



headspace

National Youth Mental Health Foundation

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headspace.org.au

Position Description

eheadspace Clinician (HS4)

Department:	Clinical Programs
Salary range:	HS4 (2+ years clinical mental health experience since full registration)
Employment Type:	Full-time and part time positions (minimum 6 shifts per fortnight, involving day, evening & weekend shifts), Maximum Term
Approved By:	Steve Leicester _____
Date Approved:	September 2016 _____
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

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
- Achieve – We are responsive to community needs and deliver on expectations
- Passionate – We are dedicated to making a difference in the lives of young people and their families

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**.

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

- 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
- Provide clinical support to junior staff, where appropriate.
- Contribute to a range of shift times to support service delivery outside of business hours.
- Participate in the ongoing planning, development and implementation of **eheadspace** services within **headspace**
- Attendance and active participation in clinical review, supervision and team meetings.
- May be required to provide specialist support as needed to portfolio areas
- Fulfil shift requirements and other duties consistent with position as directed by Senior Clinician, Clinical Coordinator or **eheadspace** management

7. SELECTION CRITERIA

The following criteria must be met for consideration as a successful applicant:

7.1 Essential

- Approved tertiary qualification in an allied health discipline, including social work, psychology (clinical, counselling, and 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 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
- Highly developed and demonstrable interpersonal and communication skills (written and verbal) as well as demonstrated abilities in problem solving and negotiation
- Proven ability to engage with and provide services to young people
- Self-motivated and with the ability to operate autonomously when required
- 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
- Engage in ongoing professional development and training.
- Computer literacy particularly in the effective use of Microsoft office and related programs

7.2 Desirable

- Experience with online service provision

8. POLICIES AND WORKPLACE PRACTICES

headspace employees are responsible for and are to commit to:

- Consistent, respectful behaviour towards the organisation, colleagues and premises
- Acknowledging and abiding by the **headspace** values, policies and procedures
- Encouragement of oneself and colleagues to comply with **headspace** OH&S policies and procedures
- Be respectful of the objectives and philosophy of the organisation
- To act in a safe and responsible manner at all times