

# Position Description

## Senior Nurse Clinicians – Specialist Eating disorders- SEDS

<b>Classification:</b>	RPN 4
<b>Business unit/department:</b>	Child and Youth Mental Health Service (ICYMHS), Mental Health Division (MHD)
<b>Work location:</b>	Onsite at 37 Burgundy street Heidelberg - with outreach
<b>Agreement:</b>	Victorian Public Mental Health Services Enterprise Agreement 2020-2024
<b>Employment type:</b>	Fixed Term Full-Time or Part-Time available until June 2027.
<b>Hours per week:</b>	30.4-38 hours/week (flexible start and finishing times)
<b>Reports to:</b>	Team Leader and Program Manager
<b>Date:</b>	Jan 2026

### Position purpose

The Nurse Senior Clinician is an integral senior clinical role in SEDS reporting to the Team Leader and Program Manager.

Working within a multi-disciplinary setting the key components of the role involve the following: providing clinical eating disorder physical health monitoring and assessment, triaging, participating in SSI's, treatment planning and recommended treatment options, undertaking meal support and psychological interventions in an outreach setting and capacity building supporting and coaching junior SEDS staff and other ICYMHS staff involved in eating disorder clinic-based and outreach treatment.

The Nurse Senior Clinician also has a key role in participating in and contributing to group and education opportunities for the eating disorder program, including psychological education sessions and family work alongside contributing to the ongoing development and implementation to the new SEDS model of care.

As a senior it is expected that the incumbent works collaboratively within the team and broader ICYMHS staffing group identifying service gaps and community needs.

### About the Directorate/Division/Department

The Mental Health Division provides care and services through a comprehensive range of teams to me

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.

**The Infant Child and Youth Mental Health Service (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).

Young people eligible for the service are aged 0- 25 years. Lived and Living experience workforce is also embedded within the ICYMHS directorate.

Austin Health has two inpatient units (a child and adolescent one) a Child and Family Centre called Booboop Narrkwarren Nagarra – Jarra- noun and a Youth Prevention and Recovery Centre (YPARC) along with a range of community teams.

The child and youth community teams work alongside specialist outreach teams, an ICYMHS Crisis Assessment and Treatment Service (CATS) and a triage team.

The work is supported by specialist roles; - Infant and Child Specialist Alcohol and Drug Practice Leads, Aboriginal Mental Health Liaison Officers, a group program coordinator and an Autism Assessment Team.

## Specialist EATING Disorders (SEDS)

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

SEDS provides specialist 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 SEDS team which includes allied health, dietetics, nursing and lived experience both carer and peer.

SEDS supports Austin ICYMHS community clinicians working directly with eating disorders through consultations, shared work and with short term outreach support to the consumers and their families.

The In Home (outreach)Intensive Early Engagement and Treatment Service Initiative, in place til July 2027, has expanded SEDS supports to Austin ICYMHS community clinicians working directly with eating disorders through consultations, shared work and with short term outreach support to the consumers and their families.



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Within this SEDS provides a step up in treatment for young people who are not responding to lower intensity community treatment, a step down from acute treatment in patient or residential units and a step for those first referred into service.

The in-home program aims to deliver much needed community-based intensive eating disorder treatment for young people and their families' carers and supporters in the Austin Health catchment area.

The team is located at Burgundy Street and staff work on site with travel between campuses as required including outreach for the purposes of fulfilling the needs of the allocated case load.

Flexible working hours are a necessity of the role in this SEDS initiative.

## Position responsibilities

### Role Specific:

#### Direct Comprehensive Care

- Demonstrate a clear understanding the principles of recovery-orientated, trauma-informed and family- centered practice particularly pertaining to eating disorders and comorbid mental illness/disorders.
- Provide expertise, liaison and collaboration at first contact with ICYMHS triage to manage acuity, flow and priority of eating disorders referrals into the service and easy access to care
- Together with other members of the SEDS multi-disciplinary team undertake comprehensive eating disorder assessment, risk formulation and management recommendations for children, young people and their carers/families.
- Rigorously assess the clinical medical and psychological risk of each client and effectively manage this risk through planning and intervention in conjunction with Consultant Psychiatrists, ICYMHS teams and external providers eg GP.
- Participate in Single session interventions for eating disorders.
- Effectively liaise with relevant ICYMHS teams to facilitate rapid allocation of cases into case management as clinically indicated.
- Provide high-quality and evidence-based education, mentoring and support to case managers particularly regarding the more complex cases held in the teams as well as assuming a brief shared co- therapy role in a small number of cases as required. This includes in-reach to the bed-based services as indicated.
- Engage young people and their families within clinical and outreach settings as per the new Seds in- home Intensive outreach model of care.
- Outreach to other ICYMHS sites.
- Undertake roles and other duties as directed at appropriate to your nursing experience and training that are necessary for the efficient functioning of the ICYMHS service.



