developed and demonstrable interpersonal and communication skills (written and verbal) as well as demonstrated abilities in problem solving and negotiation.
- Readiness to seek support and consultation from Senior staff where needed
- Ability to engage with and provide services to young people
- Knowledge and understanding of relevant legislation, policies and strategic directions of mental health services and literature on early intervention models for young people experiencing (or at risk of) a serious mental illness
- Appreciation of and/or ability to demonstrate a commitment to the development of integrated clinical research and evaluation
- Willingness to commit to ongoing professional development.
- Computer literacy particularly in the effective use of Microsoft office and related programs

Operating at HS4, you will have all the above together with:

- Highly developed and demonstrable interpersonal and communication skills (written and verbal) as well as demonstrated abilities in problem solving and negotiation
- Demonstrated through to advanced clinical skills in the area of working with young people and an ability to operate independently.
- A minimum of 2 years' experience in a mental health setting since full registration, with demonstrated experience in the provision of mental health care, including completion of mental health assessments, crisis intervention, psychoeducation and short term treatment interventions.
- Robust knowledge of the common mental health issues faced by young people, therapeutic interventions for high prevalence disorders (such as CBT for mood and anxiety disorders) and the literature underpinning such approaches

7.2 Desirable

- Experience with online service provision

8. POLICIES AND WORKPLACE PRACTICES

All **headspace** employees are required to acquaint themselves with the organisation's policies and procedures and to abide by them at all times.

It is expected that at all times, employees will:

- be respectful towards the organisation, colleagues, clients and the general public
- be cognisant with and uphold the objectives and philosophy of **headspace**
- act collaboratively with all colleagues
- act in a safe and responsible manner at all times