



## Position Description

### Functional Recovery Clinician

### headspace Adelaide

Location: headspace Adelaide

Department: headspace Services Limited

Level:

Employment Type: Maximum term, Full time

Approved by: Greg Young

Date Approved: October 2017

Agreed by: \_\_\_\_\_

Date Agreed: \_\_\_\_\_

#### 1. HEADSPACE PURPOSE

To build the resilience of young people and the future potential of Australia by delivering effective youth mental health services in partnership with young people, their families and their local communities.

#### 2. HEADSPACE VALUES

It is a requirement of all headspace positions that work will be undertaken in line with the **headspace** values as follows:

- Innovative – We have the courage to explore new ideas and take new approaches
- Collaborative – We bring the right people together to get the best result
- Inclusive – We respect and value diversity and believe everyone counts
- Passionate – We are dedicated to making a difference in the lives of young people and their families
- Responsive – We listen to community needs and deliver on expectations to achieve great results

### 3. 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).

The hYEPP will ensure 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 Functional Recovery on a first episode of psychosis.

#### **The overall aims of the Functional Recovery program, as a key element of the HYEPP service, aims to:**

- Promote functional recovery for consumers of the hYEPP service
- Reduce impact of psychosis on the developmental trajectory of the young person (social, educational, vocational)
- Support skill development across life domains
- Support the integration of the Peer Work Model into the hYEPP Service
- Create opportunities for young people to connect and share experiences to build confidence and enhance self-esteem of young people who have experienced psychosis

### 4. POSITION SUMMARY

As part of the hYEPP multi-disciplinary team, the Functional Recovery Clinician, reports to the Functional Recovery Team Leader and assists with the scoping and development of psychosocial group programs for young people at risk of or having experienced a first episode psychosis within the Functional Recovery Program.

Once established, the incumbent will support young people to access a range of groups and additional resources that will restore their developmental trajectory using evidence based interventions. The Functional Recovery Clinician will work collaboratively with the young person, their family/loved ones and the Continuing Care Team (CCT) clinicians to tailor a psychosocial support package specific to their needs.

The Functional Recovery clinician will carry a small caseload and monitor the mental health and wellbeing of those engaged with the groups and other activities specific to Functional Recovery. Where required, the Functional Recovery Clinician will provide discipline specific assessment to further support care planning and assessment for the wider hYEPP service.

## 5. KEY RESPONSIBILITIES/OUTCOMES

- Plan, develop, implement and evaluate the range of general and specialist group interventions that meet the needs of young people experiencing or at risk of psychosis.
- Support the multi-disciplinary team to engage young people in psychosocial activities and provide feedback, observations and input to support their care planning.
- Provide consultation and support to the Youth Participation team including direct support to the hYEPP Peer Worker.
- Manage a small caseload with ongoing monitoring of young people accessing the Functional Recovery Program via MSE, Risk Ax etc.
- Provide functional assessments with clear recommendations to support skills development and individual care planning in collaboration with their Key Worker and family/loved ones.
- Develop relationships and build partnerships with community stakeholders that enhance psychosocial supports for young people with psychosis.
- Manage crises and provide outreach as required, with support of Functional Recovery Team Leader and wider hYEPP service.
- Ongoing data collection to demonstrate the efficacy of the Functional Recovery Program.
- Model and demonstrate constructive working relationships and information exchange across the organisation.
- Other duties consistent with the position where required and/or requested.

## 6. SELECTION CRITERIA

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

### Essential

- Approved tertiary qualification in an allied health discipline, including social work, psychology (clinical, counselling), 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 experience of working within a mental health service, preferably with young people in group setting.
- Ability to apply experience and knowledge to the development of psychosocial group programs for young people using evidence based interventions.
- Knowledge of models used for psychosocial interventions for people living with mental health issues.
- Demonstrated experience using a case management model in a mental health setting with clinical expertise around assessment and engagement.
- Understanding of the role of a Peer Worker and their contribution to a mental health service
- Demonstrated ability to develop and maintain relationships which encourage collaboration, participation and cooperation across disciplines and across services and a range of external stakeholders.
- A broad understanding of the mental health service system in Australia, including the range of professionals that work within, or come into contact with, the mental health sector.
- Well-developed communication skills, both verbal and written, with an ability to interact with a diverse range of people, for example, young people, health professionals, academic researchers, service providers, etc.

- Ability to work both independently and collaboratively within a team.
- Willingness to contribute to current evidence based practice and any research endeavors.
- Knowledge of relevant legislation pertaining to mental health services particularly for young people between the age of 12-25 years and their family.

### **Desirable**

- Demonstrated knowledge or experience of the issues for young people who present with first episode and/or at ultra-high risk of psychosis and their family and an understanding of early psychosis and first episode psychosis rationale and principles.
- Experience in the Not for Profit and/or public health sector.

### **Other role requirements:**

- Appointment is subject to a current Working with Children/Police Check.
- Current driver's license and access to their own vehicle. Mileage is reimbursed by headspace Services Limited.
- 6 month probationary period and an Annual Performance Review and Development plan.
- Some flexibility will be required to work after hours including weekend and evening and interstate/intrastate travel may be required
- Approved qualifications and current eligibility to work in Australia

## **7. 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 cognizant with and uphold the objectives and philosophy of headspace
- act collaboratively with all colleagues
- act in a safe and responsible manner at all times