

POSITION DESCRIPTION



Nepean Blue Mountains
Local Health District

Occupational Therapist Level 1/2 - Blue Mountains Assertive Community Treatment Team

Our Values	CORE	Collaboration Openness Respect Empowerment
Organisation	NSW Health	
Local Health District / Agency	Nepean Blue Mountains Local Health District	
Position Classification	Occupational Therapist Lvl 1 ,Occupational Therapist Lvl 2	
State Award	NSW Health Service Health Professionals (State) Award	
Category	Allied Health Occupational Therapist	
Vaccination Category	Category A	
ANZSCO Code	252411 Occupational Therapist	
Website	www.nbmlhd.health.nsw.gov.au/	

PRIMARY PURPOSE

To provide appropriate occupational therapy assessments and interventions to encourage and increase functional capacity and independence, drawn from relevant theoretical and clinical frameworks to people with a severe and persistent mental illness that are least intrusive, collaborative, recovery oriented, nominated carer and family responsive. To provide service in a manner that is inclusive, rehabilitative, based on evidence-based practice, encourages self-advocacy, facilitates empowerment and the person's capacity for optimal independent function.

RESPIRATOR USE

NSW Health workers may be required to use a respirator, as part of their appointment with NSW Health. Where a respirator is required for use, workers will be instructed in their safe use; including donning, doffing and fit checking. Staff may be required to complete fit testing to selected respirator/s to assess their facial fit/seal.

At all times when a health worker is required to use a respirator, the health worker must not have any facial hair present. Processes are in place to support workers that need to keep facial hair due to religious observance requirements and/ or health conditions.

ESSENTIAL CRITERIA

Professional, Educational and Research

- Engage in regular peer review and/or professional supervision, in accordance with skills and experience, within the relevant professional structure.
- Participate in continuing education, including maintenance of knowledge of current research outcomes and literature reviews relating to occupational therapy practices, in order to enhance job performance.
- Participate in education and development programs, including the in-service program, performance development and quality improvement.
- Supervise undergraduate and post-graduate occupational therapy student placements within the

POSITION DESCRIPTION



Nepean Blue Mountains
Local Health District

Occupational Therapist Level 1/2 - Blue Mountains Assertive Community Treatment Team

NBMLHD Mental Health service, and liaise with the Occupational Therapy Department and University Clinical

- Placement Co-ordinators regarding these placements to ensure optimal student experience and learning.
- Student supervisory responsibilities to be in line with skills and experience.
- Participate in quality improvement and research projects relating to occupational therapy with mental health as appropriate.
- Improve standards of clinical practice and personal professional development through attendance at departmental in-services, clinical supervision and participation in external continuing education, to enhance job performance.
- Complete all mandatory training requirements on time as they fall due.
- Prioritise, attend and participation in monthly discipline specific meetings.

General

- Maintain up-to-date knowledge of, and adhere to all relevant State, Area and Nepean Blue Mountains Local Health District Policies and Procedures.
- Be aware of and comply with all Policies and Protocols relating to all areas of their work environment.
- Comprehensively document all assessment and consumer interactions, and review outcomes.
- Comply with the collection of relevant statistics and Outcome evaluations as required.
- Participate in health promotion strategies and activities, which progress NSW Health Department and LHD targets for health promotion.
- Where identified under the MHS Disaster Counselling Plan, participate in an LHD response in the event of a disaster.
- Participate and contribute to the orientation of new staff and the education of students on placement.
- Contribute to the ongoing development of an effective communication network within the team, with other departments and sectors and with the community.
- Assist in the effective management and maintenance of Nepean Blue Mountains Local Health District vehicles.
- Assist in the effective management and maintenance of equipment and facilities.
- Accept additional responsibilities as negotiated with the Professional Lead Occupational Therapy and Clinical Lead, Blue Mountains Assertive Community Treatment Team.

KEY ACCOUNTABILITIES

Clinical

- Ensure a recovery-orientation in all aspects of work, demonstrating capabilities for recovery-oriented practice as they are defined in the Australian National Framework for Recovery-Oriented Mental Health Services.
- Provide occupational therapy assessments and interventions for consumers experiencing severe and persistent mental illnesses, in accordance with relevant professional knowledge and skills and utilising a strengths-based approach.
- Provide care coordination under an assertive outreach framework.
- Establish a collaborative, respectful relationship with each consumer and their carers to facilitate the establishment and maintenance of optimal health and wellbeing.
- In collaboration with each consumer, their carers and other care providers, develop an individual care plan based on a comprehensive bio-psycho-social assessment of the client's needs, which contains specific goals, strategies and responsibilities for action.
- Ensure that each client's treatment and care is reviewed comprehensively and incorporates regular

POSITION DESCRIPTION



Nepean Blue Mountains
Local Health District

Occupational Therapist Level 1/2 - Blue Mountains Assertive Community Treatment Team

review of mental health status, risk factors, physical health needs, mental status examination, family circumstances, support levels, social needs and skill levels, and monitoring of levels of resilience and understanding of disorder.

