

Austin Health Position Description



Position Title:

Mental Health Clinicians Specialist Eating Disorder Team

Classification:	Social Worker, Occupational Therapist or Clinical Psychologist Grade 2, Registered Psychiatric Nurse Grade 3
Business Unit/ Department:	Child and Youth Mental Health Service (ICYMHS) Mental Health Division (MHD)
Agreement:	Victorian Public Mental Health Services Enterprise Agreement 2021 - 2024 Victorian Public Health Sector (Medical Scientists, Pharmacists and Psychologists) Enterprise Agreement 2021 - 2025
Employment Type:	- 1.4 EFT available- 3 year fixed term
Hours per week:	Part time or full time - flexible working hours
Reports to:	Eating Disorder Team Leader and Program Manager
Direct Reports:	None
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.

About the Role

The Mental Health Clinician provides clinical support in the expert clinical assessment and treatment to children and young people with eating disorders (aged 0 to 18 years) and their families who are referred to Austin Health's ICYMHS.

Key components of the role involve the following:

- assisting with referral queries to facilitate rapid allocation of accepted referrals of children and adolescents with eating disorders into the ICYMHS Community Teams or onward referral to external agencies/providers where appropriate.
- participating in the weekly multidisciplinary assessment clinic/s
- capacity building and supporting clinicians in the community teams with eating disorder specialist knowledge and skills so as to enable clinical progress towards recovery.
- As a mental health clinician working collaboratively within the team and broader ICYMHS staffing group identifying service gaps, policy and practice issues and community needs.

Together with the Consultant Psychiatrist and Team Leader the role is expected to support ICYMHS in ongoing service review and improvement, primary or secondary consultation, education and training and the implementation of new models of care that positively enhances the outcomes for clients with complex eating disorders.

About Mental Health

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 provides tertiary mental health services to the north-eastern catchment of Melbourne (currently the local government areas of Banyule, Boroondara, Darebin, Nillumbik, Whittlesea, and Yarra). Young people eligible for the service are predominantly aged 0-18 years with only several teams currently available or those aged up to 25 years. It is an exciting time for 3 Austin as the CYMHS directorate will be expanding in response to the recommendations from the Victorian Royal Commission into Victoria's Mental Health Services (2021). It is anticipated that the service will move to 0-25 age cohort by the middle of 2023.

ICYMHS currently have two inpatient units (a child and an adolescent one), with future projects for residential programs - YPARC and Child and Family Centre.

At present there are outpatient community teams and several specialist youth outreach teams. There are also several specialist roles such as Senior Clinician (Child Specialist),

Carer Consultant and the Mental Health and Wellbeing Network Coordinators. There is an anticipated further expansion of the Lived Experience Workforce to be embedded with the ICYMHS directorate.

SEDS is primarily based at the Heidelberg Campus of Austin Health but travels to other sites as needed.

Purpose and Accountabilities

Role Specific:

Direct Comprehensive Care

- Demonstrate a sophisticated understanding of the principles of recovery-orientated, trauma-informed and family-centred, collaborative practice and expertise in engaging young people and their families within clinical settings particularly pertaining to eating disorders and comorbid mental illness/disorders.
- Following referral to the service undertake a timely and comprehensive eating disorder assessment, risk formulation and management plan recommendations for children, young people and their carers/families through a single session intervention model.
- Triage referrals and organise SSI's with community case managers to assess and recommend treatment plans.
- Support, capacity build and provide leadership and direction to the Community Team clinicians about ongoing assessment and treatment of children and adolescents with eating disorders.
- Undertake a shared co-therapy role with ICYMHS community team case managers in a small number of complex presentations if required. Some flexibility in working hours and places of work may be required eg home visits.
- Provide family and/or carer support including group programs in an outpatient setting or through telehealth as appropriate.
- Work collaboratively with key stakeholders (e.g. but not limited to, Paediatrics, CL, EPS, Adult Mental Health Service, Body Image and Eating Disorders Recovery Service (BETRS) and the Victorian Centre for Excellence in Eating Disorders (CEED)
- Undertake roles and other duties as directed appropriate to your experience and training that are necessary for the efficient functioning of the CYMHS service.
- Supervise others as per discipline.

