



## Position Description

# Mental Health Clinician - Contractor

3 days per week/ Fixed Term  
**headspace** Nowra

### Purpose of position

This role involves working collaboratively with a young person and their family/carers to identify their support needs, goals and develop collaborative care plans. The incumbent will provide high quality psycho-social assessment and evidence-based, focused psychological interventions to young people aged 12 to 25 referred to **headspace** Nowra, within the guidelines of the Medicare Better Access to Mental Health Care initiatives. This position requires working closely with the other members of the **headspace** Nowra team and external service providers and works to maximise care outcomes for young people referred to **headspace** Nowra.

### Decision Making

The Allied Health Professional is a contractor of Grand Pacific Health, a member of the **headspace** Nowra team, and reports to the Service Manager, **headspace** Nowra. You will work closely with other members of the **headspace** Nowra Team and collaboratively with referring bodies and other employees and partners of the Illawarra-Shoalhaven Medicare Local.

The Allied Health Professional:

- Consults with the Service Manager, **headspace** Nowra as required in performing key responsibilities.
- Consults with the multi-disciplinary team as required for care planning

### Key Responsibilities

- Provide evidence-based, focused psychological strategies (e.g CBT, psycho-education, relaxation strategies, skills training, interpersonal therapy) to individuals or via group therapy to young clients aged 12 to 25 years.
- Work collaboratively with the young person and their supports e.g. school and family to help achieve their goals.
- Maintain accurate case notes for clients using an electronic clinical record and according to **headspace** Nowra protocols and professional standards.
- Participate in case review meetings, contribute to care plans and participate in planned case conferences with GPs and other health professionals involved in the client's care as required.
- Provide written reports to the client's referring GP with information regarding assessments undertaken, treatment provided, and recommendations on future management of the client's disorder, according to **headspace** Nowra
- Participate in group supervision sessions and individual supervision sessions as agreed.
- Working with the broader **headspace** Nowra team to meet the overall aims and objectives of the service
- Participate in **headspace** education and training activities as requested by the Manager.
- Contribute to developing a culturally safe workplace for Aboriginal employees and clients
- Participate in organisation-wide, site based and team meetings, collaborative planning activities and other meetings or activities relevant to position

- Contribute to the continuous improvement of systems and processes ensuring services meet professional and industry standards
- Seek external supervision and professional development as per professional registration requirements.
- Provide monthly invoices for services as per contract.
- Work Health and Safety responsibilities as identified in organisational policies and procedures
- Equity and diversity responsibilities as identified in organisational policies and procedures

### **Scope of Practice**

Consistent with the incumbent's registration and qualifications within the context of the duties outlined under Key Responsibilities.

### **Selection Criteria**

The essential experience, knowledge, skills, competencies and qualifications a person requires in order to successfully fulfil the responsibilities of the position are:

1. Current full AHPRA registration as a clinical psychologist, registered psychologist, or occupational therapist (accredited with OTA as meeting the Australian Competency Standards for occupational therapists in mental health), or accreditation with the AASW as a mental health social worker
2. Experience in assessment and diagnosis of mental health disorders, and provision of Cognitive-Behaviour Therapy and other evidence-based focused psychological strategies
3. Demonstrated understanding of key issues in relation to the health and wellbeing needs of young people with mental health and/or substance use problems.
4. Demonstrated ability to engage and communicate effectively with young people and their family, friends or carers.
5. High standard of computer literacy and data entry competency including MS office and demonstrated capacity learn new technologies including clinical software packages.
6. Current drivers licence and have access to a comprehensively insured motor vehicle

### **Child Protection**

This position is designated as child-related employment. Child-related employment means any employment, where at least one of the responsibilities of the position involves direct contact with children where that contact is not directly supervised. The *Child Protection (Working With Children) Act 2012* and the *Child Protection (Working With Children) Regulation 2013* makes it an offence for a person convicted of a serious sex offence (a Prohibited Person) or a Registrable Person under the *Child Protection (Offenders Registration) Act 2000*, to apply for, undertake or remain in child-related employment. To apply for, undertake and remain in this position you are required to hold a current working with children check. For more information go to <http://www.kids.nsw.gov.au/Working-with-children/New-Working-with-Children-Check>.