



Position Description

headspace Adelaide

Mobile Assessment & Treatment Team (MATT) Clinician

Location: South Australia

Department: **headspace** Adelaide

Employment Type: Part time, Maximum Term

Approved By: Greg Young

Date Approved: January 2016

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

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

3. POSITION SUMMARY

The **headspace** Adelaide Mobile Assessment and Treatment Team (MATT) Clinicians are part of an extended hours, 7 day service with responsibility for providing clinical triage, assessment and clinical services in collaboration with general practice and other mental health providers, in order to enhance the health and mental health outcomes of young people aged 12 – 25 years, who are referred to the hYEPP service where there is a possibility the individual is at risk of or experiencing a first episode of psychosis.

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.

MATT Clinicians will offer a comprehensive assessment and intensive, extended hours, seven day, home treatment service to young people presenting with or at ultra high risk of a first episode of psychosis who are new to the service or who are already engaged with the service and require intensive support in the community. Clinicians will be required to work on a rotating roster which may include a recall/on-call system. MATT Clinicians will be supervised by Senior MATT clinicians by arrangement and with the approval of the MATT Team Leader.

The overall aims of clinical care within the Mobile Assessment and Treatment Team (MATT) are:

- To detect early those young people who are experiencing, or are at risk of, a first episode of psychosis.
- To reduce the duration of untreated psychosis in order to minimize the impact of a first episode of psychosis on the normal developmental trajectory of the young person and the impact on the family/significant others.
- Intervene early and effectively with young people at risk of a first episode of psychosis to prevent the onset of psychotic illness.
- To provide seamless access to services for young people and their family/significant others with at ultra high risk of or experiencing a first episode of psychosis.

5. KEY RESPONSIBILITIES/OUTCOMES

Key Responsibilities and Duties:

headspace Adelaide Mobile Assessment and Treatment Team (MATT) Clinicians are responsible for providing clinical triage, assessment and clinical services in collaboration with general practice and other mental health providers, in order to enhance the health and mental health outcomes of young people aged 12 – 25 years, who are referred to the hYEPP service for early psychosis and first episode psychosis.

headspace Adelaide MATT Clinicians are expected to work collaboratively with other clinicians within the program, to plan and develop services for young people and their families which are consistent with evidence-based practice standards of care, and are in line with the strategic direction and vision for the hYEPP.

headspace Adelaide MATT Clinicians are responsible for intake and triage, referral to other staff providing hYEPP services, offering a comprehensive mental health assessment and acute intervention to young people who are newly referred to the service, and the provision of crisis intervention and home based community treatment to current young people of the hYEPP service and their families/significant others. hYEPP MATT Clinicians will be required to work on a rotating roster which may include a recall/on-call system when the service becomes fully operational.

The position is responsible for:

- Providing MATT services within the hYEPP services, including intake and triage, mental health assessments, including mental state examination, risk assessment, case formulation, crisis intervention, in-reach into inpatient and sub-acute facilities and the provision of intensive, home based community treatment.
- Ensuring the delivery of high quality care based on existing evidence and EPPIC model standards and guidelines.
- Participating in the rotating roster system, and ensure the management of a responsive work flow and best practice clinical decision making.
- Contributing to the team culture of a youth friendly, responsive, engaged, empathic, optimistic and recovery focused approach to first episode psychosis for young people and their family and friends.
- Work collaboratively with young people, their family and friends and relevant service systems to engage and respond promptly within a recovery framework for young people with emerging psychosis.
- Providing a responsive service to new referrals or current hYEPP young people referred to the team, particularly after hours, establishing what mental health concerns are present, and negotiating an appropriate management plan for each young person referred to the service including comprehensive assessment and management of clinical risk to self or other.
- Providing crisis services and home based treatment as the preferable option for young people who require an acute response.
- Providing consultation, liaison and linkage within the hYEPP service and with other mental health services providing acute care to young people.
- Completing in a prompt manner, all clinical documentation, screening and assessment tools, and all data collection requirements.
- Supporting the development of a multi-disciplinary approach within the service.
- Acting as a professional resource for GPs and general practice staff working with patients with a mental health disorder.
- Contributing to the integrity of all internal information systems as required, by maintaining data through timely updates and revision of information where required.

- Ensuring the collection of all relevant data in order to measure deliverables and continuously improve the delivery of services.
- Providing timely, high quality reports as required in collaboration with all headspace Adelaide staff.
- Achieving high quality service delivery, through engaging in the business improvement process and complying with all processes and procedures in the Integrated Quality System.
- Participating in relevant training and development activities as an effective team member.
- Providing appropriate clinical services across the mental health spectrum.
- Other relevant duties as directed by your manager.

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 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 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.
- Clinical experience of the assessment and effective management of younger people experiencing an acute psychosis and crisis services.
- Experience of working in an acute mental health setting.
- Clinical skills in engaging with young people and their families particularly in the area of psychosis and all it's comorbidities.
- Ability to use relevant information technology, electronic recording systems and data management tools.
- Participate in the rotating roster system, and take a leadership role on shifts to ensure the management of a responsive work flow and best practice clinical decision making, particularly for those more complex cases.
- 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.
- Flexibility in coping with organisational change and demonstrated capacity to assist other staff to be innovative in clinical approaches and engagement with young people and their families/significant others
- Willingness to contribute to current evidence based practice and any research endeavours.
- 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 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 with 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
- Hours of work; MATT clinicians will be required to work a rotating roster /shift work including some weekends and may participate in an oncall/recall system if operational.
- Approved qualifications and current eligibility to work in Australia