Support of Systems

- Appropriately use information and communication systems that support the effective and efficient clinical and administrative operation of the position and safe and effective care.
- Provide expert primary, secondary and tertiary consultation and support to other mental health clinicians about their current cases, with respect to eating disorder diagnoses, including the CYMHS child and adolescent inpatient units as requested by relevant Team Managers as well as external agencies/providers.
- Contribute to the development of improved pathways of care for young people within the mental health program experiencing severe and complex eating disorders.
- Promote the program at Austin Health through participation in education forums, conferences and other approved opportunities that arise.

Education and Training

- Provide targeted consultation and education to Mental Health clinicians and students across Austin Health's ICYMHS regarding contemporary and evidence-based eating disorder assessment and treatment (individual and group) including telehealth options.
- Provide education and secondary consultation to community organisations to increase early detection of eating disorders and timely referral to CYMHS together with Mental Health Promotion Officer staff or other specialist staff.
- Contribute to the development of evidence-based practices, policies and procedures to inform the provision of service delivery, education and consultation activities.

Research and Quality

- Maintain an awareness and practice of safety issues, the safe practice policy and procedures of the service, and relevant legislation to ensure that risks to consumers, carers, families, staff and the community are minimised.
- Contribute to ICYMHS operational activities, service planning, research and evaluation activities so that the CYMHS performance and culture is safe, healthy and productive with a view to continual improvement.
- Contribute to the development and implementation research and evaluation processes and quality improvement activities.
- Comply with relevant professional, child and mental health sectors' legislative and statutory requirements.

All Employees

- Comply with Austin Health policies & procedures, as amended from time to time, which can be located on the intranet.
- Report incidents or near misses that have or could have impact on safety - participate in identification and prevention of risks.
- Comply with the Austin Health and professional Codes of Conduct

Selection Criteria

Mandatory Qualifications

- Relevant professional qualification in a health-related discipline (social work, occupational therapy, clinical psychology or psychiatric nursing) and current registration with the relevant professional board, Association or College.
- Psychologists: Registration with a specialist endorsement in Clinical Psychology or Forensic Psychology
- Social Workers must be eligible for membership with the Australian Association of Social Workers (AASW).
- A current Victorian Driver's License (without restrictions), and ability to drive a work vehicle.
- A current Working with Children's Check (without restrictions).

Essential Knowledge and Skills

- Must meet minimum years of clinical experience for the profession according to the relevant Enterprise Agreement, specifically in mental health or family therapy.
- Demonstrated expert level of knowledge of child- and family-centred care, recovery centred care and collaborative clinical practice (particularly in relation to young people).
- Substantial understanding together with solid experience and skills in delivering evidence-based assessment and treatment of eating disorders (i.e. Family Therapy for Eating Disorders/FBT, Specialist Supportive Clinical Management (SSCM) and/or Cognitive Behaviour Therapy – eating disorders (CBT-e) or Dialectical Behaviour Therapy (DBT)) and for a range of co-morbid mental health issues
- Demonstrated cultural sensitivity when working with young people and families/ carers/staff with diverse backgrounds and identities and those with lived experience of mental illness.
- Excellent interpersonal, communication (written, verbal and non-verbal), organisational and negotiation skills.

Desirable but not essential:

- A Masters of Family Therapy from an Australian recognised academic institution.
- 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).
- Sound knowledge of the MARAM framework, implementation plan and hold an intermediate level of training or be working towards this.
- Clinical experience in running single-session interventions.
- 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

Applications from Aboriginal and Torres Strait Islanders are encouraged to apply. 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	