**Mental Health Clinician-Occupational Therapist –**

**Specialist Eating Disorders (SEDS)**

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| **Classification:** | Occupational Therapist Grade 2 |
| **Business unit/department:** | Child and Youth Mental Health Service (ICYMHS) Mental Health Division (MHD) |
| **Work location:** | Austin Hospital [x]  Heidelberg Repatriation Hospital [ ] Royal Talbot Rehabilitation Centre [ ]  Other [ ]  (please specify) |
| **Agreement:** | Victorian Public Mental Health Services Enterprise Agreement 2020-2024 |
| Choose an item. |
| Choose an item. |
| **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 |

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| **Position purpose** |
| The Mental Health Clinician works with young people with eating disorders (aged 0 to 25 years) and their families who are referred to Austin Health’s ICYMHS. The purpose of this position is to promote recovery, reduce barriers to treatment, and enhance the young person’s ability to achieve and maintain optimal functioning in the community. This role ensures that the young person receive coordinated, person-cantered care aimed at improving their psychological, emotional, and social well-being.The Occupational therapy clinician works collaboratively with young people, families, clinical teams, and community resources to assess needs, develop individualized care plans, monitor progress, and advocate for appropriate services and supports. The successful clinician is accountable to the manager of the Inner North Community and Specialist Teams and will work collaboratively with the broader Mental Health staff and teams. |

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| **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 located across Austin Health campuses and in the community.The Mental Health Division incorporates three program areas.* Adult and Older Mental Health Services
* Infant, Child and Youth Mental Health Services and,
* Mental Health Specialty Services.

All mental health services work within a clinical framework that promotes recovery -orientated practice and supported decision making. This approach to client well-being builds on the strengths of the individual in partnership with their treating team. It incorporates the principles of self-determination and individualized treatment and care.**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 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. A new 3 year In Home (outreach)In Home Intensive Early Engagement and Treatment Service Initiative has begun expanding and enhancing SEDS. The in-home/outreach 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.This service provides 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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| **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 and outreach settings particularly pertaining to eating disorders and comorbid mental illness/disorders.
* Provides Occupational Therapy discipline specific and evidenced based assessments and interventions that contributes to excellent clinical outcomes for young people and their families
* Provides and promotes an understanding of the importance of principles such as activity engagement, community participation and purposeful activity for the recovery and wellness of young people.
* Provision of sensory assessments and interventions that support the young person, their family as well as teams understanding of impact of environment and trauma as well as other causal factors on ability to function and manage day to day.
* Works in respectful partnership with families in outreach/in home settings.
* Undertake a shared co-therapy role with ICYMHS community team case managers in a small number of complex presentations if required**.**
* 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), NDIS
* 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 Consumer & Carer Lived & living Experience
* Knowledge & understanding of National Disability Insurance Scheme (NDIS) and support engagement and drive outcomes with NDIS as required

**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.

**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.
* Provide supervision, support and mentoring to Occupational Therapy Students & Early Career Occupational Therapy graduates

**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.

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| **Selection criteria** |
| **Essential skills and experience:*** Must meet minimum years of clinical experience for the profession according to the relevant Enterprise Agreement.
* level of knowledge of child- and family-centred care, recovery centred care and collaborative clinical practice (particularly in relation to young people).
* Experience and skills in delivering evidence-based assessment and treatment of eating disorders 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.
* ~~D~~emonstrated interpersonal, communication (written, verbal and non-verbal), organisational and negotiation skills.

**Desirable but not essential:*** Experience in the delivery of group-based interventions **that may be either young person focused, or carer/family focused.**
* Sound knowledge of the MARAM framework,
* Clinical experience in running single-session interventions.
* Dual-diagnosis competency or a willingness to undergo specialised training.
* Experience in range of evidenced based eating disorder interventions including Family Therapy for Eating Disorders/FBT, Specialist Supportive Clinical Management (SSCM) or Dialectical Behaviour
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| **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).
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| **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.
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| **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.
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| **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 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.  |