



Position Description

headspace Adelaide Continuing Care Team (CCT) Clinician

Location: South Australia

Department: headspace Adelaide

Employment Type: Full Time/Part time, Maximum Term

Approved By: Greg Young

Date Approved: June 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 SUMMARY

headspace Adelaide Continuing Care Team (CCT) Clinicians are part of the **headspace** Adelaide Youth Early Psychosis Programme (hYEPP).

A **headspace** Adelaide CCT clinician is responsible for the intensive case management of a caseload of young people, aged 12-25 years, who are experiencing a first episode of psychosis, within the **headspace** Youth Early Psychosis Program (hYEPP).

4. 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 offering standard **headspace** services to young people who are referred or present to the service seeking assistance, and the **headspace** Adelaide Youth Early Psychosis Program (hYEPP).

The **headspace** Adelaide YEPP will ensure provision of timely, accessible, recovery focused care based on the Early Psychosis Prevention and Intervention Centre (EPPIC) model of care.

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

- To intervene early and effectively with young people at risk of a first episode of psychosis to prevent the onset of psychotic illness.
- To detect early those young people who are experiencing, or at risk of, a first episode of psychosis.
- Amongst those experiencing a first episode of psychosis, to reduce the duration of untreated psychosis in order to minimise the impact of psychosis on the normal developmental trajectory of the young person.
- To provide a responsive, accessible service focussing on strong engagement of young people with first episode psychosis and their family/significant others.
- To enable both symptomatic and functional recovery from a first episode of psychosis.
- To consider all aspects of relapse and relapse prevention in order to prepare and support young people and their families for the longer term self-management of health challenges associated with psychosis.

The Continuing Care Team is a community based, multi-disciplinary team. Consistent with the EPPIC model of care, the service has an assertive outreach function and offers a comprehensive assessment and intensive case management service for a period of two (2) to five (5) years working to best practice guidelines outlined in the Australian Clinical Guidelines for Early Psychosis.

5. KEY RESPONSIBILITIES/OUTCOMES

The **headspace** Adelaide CCT clinician is responsible for delivering longer term, intensive case management (2 years plus) and psychological interventions to young people experiencing a first episode of psychosis and their families. The role involves operating within a duty or intake system, undertaking comprehensive assessment, assertive engagement and follow up, delivering psycho-education and other contemporary, evidence-based clinical interventions and attendance at relevant clinical forums as key duties. We anticipate developing an active group programme and opportunities will be available to be involved in their facilitation.

The **headspace** Adelaide CCT clinician is expected to be capable of functioning independently as well as work collaboratively with other clinicians across **headspace** Adelaide, to plan and develop treatment plans which are consistent with best practice standards and guidelines.

The **headspace** Adelaide CCT clinician may be required to contribute to quality assurance processes, and professional development events and assist in the development and maintenance of community partnerships with key external stakeholders. Developing effective interfaces across programs within the service is critical in the role. Support for research activities is also important and in line with the over-arching aim of developing a centre of excellence.

The position is responsible for:

- Offering evidence informed, intensive case management to a caseload of young people experiencing a first episode of psychosis and their family/carers.

- Ensuring the delivery of high quality care is based on existing evidence, the EPPIC model and Australian Clinical Guidelines for Early Psychosis standards.
 - To be present at multidisciplinary team forums and contribute to multidisciplinary team functioning in the delivery of treatment for young people of the service and their family and carers.
 - Strongly contributing to development of a team culture that supports a youth friendly, responsive, engaged, empathic, optimistic and recovery focused approach to first episode psychosis amongst young people and their family and friends.
 - Modelling best practice in identifying any risk issues before negotiating a comprehensive treatment plan (including a risk management plan where indicated) for every young person registered with the service and their family.
 - Promoting continuity of care by taking an active role in the provision of services to young people on caseload when acutely unwell or in crisis including offering assertive in-reach into inpatient units, crisis & respite facilities or the community more generally while promoting community-based, least restrictive, less stigmatising treatment as the preferable option.
 - Engaging in effective consultation, liaison and linkage within the headspace Adelaide service across all programmes and externally with other mental health services so that the young person and their families/ carers receive the highest quality of care.
 - Completing, in a prompt, timely manner, all clinical documentation, screening and assessment tools, and all data collection requirements of the service.
 - Effectively engage with clinical governance processes including, for example, critical incident responses, clinical review, business and team meetings, to ensure quality remains a priority within the service.
 - Demonstrating highly developed communication skills, both verbal and written, with an ability to interact with a diverse range of people in the course of conducting direct clinical duties or when engaged in service development activities.
 - Knowledge of relevant legislation pertaining to mental health services particularly for young people between the age of 12-25 years and their family.
 - Other duties consistent with the position where required and/or requested by your Manager.
- Incumbents with a nursing background will assist in the facilitation of a nurse-led clinic to support clients with receiving physical health monitoring and depot medication on a roster basis to meet the needs of the hYEPP service

6. SELECTION CRITERIA

Essential Requirements

- Approved tertiary qualification in an allied health discipline, including social work, psychology (clinical, counselling), mental health nursing, and occupational therapy.
- Eligibility for membership of the 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.
- Experience of working in mental health in a clinical role for young people - some who were assessed as at significant risk of, or experiencing, a first episode of psychosis.
- Knowledge of the first principles guiding approaches to working with young people at risk of or experiencing a first episode psychosis.
- A comprehensive understanding of the principles of community based, intensive case management.

- Possessing an advanced level of clinical skills in engaging young people with mental health challenges and their families.
- Demonstrated ability to provide high quality assessment, psychoeducation and evidence – based psychological interventions, such as Cognitive Behavioural Therapy (CBT) within a stress-vulnerability framework for young people.
- Ability to use relevant information technology, electronic recording systems and data management tools.
- Highly developed communication skills, both verbal and written, and a demonstrated ability to develop and maintain relationships that encourage collaboration, participation and cooperation across disciplines and across services and a range of external stakeholders.
- An 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.
- Ability to work in a highly productive environment with time pressures while managing multiple tasks.
- Ability and preparedness to integrate clinical practice with research and evaluation.
- Knowledge of relevant legislation pertaining to mental health services particularly for young people between the age of 12-25 years and their family.

Desirable Requirements

- Experience in working in a specialist service for young people experiencing or at risk of a first episode of psychosis.
- A post graduate qualification in an area relevant to youth mental health and/or first episode psychosis.

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 cognisant of and uphold the objectives and philosophy of **headspace**.
- Act collaboratively with all colleagues.
- Act in a safe and responsible manner at all times.

8. OTHER ROLE REQUIREMENTS

- A current Working with Children Check
- A current Australian driver’s licence
- A current Police Check
- A 6 month probationary period and annual performance development review
- Hours of work; business hours, with some flexibility required to work after hours, as required
- Approved qualifications and current eligibility to work in Australia