



Position Description

Exercise Physiologist

Location: Headspace Adelaide

Department: hYEPP

Employment Type: Maximum Term, Full Time

Approved By: Greg Young

Date Approved: November 2018

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 physical health monitoring component of the EPPIC model, the hYEPP Exercise Physiologist will be responsible for providing exercise assessments and targeted interventions 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 Exercise Physiologist'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 Exercise Physiologist will provide specialist input and support to clinicians during clinical reviews and build the capacity of the team through education sessions around exercise assessment and prescription.

Resource Development:

In collaboration with the wider clinical team, this position will be responsible for developing resources to support engagement in exercise and lifestyle activities that support physical health and wellbeing and 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 practitioners, gyms and other relevant services to support young people into the future.

Project Management:

The hYEPP Physical Health and Wellbeing team will also develop, implement and 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 delivers 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 exercise assessments and tailored prescription to young people registered in the hYEPP program to support lifestyle change and behaviour modification
- 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 physical health, exercise and lifestyle activities
- Support capacity building of the clinical and non-clinical team through provision of education sessions for the wider team
- 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 physical health and wellbeing 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
- Develop clear operating procedures related to provision of the Exercise Physiology Program within hYEPP and **headspace** Adelaide
- Contribute to quality improvement initiatives across the service
- Evaluate all interventions and service developments for duration of contract
- Adhere to ESSA's Accredited Exercise Physiologist Scope of Practice and ESSA Code of Professional Conduct and Ethical Practice
- Follow organisational policies and procedures, and adhere to safety standards and guidelines
- Model and demonstrate constructive working relationships and information exchange within the team and across the organisation.
- Any other duties consistent with the position were 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 Exercise Physiology
- Accredited membership with ESSA
- Demonstrated experience of practice in community settings
- Demonstrated knowledge or experience of the physical health 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 exercise programs.
- 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