



Position Description

hYEPP Dietician

Location:	headspace Adelaide
Department:	hYEPP
Employment Type:	Maximum Term, Full Time
Approved By:	<u>Greg Young</u>
Date Approved:	<u>November 2018</u>
Agreed By:	_____
Date Agreed:	_____

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

Clinical Services:

Aligning with the Medical Treatment component of the EPPIC model, the hYEPP Dietitian will be responsible for providing assessments to determine the nutritional needs of the consumer, and develop targeted plans to support young people at risk of or experiencing first episode psychosis. Working collaboratively with the Clinical and Non Clinical hYEPP team (Clinic Nurse, Consultant Psychiatrists, Clinicians and Peer Workers), the Dietician's input will aim to reduce metabolic risk for young people experiencing mental illness, with particular focus on young people prescribed anti-psychotic medication through 1:1 and group interactions. It is expected that the Dietitian will provide specialist input and support to clinicians during clinical reviews and build the capacity of the team through education sessions around nutrition to support the wellbeing of the young people in the program.

Resource Development:

In collaboration with the wider clinical team, this position will be responsible for developing resources to support engagement healthy eating, positive nutrition choices and lifestyle activities to support physical health and wellbeing that can be distributed to young people, their families and other care providers (GP's etc).

Partnerships and Community Engagement:

In addition, this role will develop and establish pathways in the wider community to support sustainability of the hYEPP physical health and wellbeing service, with linkages to private Dietitian's and other relevant services to support young people into the future.

Project Management:

The hYEPP Physical Health and Wellbeing team will also actively participate in development, implementation, as well as evaluate the impact of the addition of this service to the hYEPP program in order to monitor outcomes for young people and the wider service.

5. POSITION CONTEXT

headspace Adelaide is operated by **headspace** Services Limited (a subsidiary of **headspace** National Youth Mental Health Foundation). **headspace** Adelaide consists of a **headspace** Centre and the South Australian **headspace** Youth Early Psychosis Program (hYEPP). **headspace** centres aim to create highly accessible, youth friendly, integrated service hubs that provide evidence based interventions and support to young people aged 12–25 years. **headspace** Adelaide will deliver services comprising mental health, alcohol and other drugs, primary care and vocational services. The aim is to improve outcomes for young people by addressing the major barriers for service use, and enabling better access to, and engagement in, early intervention services that provide holistic and integrated care. The hYEPP ensures provision of early intervention, responsive, and recovery focused care for young people aged 12 – 25 years who are at risk of or experiencing a first episode of psychosis based on the EPPIC model of care.

The overall aims of clinical care within the hYEPP service are:

- To detect early those young people who are experiencing, or at risk of, a first episode of psychosis.
- To reduce the duration of untreated psychosis in young people with psychosis in order to minimise the impact of psychosis on the normal developmental trajectory of the young person.
- To intervene early and effectively with young people at risk of a first episode of psychosis to prevent the onset of psychotic illness.
- To provide timely, seamless access to service for young people at risk of, or experiencing psychosis and their family/significant others.
- To enable both symptomatic and functional recovery from a first episode of psychosis.

6. KEY RESPONSIBILITIES/OUTCOMES

- Provide nutritional assessments and tailored plans to young people registered in the hYEPP program to support lifestyle change and healthy food choices
- Provide clinical input to the wider team to support holistic care provision through clinical review processes
- Collaborate with the Functional Recovery Team in delivering client centred group programs related to nutrition and wellbeing
- Support capacity building of the clinical and non-clinical team through provision of education sessions related to nutrition and diet in the context of mental illness
- Develop resources for the young people and their families related to supporting and managing physical health and wellbeing in the context of mental illness
- Establish clear and sustainable pathways to support service provision for diet and nutrition, beyond a young person's episode of care within hYEPP
- Build partnerships with relevant agencies to support sustainability of the hYEPP physical health and wellbeing program into the future
- Develop clear operating procedures related to provision of nutrition assessments and interventions within hYEPP and **headspace** Adelaide
- Contribute to quality improvement initiatives across the service
- Evaluation of all interventions and service developments for duration of contract
- Adhere to the Dietician Association of Australia Professional Standards
- Follow organisational policies and procedures, and adhere to safety standards and guidelines
- Any other duties consistent with the position where required by the Centre Manager as part of the wider hYEPP clinical team.

7. SELECTION CRITERIA

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

7.1 Essential

- Degree level qualifications in Nutrition and Dietetics (graduate or post-graduate)
- Current membership with the Dieticians Association of Australia, including Accredited Practising Dietician status
- Demonstrated experience of practice in community settings
- Demonstrated knowledge or experience of the physical health and nutritional/ diet issues for young people who present with first episode and/or at ultra-high risk of psychosis.
- An understanding of early psychosis and first episode psychosis rationale and principles, particularly in relation to physical health needs.
- Knowledge of the impact of pharmacological treatments, particularly anti-psychotic medications on physical health and wellbeing
- Experience in procedure development and implementation and evaluation
- Experience in resource development for distribution to a range of stakeholders
- Well-developed evidence-based, clinical skills working with young people and their families – including assessment and prescription of appropriate nutrition plans
- Well-developed communication skills, both verbal and written, with an ability to interact with a diverse range of people
- Knowledge of relevant legislation pertaining to mental health services particularly for young people between the age of 12-25 years and their family in South Australia.
- Ability to work in a highly productive environment with time pressures whilst managing multiple tasks.

7.2 Desirable

- Experience working with youth

- Experience working with mental health services
- Experience in the Not for Profit and/or public health sector.
- A broad understanding of the mental health service system in *Australia*.

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