



Primary Therapist Position description

Position	Primary Therapist
Team	ResetLife Intensive Outpatient Program
Employment type	Full-time fixed term
Hours	38-hour week, some evening and weekend work required
Location	Cranbourne
Reports to	ResetLife Key Supervisor
Direct Reports	Nil

About TaskForce

Since 1973, TaskForce has provided specialist support for people in serious need in Victoria. Our core services focus on addressing social issues of alcohol and other drugs, unemployment, mental health and high-risk taking behaviours, supporting our clients to transition back into “mainstream” services and supports. The people who access our services have experienced significant disadvantage or a crisis in their lives and as a result are prevented from reaching their potential.

Information about the Reset Program

ResetLife is a structured, manualised intensive outpatient program for adults aged 18 years and over that provides individual and group treatment, and informal supports (specifically SMART Recovery and 12-step programs) on other days.

The structured program involves 16 weeks of intensive treatment, followed by 36 weeks continuing care. In the first 16 weeks, participants attend:

- Individual and conjoint family therapy sessions
- Early recovery skills group (psycho-education on skills to achieve sobriety)
- Relapse prevention group (2x per week for specific skills to prevent relapse)
- Family education group
- Social support (building social skills for a healthier life)

There are five staff roles in the Reset team:

- Key Supervisor- responsible for program management.
- Primary Therapist x2 – facilitating individual sessions and some groups, also doing some case management.
- Family Therapist – responsible for the social and family support groups
- Peer Support Coordinator – a peer role, who co-facilitates sessions.

About the Position

The Primary Therapist, Intensive Outpatient Program (IOP), will work as a member of a multi-disciplinary team to implement and deliver the intensive outpatient treatment service to individuals experiencing complex and problematic alcohol and other drugs use.

As this IOP program model is an integrated approach, the primary therapist will provide a range of treatment interventions including Assessment, Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), and psychoeducation via individual and group facilitation treatment modalities.

This role will ensure adherence to the structural and clinical fidelity of the treatment model through utilisation of the manualised treatment materials; consistent scheduling and facilitation of all individual and group sessions; collection of weekly random drug/alcohol screens; monitoring of group size; utilisation of peers as co-leaders (when appropriate); and ensuring client retention through active follow-up.

Key Responsibilities

The primary therapist works as a member of Intensive Outpatient treatment team and will be assigned as the primary therapist for a caseload of clients. The focus of this role will include:

- Completion of Comprehensive AOD Assessments and treatment planning for all clients assigned to their caseload
- Make outgoing referrals for clients deemed unsuitable for the IOP service
- Active engagement with clients and family members to build cohesive relationships
- Facilitation of Individual/conjoint family therapy sessions with all clients on caseload
- Facilitation of group sessions including Early Recovery Skills (ERS), Relapse Prevention (RP), and Family Education (if required)
- Personally, invite family members of clients on their caseload to family education sessions
- Collecting weekly random urine drug screens and/or saliva tests and conducting breath tests with all group members. If positive, ensuring an Individual therapy session is arranged to discuss the positive drug screens
- Conducting active follow-up with clients who do not attend treatment to ensure ongoing program engagement

- Provide treatment that is welcoming, empathic, and optimistic and ensure, where possible, the reduction of stigma and shame for people and their families experiencing complex alcohol and other drug use.
- Act as a mentor for the development of the peer support coordinator
- Participate in weekly clinical supervision with the key supervisor
- Works collaboratively with the broader multidisciplinary team to ensure the efficient, effective, and responsive operation of the IOP service to ensure program fidelity
- Identify and up-skill peer mentors completing the IOP program

Qualifications

- Relevant health and/or welfare tertiary qualification such as Social Work, Psychology, Nursing or Allied Health Sciences and
- Certificate IV in AOD or have completed the required competencies

Skills and Experience (Key Selection Criteria)

- Minimum of 3 years' experience in the delivery of clinical interventions (CBT, Motivational Interviewing, Motivational Enhancement Therapy, etc) with people and families experiencing complex alcohol and other drugs use.
- Demonstrated advanced knowledge of the physiology of addiction.
- Advanced group facilitation skills.
- Proven ability to effectively work with people and families experiencing problematic alcohol and other drugs use in a respectful, compassionate and positive manner.

Essential Requirements

- Satisfactory outcome of a confidential Police Check and Working with Children Check.
- Empathy for those whose lives have been affected by problematic alcohol and other drug use/ and or mental health disorders.
- Possession of a current Victorian Driver's License and willingness to travel within catchment and to Melbourne.
- Availability for some work outside of normal business hours (7pm finish one night per week).
- Information technology skills, including proficiency in Microsoft Office suite.
- Eligibility to work in Australia.

Desirable Requirements

- First aid certificate.
- Mental Health First Aid
- Current knowledge of OH&S practice.

Terms and Conditions

- Employment conditions are in accordance with the Social, Community, Home Care and Disability Services Industry Award 2010.

As an organisation with public benevolent institution (P.B.I.) status, TaskForce offers all staff the opportunity to take up generous Salary Packaging.

To be employed in this position a person must:

- Be prepared to travel between the sites to meet the requirements of the job and to work out of various partnership locations.

- Undergo a Police Check and a Working with Children Check. Offers of employment are subject to the results of these checks.
- Hold a current driver's license.
- Familiarise themselves with, and observe all TaskForce business, community, therapeutic and human resources policies, procedures and practices.
- Follow TaskForce's codes of employee conduct, promote the interests and reputation of the agency and refrain from acting in way that would conflict with the best interests of TaskForce.

Our values



Client centred

We strive to support our clients and their extended networks to change their circumstances. We will collaborate so that our full range of services and supports are wrapped around them enabling each to reach their full potential.

Innovation and best practice

We will be cutting edge in all that we do leading to evidence-based best practice within the sector. Our people will be passionate and motivated to make a difference.



Thought leadership

We are committed to addressing the tough moral challenges faced and sensitivities that abound in our sector, leading consequent debate and adapting as broader positions held by society evolve.



Honesty and integrity

We do our utmost to communicate openly, honestly and respectfully. We collaborate and share accountability with colleagues and clients alike. We acknowledge that as we learn, mistakes may be made but that this learning will make us stronger.



Trust, respect and self care

We collaborate to create a work environment built on trust and respect where our people and consortium partners are supported and challenged to lead best practice. We recognise that responsibility for self-care is also a foundation to achieve excellence in the services we deliver.