

Position Description

Senior Mental Health Clinician-Occupational Therapist -Specialist Eating Disorders- SEDS

Classification:	Occupational Therapist Grade 3
Business unit/department:	Child and Youth Mental Health Service (ICYMHS) Mental Health Division (MHD)
Work location:	Austin Hospital <input checked="" type="checkbox"/> Heidelberg Repatriation Hospital <input type="checkbox"/> Royal Talbot Rehabilitation Centre <input type="checkbox"/> Other <input type="checkbox"/> (please specify)
Agreement:	Victorian Public Mental Health Services Enterprise Agreement 2020-2024
Employment type:	Fixed-Term Part-Time available to June 2027
Hours per week:	22.8 (0.6 FTE)- flexible working hours
Reports to:	Eating Disorder Team Leader and Program Manager
Direct reports:	nil
Financial management:	nil
Date:	May 2025

Position purpose

The Senior 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 sessions and in-home intensive outreach sessions as per the SEDS new funding model (refer below).
- supporting and capacity building clinicians in the community teams with clinical progress towards recovery goals and interventions as indicated.
- Consistent with a senior role provide leadership and support to other team members and provide discipline specific supervision as required.

Together with the Consultant Psychiatrist and Team Leader the role is also 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 the Directorate/Division/Department

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 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.

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 predominantly aged 0-18 years with several teams available for those aged up to 25.

Program description...Specialist Eating Disorders -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 SEDS team which includes allied health, dietetics, nursing and lived experience both carer and peer.

The service supports and capacity builds other ICYMHS staff with their eating disorder experience, knowledge and practice wisdoms.

A new 3 year In Home (outreach) Intensive Early Engagement and Treatment Service Initiative has begun expanding the SEDS described above having been in the co design phase with consumers, our lived experience workforce our external stakeholders e.g. CEED and EDV and our SEDS and community teams for the last few months.

This service will provide a step up in treatment for young people who are not responding to lower intensity community treatment and a step down from acute treatment in patient or residential units. A step into treatment is also being considered.



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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.

Position responsibilities

Direct Comprehensive Care

- Demonstrate a clear 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.
- 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.
- Following referral to the service undertake a timely and comprehensive eating disorder assessment, risk formulation and management plan for children, young people and their carers/families through a single session intervention model.
- Support, capacity build and provide leadership and direction to the Community Team clinicians about assessing and treating 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 e.g. home visits.
- Provides Occupational Therapy discipline specific expertise and leadership that contributes to excellent clinical outcomes for young people and their families as well as the team's capacity to provide a comprehensive formulation and diagnostic clarification.
- Support the understanding of sensory processing (as related to food sensitivities) as well as the role of sensory interventions with trauma and other causal factors underpinning eating disorder presentations. This may take the form of a full sensory assessment or psycho education with family/ staff /services local to the child's home.
- 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.
- Work closely and respectfully with Lived Experience (both carer and Consumer) who are integral to care provision within the service.

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.



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- 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 ICYMHS 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.

Selection criteria

Essential skills and experience:

- Must meet minimum years of clinical experience for the profession according to the relevant Enterprise Agreement. 7 years for Occupational 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) or Dialectical Behaviour Therapy (DBT)) 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:

- 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



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training or be working towards this.

- Clinical experience in running single-session interventions.
- Dual-diagnosis competency or a willingness to undergo specialised training.

Professional qualifications and registration requirements

- Approved degree from a recognised school of Occupational Therapy and eligibility for membership with Occupational Therapy Australia
- Current registration with Australian Health Practitioner Regulation Agency (APHRA) as an Occupational Therapist
- 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 organisational 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 immunisation screening policy.
- Work across multiple sites as per work requirements and/or directed by management.

General information

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



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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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