

Position description

Mental Health Coach – Links to Wellbeing

Section A: position details

Position title:	Mental Health Coach - Links to Wellbeing
Employment Status:	Part-Time
Classification and Salary:	Health Professionals and Support Services Award 2010 or Nurses Award 2010. Remuneration will be negotiated dependant on skills, experience and qualifications
Location:	Links to Wellbeing, Morphett Vale - Central / Southern Region Adelaide, to be determined- multiple positions at more than 1 consortium agency
Hours:	6 Day Rotating Roster (The roster may also include afterhours, including weekday evenings, Saturday, Sunday and public holidays)
Contract details:	Maximum Term contract until 30 June 2021

Consortium context

The Links to Wellbeing (LTWB) consortium is a group of mental health and community service providers, consisting of:

- Neami National
- Mind Australia
- Skylight
- Uniting Care Wesley Bowden (UCWB)

The organisations have built upon existing strong partnerships in the primary health and community service sectors.

The Adelaide Primary Health Network have commissioned the Links to Wellbeing consortium to provide Primary Mental Health Services that will provide clinical support and psychological services across the stepped care continuum.

Interventions range from low intensity, for those with mild presentations, psychological therapies for people with mild to moderate conditions through to clinical care coordination for people with chronic and complex mental health conditions. Suicide Prevention Services for people suitable for primary mental health care management are also available.

Position overview

The Mental Health Coach will work as part of a multidisciplinary mental health team to deliver brief low intensity cognitive behavioural therapy to people experiencing mild to moderate stressors, depression and / or anxiety in the primary care setting. The Mental Health Coach will assist in the development and facilitation of evidence based low intensity group-based treatment programs.

The Mental Health Coach will be responsible for:

- Providing a range of low intensity psychological interventions (individual and group) to clients across a range of programs within Central and Southern Metropolitan Adelaide
- Planning and implementing assessment and treatment services
- Develop and implement low intensity Group program development and implementation where appropriate and necessary
- Liaison and consultation with other professional employees

Employment

Successful applicants will be employed directly by the organisations in the Links to Wellbeing consortium. The organisations are:

- Neami
- Mind
- Skylight
- Uniting Care Wesley Bowden

Maximum term contract until 30 June 2021; subject to a 6-month probationary period.

Accountability

The Mental Health Coach is accountable to the Mental Health Clinical Lead employed by Neami as the lead agency.

Conditions of employment

The terms and conditions of employment will be in accordance with the Nurses Award 2010 or Health Professional and Support Services Award 2010.

A number of benefits are available to staff, including generous salary packaging with rewarding NFP fringe benefit tax exemptions.

- Criminal record checks are mandatory for all new appointments. Neami will cover the cost of an Australian check. Where a new employee has lived outside of Australia for 12 months or more within the last 10 years, the cost of an International check will be borne by the applicant.
- Working with Children check and Vulnerable Person Check required before commencement of work (employee responsibility).
- You must maintain a right to work in Australia, in the position and location of employment during your employment with Neami. You must comply with all terms of any such grant of a right to work in Australia.
- At all times maintain annual registration requirements with appropriate registration authority (AASW, AHPRA) including registration standards and continuing professional development (CPD).

Qualifications

- Qualified in one of the following disciplines and membership to associated professional body; Psychology, Social Work, Occupational Therapy, or Mental Health Nursing
- Current and full registration with the appropriate registration authority (AASW, AHPRA)
- Social Workers – Registered member of the AASW and have AASW accreditation.
- Current National Police Check

or

- Lived Experience /Peer Worker/person who has minimum 2 years supervised experience in the area of mental health and in addition to qualifications in:
- Certificate IV in Mental Health; and/or
- Certificate IV in Mental Health Peer work; and/ or
- An equivalent qualification.
- Current Child Safe Environments

Section B: key responsibilities

Clinical Services

Provide clinical mental health services including:

- Assess and screen referrals using appropriate tools, policies and procedures
- Provide information about mental health and available services
- Provide low intensity clinical intervention with an emphasis on Cognitive Behavioural Therapy
- Work collaboratively with clients and their families to identify their mental health (and where appropriate, general health) needs
- Coordinate client therapeutic interventions by formulating client plans in collaboration with the client, family/carers, staff and external workers and agencies, including making internal and external referrals as needed
- Determine client goals and strategies to be implemented through therapy and review as required
- Support the continuity and client care and information flow between clients, staff GPs and external workers and other agencies
- Provide individual and group clinical interventions as required
- Close client files using appropriate tools, policy and procedures

Clinical Group Therapy

- Participates in the identification, development and facilitation of a low intensity therapeutic group programs as per operational guidelines
- Develop/source program content and materials, and implement group therapy sessions
- Evaluate group program and conduct data analysis and report

Other Clinical Responsibilities

- Be willing and able to provide cover for crisis and unsolicited calls or walk-ins as directed by the Clinical Lead or in their absence
- Provide leadership in individual and group supervision, and attendance at team meetings and external meetings

Liaison and Networking

- Foster and maintain relationships with external stakeholders to ensure good communication flow and clear referral pathways
- Participate in community engagement activities as directed and promote the mental health and Wellbeing of the community

Records Management

- Comply with electronic case file system and any other relevant organisational processes and procedures
- Document presentations and attendance at events

Continuous Improvement

- Participate in the Links to Wellbeing Consortium commitment to continuous quality improvement by attending team and clinical staff meeting
- Attend training and improve professional skills relative to individual need and attend organisational staff training and development as required

Clinical Support

- Attendance at Clinical Case Reviews
- Partake in individual clinical supervision
- Clinical supervision of a colleague as required and appropriate
- Provide appropriate internal training as relevant

Section C: key competencies

Skills and Abilities

- Proven ability to implement and facilitate low intensity psychological interventions for individuals
- Proven ability to administer and interpret appropriate psychometric tests and outcome measurements
- Proven ability to apply evidenced based low intensity psychological interventions including understanding of current theoretical concepts within mental health sciences and their application to mental health issues and problems

- Proven high level of communication skills including the ability to communicate effectively, both orally and in writing with clients, internal and external agencies and community members
- Ability to work as a member of a multidisciplinary team
- Ability to perform multiple tasks and meet deadlines
- Ability to work independently with minimal supervision
- A positive customer service attitude
- Able to apply organisational policies and procedures
- Ability to model appropriate, positive and professional behaviour when representing the organisation

Experience

- A minimum 2 years supervised experience in the area of mental health
- A minimum 2 years relevant professional development and or supervision
- Experience in delivery cognitive behaviour therapy and other evidence based interventions

Knowledge

- Knowledge of Occupational Health, Safety and Welfare Act, policies and practices
- Knowledge of Equal Opportunities Legislation, policies and practices
- Knowledge of Professional Codes of Conduct and Ethics: aware of and practicing within relevant Federal and State Legislation and the relevant Professional Code of Practice, Conduct and Ethics