- Provide individual and group counselling, education and support for clients and family members using approaches that teach problem solving skills and which foster personal empowerment.
- Provide consultation and support to colleagues, the broader mental health service and service partners, representing and promoting the role of occupational therapy within a mental health setting.
- Provide occupational therapy reports in a timely manner to ensure efficient management of episodes of care and timely referrals to external services.
- Liaise with other health service providers and community agencies to ensure continuity of client care.
- In collaboration with the client, develop and document a comprehensive after hours/emergency action plan that incorporates prevention and early intervention strategies.
- Participate in case reviews, team meetings, discharge planning/transfer of care meeting and interagency meetings as required.
- Work to maintain clients living with a severe and persistent mental illness in their own community environment to achieve the least disruption to their lives.
- Promote and support client access to, and utilisation of, existing community resources.
- Advocate for the client to ensure that they are not disadvantaged and that their rights are upheld. This encompasses either direct advocacy or advocacy through providing a range of strategies that enable and empower the client to address difficulties created by disadvantage or stigmatisation. Such advocacy will include specific areas as housing, employment agencies etc.
- Build respectful and collaborative partnerships with other care providers and with Government and Non-Government
- Organisations to create effective communication and information exchange pathways.
- Transport and escort clients in line with NSW Health and Nepean Blue Mountains Local Health District guidelines as appropriate.

KEY CHALLENGES

- Work with people who are seriously affected by their mental illness and engage with them in such a way that a trusting, flexible and consumer-centred working relationship is developed.
- The challenge is to provide education to consumers, families and carers about mental illness\disorder and to provide hope for a fulfilling life of their choosing.
- This position calls for excellent problem solving skills that can be taught to clients.
- Ability to maximise use of limited service resources and negotiate access to resources in the community and other services.

POSITION DESCRIPTION



Nepean Blue Mountains
Local Health District

Occupational Therapist Level 1/2 - Blue Mountains Assertive Community Treatment Team

KEY RELATIONSHIPS

Who	Why
Team Leader – Assertive Community Treatment Team	For advice and decisions related to operational management, professional leadership and support
BMACTT Clinical Lead	For advice and decisions related to operational management, professional leadership and support
ACT Team Members	For advice and decisions related to operational management, professional leadership and support

SELECTION CRITERIA

1. Degree in Occupational Therapy and current registration with the Australian Health Practitioner Regulation Agency (AHPRA).
2. Demonstrated capabilities and experience in recovery-oriented occupational therapy service provision in a mental health setting.
3. Experience working in an Assertive Community Treatment Team and/or knowledge of the principles that guide service delivery within this model of practice.
4. Commitment to the philosophy of recovery and consumer and carer consultation.
5. Demonstrated understanding of the effects of severe and persistent mental illness on people and a willingness to actively engage with consumers to minimise this impact.
6. Ability to work independently and as a part of a dynamic multidisciplinary team that utilises the skills of all team members as well as the resources available in the community.
7. Current Driver's Licence and willingness to use for work purpose travel.

OTHER REQUIREMENTS

- Work with people who are seriously affected by their mental illness and engage with them in such a way that a trusting, flexible and consumer-centred working relationship is developed.
- The challenge is to provide education to consumers, families and carers about mental illness\disorder and to provide hope for a fulfilling life of their choosing.
- This position calls for excellent problem solving skills that can be taught to clients.
- Ability to maximise use of limited service resources and negotiate access to resources in the community and other services.

Safety and quality statement

Fulfil the safety and quality accountabilities of the role to ensure the delivery of safe, high-quality care in line with the NBMLHD Clinical Governance Framework.

Training

Comply with and participate in the organisation's training programs and policies, including satisfactory completion of all mandatory training.

POSITION DESCRIPTION

Occupational Therapist Level 1/2 - Blue Mountains Assertive Community Treatment Team



Nepean Blue Mountains
Local Health District