

Austin Health Position Description



Position Title: Dietitian - Specialist Eating Disorders Program- SEDS

Classification:	Dietitian - Grade 2
Business Unit/ Department:	Child and Youth Mental Health Service (ICYMHS), Mental Health Division (MHD)
Agreement:	Victorian Public Mental Health Services Enterprise Agreement 2021-2024
Employment Type:	Part-Time Fixed term for 3 years.
Hours per week:	22.8 (flexible working hours)
Reports to:	Team Leader and Program Manager
Direct Reports:	Nil
Date:	January, 2025

About Austin Health

Austin Health is recognised for high-quality, person- centered care. We are renowned for our specialist work in cancer, transplantation, infectious diseases, obesity, sleep medicine intensive care medicine, neurology, endocrinology mental health and rehabilitation.

We are the largest Victorian provider of training for specialist physicians and surgeons and internationally recognised as a Centre of excellence in hospital-based research.

Our services are delivered to patients across four main sites in Melbourne, in locations across our community, in people's homes, and within regional hospitals across Victoria.

We aim to provide an inclusive culture where all staff can contribute to the best of their ability and strive to develop further. We recognize that our people are our greatest strength. We want them to thrive, be their best selves and feel engaged, safe, and empowered. To achieve this, diversity and inclusion is essential to our culture and our values. You can view our current Diversity and Inclusion Plan [here](#).

Commitment to Gender Equality

Austin Health is committed to gender equality in the workplace. In developing our [Gender Equality Action Plan](#) we have been guided by the gender equality principles set out in the Gender Equality Act 2020 (Vic). We believe that everyone should live in a safe and equal society, have access to equal power, resources and opportunities and be treated with dignity, respect and fairness.

Position Purpose

The Dietitian Senior Clinician is an integral member of the Child and Youth Mental Health Service (ICYMHS)- Eating Disorders Program multidisciplinary team, providing expert clinical assessment and treatment to children and young people with eating disorders (aged 0- 25 years) and their families who are referred to Austin Health's ICYMHS.

Key components of the role involve the following: providing clinical eating disorder dietetic assessment, meal and treatment planning, and supporting families involved in clinic-based treatment. Where possible the dietitian could provide direct care to young adults accessing eating disorder treatment. The Dietitian Senior Clinician also has a key role in participating and contributing to group and education opportunities of the eating disorder program, including psycho education sessions and family work. There will also be some capacity to provide dietetic support to other services across mental health.

About the Mental Health Division

The Mental Health Division provides care and services through a comprehensive range of teams to meet the needs of mental health consumers and carers throughout Victoria. Services are across Adult and Child and Adolescent and can be bed based or located in the community.

All mental health services work within a clinical framework that promotes recovery-oriented practice and supported decision making. This approach to consumer wellbeing builds on the strengths of the individual working in partnership with their treating team. It encompasses the principles of self-determination and individualized treatment and care.

About ICYMHS

ICYMHS sits under the Mental Health Division and provides a tertiary mental health services to infants, children and adolescents across the north-eastern catchment of Melbourne (currently local government areas of Banyule, Nillumbik, Darebin, Whittlesea, Yarra and Boroondara).

It is an exciting time for Austin as the ICYMHS directorate will be expanding in response to the recommendations of the Victorian Royal Commission into Victoria's Mental Health Services (2021). Young people eligible for the service are predominately aged 0-18 years with only several teams available for those aged up to 25.

ICYMHS currently have two inpatient units -Child and Adolescent, and a Child and Family Residential Program, with a future project for a YOUTH residential program - YPARC.

At present there are several community teams which cover infant and child and a number of specialist youth outreach teams. There is a ICYMHS Triage Team and emerging CATT service.

There are also several specialist roles and teams that support the work of ICYMHS such as Child Specialist, Aboriginal Mental Health Liaison workers and an AOD practice lead alongside an expanding Lived experience workforce embedded in the

ICYMHS directorate.

Teams are based at Epping, Burgandy Street, MacLeod and on the Austin campus Heidelberg site.

Local program description.

SEDS

The position offered sits within the Child and Youth Mental Health Service (ICYMHS) directorate and is located within the Specialist Eating Disorder Service (SEDS).

SEDS provides expert clinical assessment, formulations and treatment recommendations to children and young people with eating disorders (aged 0- 25 years) and their families who are referred to Austin Health's ICYMHS.

The service aims to ensure that consumers and their families and carers receive a coordinated and prompt service response for those identified and that the care provided within our service is enhanced by this multidisciplinary team which includes allied health, dietetics, nursing and lived experience both carer and peer.