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## 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.
- 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.
- Actively contributes to the development and review of policies and practice guidelines in line with their area of clinical expertise

## Education and Training

- Provide education and secondary consultation to community organizations to increase early detection of eating disorders and timely referral to ICYMHS together with Mental Health Promotion Officer staff or other specialist staff.
- Actively participate in under- and post-graduate training of professionals within ICYMHS / MHD..
- Actively participate in operational, clinical and professional supervision and performance development and review processes.
- 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.

## Professional Leadership

- Work collaboratively with key stakeholders including Austin Health 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).
- Work collaboratively and successfully with the lived experience workforce, empowering them in their roles and learning from them to improve the practices of self and others.
- Demonstrate excellent interpersonal and negotiation skills, supporting the management of the most complex cases in ICYMHS, interagency case meetings and discharge planning.
- Comply with relevant professional, child and mental health sectors' legislative and statutory requirements.

## Research and Quality:

- Maintain up to date awareness and practice of safety risks, safe practice policy and procedures of the service and relevant legislation to ensure that risks to consumers, carers, families, staff and the community are minimized.
- Maintain up to date knowledge of and adhere to safety and other procedures within MHD and sites you visit.
- Contribute to ICYMHS operational activities, service planning, research and evaluation activities. Support ICYMHS performance approach and culture that is safe, healthy and productive with focus on continuous improvement.



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- Instigate appropriate research or evaluation studies following ethical practice guidelines and contributing to the sharing of outcomes either through education opportunities or conference-type presentations or academic publications.
- Identify best practice research to address gaps in nursing practice

## Selection criteria

### Essential skills and experience:

- Must meet minimum years of clinical experience in nursing for a senior role.
- Demonstrated expert level of knowledge/experience of recovery-centered care and collaborative clinical practice in eating disorders (particularly in relation to young people).
- Sophisticated understanding together with extensive experience 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.
- Knowledge of, and experience in leading and delivering, a range of crisis intervention and management strategies (at a senior clinician level).
- Sound knowledge of relevant legislations including the Mental Health and Wellbeing Act 2022; the Child, Youth and Families Act 2005; the Privacy Act 1988; and the Drugs, Poisons and Controlled Substances Regulations 2017.
- 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.
- Training in clinical supervision (relevant to discipline or area of practice) and experience in providing high quality supervision to other clinical staff with excellent feedback.

### Desirable but not essential:

- Experience working as a nurse senior 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.
- Advanced training in relevant areas, for example: developmental psychiatry; child, adolescent or youth mental health, adverse childhood events/childhood trauma, child or adult psychotherapy.
- Clinical experience in running single-session interventions.
- Experience of case management involving the National Disability Insurance Scheme.



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## Professional qualifications and registration requirements

- Relevant professional post graduate qualification in psychiatric/mental health nursing or equivalent and current registration with AHPRA.
- A current Victorian Driver's License (without restrictions), and ability to drive a work vehicle.
- A current Working with Children's Check (without restrictions)

## Quality, safety and risk – all roles

All Austin Health employees are required to:

- Maintain a safe working environment for yourself, colleagues and members of the public by following organizational safety, quality and risk policies and guidelines.
- Escalate concerns regarding safety, quality and risk to the appropriate staff member, if unable to rectify yourself.
- Promote and participate in the evaluation and continuous improvement processes.
- Comply with the principles of person-centered care.
- Comply with the requirements of National Safety and Quality Health Service Standards and other relevant regulatory requirements.

## Other conditions – all roles

All Austin Health employees are required to:

- Adhere to Austin Health's core values: our actions show we care, we bring our best, together we achieve, and we shape the future.
- Comply with the Austin Health's Code of Conduct policy, as well as all other policies and procedures (as amended from time to time).
- Comply with all Austin Health mandatory training and continuing professional development requirements.
- Provide proof of immunity to nominated vaccine preventable diseases in accordance with Austin Health's immunization screening policy.
- Work across multiple sites as per work requirements and/or directed by management.

## General information



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## **Cultural safety**

Austin Health is committed to cultural safety and health equity for Aboriginal and/or Torres Strait Islander People. We recognise cultural safety as the positive recognition and celebration of cultures. It is more than just the absence of racism or discrimination, and more than cultural awareness and cultural sensitivity. It empowers people and enables them to contribute and feel safe to be themselves.

## **Equal Opportunity Employer**

We celebrate, value, and include people of all backgrounds, genders, identities, cultures, bodies, and abilities. We welcome and support applications from talented people identifying as Aboriginal and/or Torres Strait Islander, people with disability, neurodiverse people, LGBTQIA+ and people of all ages and cultures.

## **Austin Health is a child safe environment**

We are committed to the safety and wellbeing of children and young people. We want children to be safe, happy and empowered. Austin Health has zero tolerance for any form of child abuse and commits to protect children. We take allegations of abuse and neglect seriously and will make every effort to mitigate and respond to risk in line with hospital policy and procedures.



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