



# POSITION DESCRIPTION



## Senior Mental Health Therapist

### *Supporting Everyone to be healthy and live well*

The Senior Mental Health Therapist will be located at the Echuca Site of the Greater Bendigo Loddon Campaspe Mental Health and Wellbeing Local. The "Local" is a consortium with MIND Australia being the Lead Agent. In addition, the Echuca site has staff employed by Echuca Regional Health, Thorn Harbour and Salvation Army.

The consortium is committed to embedding lived and living experience within all aspects of the service including program design and evaluation, leadership, service delivery and governance.

The Senior Mental Health Therapist will provide a continuum of care and support; including Clinical therapies through an integrated Mental Health and Alcohol and Other Drugs framework approach for people aged twenty-six years and above.

#### **Senior Mental Health Therapist Position Statement**

Local Services will provide evidence-based or informed clinical treatment, including counselling and psychological therapies. As a valued member of our multidisciplinary team, you will provide a service which includes direct clinical treatment to consumers, families and carers including short- and long-term care. The Mental Health and Wellbeing Therapeutic Clinician will be required to provide quality service within counselling and therapeutic frameworks to ensure that psychological assessment and interventions are responsive to the needs of consumers accessing the LOCAL. Clinical interventions will be integrated with and complemented by wellbeing supports, peer and mutual self-help supports and care coordination.

<b>Position Details</b>	
Position Title:	Senior Mental Health Therapist
Department	Greater Bendigo Loddon Campaspe Mental Health and Wellbeing Local (GBLC)- Echuca Site
Reports to:	GBLC Operations Manager – Echuca Site
Enterprise Agreement:	Allied Health Professionals (Victorian Public Sector) (Single Interest Employers) Enterprise Agreement 2021-2026; or Medical Scientists, Pharmacists and Psychologists Victorian Public Sector (Single Interest Employers) Enterprise Agreement 2021 – 2025;
Position Classification:	Grade 3





### Key Accountabilities

Provide service form a range of evidence-based, clinically indicated and trauma informed psychological therapies
Provide evidence based therapeutic groups
Participate in multi-disciplinary team processes and provide sound discipline specific advice to other clinicians within the team and guidance to more junior staff and students
Support care coordination to ensure continuity of care and coordinate effective referrals, information transfer and communication between services, as well as assist the consumer to access the range of health and social support services they need in the local community
Facilitate communication transfer and referral pathways into Area Mental Health and Wellbeing services as clinically indicated
Provide secondary consultation for staff employed within the Local for complex case presentations
Provide treatment and care that has been co-designed with the consumer and is based on a clear structured treatment approach involving shared monitoring of progress
Provide a therapeutic approach that: <ul style="list-style-type: none"> <li>- is consistent and reliable</li> <li>- is trauma-informed and sensitive</li> <li>- encourages self-agency and recovery</li> <li>- has compassionate boundaries and flexible limits</li> <li>- includes strategies to manage crisis, self-injury and suicidal behaviours</li> <li>- is able to help the consumer connect their emotions with thoughts and behaviours and develop skills to manage painful thoughts and emotions, self-sabotage, suicidal and self-harming behaviours, and interpersonal challenges</li> <li>- provides education and support to families, carers and supporters</li> </ul>
Self-Care and Wellness: Actively engage in self-care practices and seek opportunities for professional development to maintain personal well-being and enhance clinical skills
Perform other duties, responsibilities, and tasks as directed by the manager/supervisor, within the scope of the role, skills, and capabilities, to meet operational and organisational needs

### Organisational Responsibilities

Positively promote ERH within and externally to the organisation
Comply with the ERH and Victorian Public Sector Code (VPS) of Conduct
Each employee has a responsibility to comply and promote practices with all ERH policies and procedures and familiarise themselves with those relevant to their position
Comply with relevant registration bodies mandatory continuing professional development requirements
Carry out all work and interactions in alignment with the CARE values
Each employee has a responsibility to comply with and promote relevant legislation and professional standards in relation to safety, quality and risk relevant to their position
Each employee has a responsibility to comply with and promote compliance with the National Safety & Quality Health Service Standards and other industry standards and relevant regulatory requirements

### CARE Values

All staff are expected to behave in a way that is in alignment with our corporate values:	
<b>Collaboration</b> 	Works with a team focus Cooperates with others and gains input and support to assist in achieving objectives We work with others to achieve shared goals
<b>Accountability</b> 	Monitors the impact of one's own behaviour on others Supports a "no-blame" culture in reporting incidents and helping to effectively resolve them
<b>Respect</b> 	Treats people fairly and openly Treats people with dignity Demonstrates personal standards of consistency, tolerance and patience
<b>Excellence</b> 	Consistently supports and follows organisational policies and procedures Actively participates in identifying opportunities to improve what we do

### Key Relationships

Internal	External
LOCAL staff	MIND Australia
ERH staff	Area Mental Health and Wellbeing Services

### Selection Criteria

Essential:
Minimum Bachelor Degree Qualification in Psychology, Social Work or Occupational Therapy
Psychologist or Occupational Therapist: Will be required to have full registration under Australian Health Practitioners Regulation Agency (AHPRA) Social Workers: Will be required to be registered as a Mental Health Social Worker with The Australian Association of Social Work (AASW) or willing to work towards obtaining this accreditation
Minimum five years' experience, preferable in clinical mental health settings
Demonstrated knowledge, experience and skills in the provision of psychological interventions and the application of assessment and interventions
Demonstrated skills in the application of a range of therapy intervention models
Well-developed interpersonal communication skills including the ability to establish rapport clients
Strong written and verbal communication skills
Ability to work effectively within a multidisciplinary team and contribute to a positive collaborative work environment
Understand the value the voice of lived expertise and how it contributes to service provision and clinical outcomes

### Senior Mental Health Therapist

Ability to supervise students and provide clinical support to other staff employed at the GBLC Local

Flexibility of days and hours of work; Ability to work a range of shifts including days, evenings, and weekends as rostered

*Satisfactory evidence of; National police check, Working with Children's Check, NDIS Worker Screening Check and Vaccination status in line with policy and procedure at this time*

**Desirable:**

Post Graduate Qualification

Ability to conduct group work

Is an approved supervisor or willing to undertake the required training to gain this status

**TERMS & CONDITIONS OF EMPLOYMENT:**

Terms and conditions are in accordance with the Letter of Offer and Contract of Employment.

I acknowledge that I have received a copy of this position description. I have read (or have had read to me) and understand the requirements of this position. I agree to work in accordance with this position description.

Signed: \_\_\_\_\_ Date:        /        /

Print Name: \_\_\_\_\_

cc: Employee File