The SEDS team supports the case managers sitting within the community teams with their experience, knowledge and practice wisdoms. To date this is a service that does not case manage young people directly.

A new In Home (outreach) Intensive Early Engagement and Treatment Service currently in the co design phase is due to commence in March.

Accountabilities

Key Responsibilities

- Provide nutritional support, education and consultation to families/carers of young people experiencing disordered eating and who are engaging in eating disorder assessment and treatment at Austin ICYMHS. This may be in the clinic or in outreach settings.
- Undertake high quality, comprehensive, evidence-based clinical nutritional assessment and treatment for children and adolescents with eating disorders at an individual or group level as indicated by clinical need within available resources in ICYMHS outpatient teams.
- Following referral into the SEDS program participate in triaging and in SSI sessions.
- Deliver education and provide consultation and support to other clinicians and teams.
- Develop information resources on eating disorders and nutrition for families and clinicians at Austin CYMHS.
- Co-facilitate and participate in group and education programs when required.
- Contribute to the development and evaluation of the Eating Disorders Program at Austin ICYMHS, including collecting data and completing documentation.
- Complete a high standard of accurate and timely clinician documentation and data entry in a timely and efficient manner and in accordance with ICYMHS/MHD and relevant professional/mental health sector statutory requirements.

- Seek out and attend relevant professional development and training, ensuring up-to-date knowledge of best practice in mental health and eating disorders.
- Participate in both internal and external continuing education programs and demonstrate a commitment to improving professional performance and development to satisfy Continuing Professional Development requirements.
- Actively participate in the Allied Health Clinical supervision program

All Employees:

- Comply with Austin Health policies & procedures, as amended from time to time, which can be located on the intranet (The Pulse).
- Comply with the Code of Conduct and uphold our values and diversity and inclusion commitments.
- Escalate concerns regarding safety, quality and risk to the appropriate staff member if unable to rectify yourself.
- Comply with Austin Health mandatory training and continuing professional development.
- Maintain a safe working environment for yourself, colleagues and members of the public by following organizational safety, quality and risk policies and procedures.
- Comply with the principles of Person Centred Care.
- Comply with requirements of National Safety and Quality Health Service Standards and other relevant regulatory requirements.
- Work across multiple sites as per work requirements /or directed by management.

Selection Criteria

- Eligible for membership of Dietitians Australia and current Accredited Practising Dietitian (APD) status, or evidence of commitment to relevant professional development.
- Minimum years of experience as a grade 2 dietitian and demonstrated clinical expertise in working with children and adolescents with an eating disorder and paediatric nutrition.
- Engagement with dietetic professional supervision.
- Experience working as a dietitian in a community mental health setting, preferably a child and youth service.
- Experience working in an outreach setting.
- Demonstrated knowledge of clinical management of eating disorders in the child and youth mental health setting.
- Ability to work with young people and their families who are in stress or crisis.
- Ability to work within a multidisciplinary team.
- Effective communication and technology skills.
- Ability to manage time and resources effectively.
- Ability to work in a challenging environment with competing demands.
- Basic proficiency in computer skills.

- A current unrestricted Working with Children’s Check.
- A current, unrestricted Victorian Driver’s License.

Desirable but non-essential.

- Meets ANZAED Eating Disorder Credential criteria.
- Experience working as a dietitian clinician in a community mental health service eating disorder program.
- Experience in the delivery of group-based interventions, particular carer education and support programs for people with eating disorders (e.g. Nourishing Parents Groups or Collaborative Carer Skills Workshops, Multifamily Group Program).
- Dual diagnosis competency or a willingness to undergo specialised training.

General Information

Austin Health is a Child Safe Environment

Austin Health is committed to child safety. We want children to be safe, happy and empowered. We support and respect all children, as well as our staff and volunteers. Austin Health has zero tolerance of child abuse, and all allegations and safety concerns will be treated seriously in line with legal obligations and our policies and procedures.

Equal Opportunity Employer

Austin Health is committed to building a diverse and inclusive workforce. We encourage applications from Aboriginal and Torres Strait Islander peoples, individuals from culturally and linguistically diverse backgrounds, and those with lived experience of eating disorders.

For more information about working at Austin Health, please follow this link to Austin Health’s Aboriginal Employment website:

<http://www.austin.org.au/careers/Aboriginalemployment/>

Document Review Agreement

Manager Signature	
Employee Signature	
Date	