



headspace

National Youth Mental Health Foundation

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headspace.org.au

Position Description

eheadspace Clinician (HS3)

Location: National Office - Melbourne

Department: Clinical Programs

Level: HS3 (Graduate – 2 years)

Employment Type: Part time and full time positions (minimum 6 shifts per fortnight, involving day, evening & weekend shifts)

Approved By: Steve Leicester

Date Approved: June 2015

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
- 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

3. 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**.

4. 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.

5. 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 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
- Participate in the ongoing planning, development and implementation of online services within **headspace**
- Participate in the New Clinician Group which is a supported learning program for new graduates
- Contribute to a range of shift times to support service delivery outside of business hours.
- Attendance and active participation in a minimum of one **eheadspace** team meeting annually.
- Other duties consistent with the position where required and/or requested by Senior Clinicians, Clinical Coordinator or **eheadspace** Management

6. SELECTION CRITERIA

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

6.1 Essential

- Approved tertiary qualification in an allied health discipline, including social work, psychology (clinical, counselling, 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.
- Proven clinical skills in the area of working with young people
- A working knowledge of the common mental health issues faced by young people, indicated treatments for high prevalence disorders (such as CBT for mood and anxiety disorders) and the literature underpinning such approaches
- Developed and demonstrable interpersonal and communication skills (written and verbal) as well as demonstrated abilities in problem solving and negotiation.
- Readiness to seek support and consultation from Senior staff where needed
- Ability to engage with and provide services to young people

- 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
- Willingness and/or demonstrated to commit to ongoing professional development.
- Computer literacy particularly in the effective use of Microsoft office and related programs

6.2 Desirable

- Experience with online service provision
- Experience in the provision of mental health care, including completion of mental health assessments, crisis intervention, psycho-education and short term treatment interventions to young people experiencing mental health difficulties

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