



POSITION DESCRIPTION

ONLINE YOUTH MENTAL HEALTH CLINICIAN

Location:	Parkville
Division:	Orygen Digital
Classification:	Health Professionals and Support Services Award 2010, Health Professional Employee, Level 1-2
Employment Type:	Part-time 0.4 to 0.8 EFT fixed term position available until 30 July 2021
Position reports to:	Senior Clinician – Supervisor, Orygen Digital

1. POSITION SUMMARY

The Online Youth Mental Health Clinician will directly support young people using MOST as part of the roll out of MOST within Victorian youth mental health services. Young people will be able to engage with clinical content and other appropriate features within MOST, such as social networking, and peer and vocational support. The Online Youth Mental Health Clinician will also assist MOST users with other appropriate features within MOST, such as social networking, and peer and vocational support. This role is responsible for maintaining weekly contact with MOST users, via messaging, discussions on the online forums, text message or telephone contact. The Online Youth Mental Health Clinician will be required to work collaboratively with other internal and external staff in support of young people, such as peer and vocational workers, and other clinicians.

The Online Youth Mental Health Clinician will possess appropriate qualifications in relevant disciplines, excellent communication skills, experience working in a clinical setting within the Victorian youth mental health system and a passion for empowering young people to achieve their mental health goals.

What is MOST?

Orygen Digital has already developed world-leading youth mental health technologies. Our flagship Moderated Online Social Therapy (MOST) platform is the first single digital solution specifically designed to integrate with, and address, the key limitations of current youth mental health services. It has been designed with and for young people and existing services, providing clinicians with evidence-based tools that can be used across the diagnostic and severity spectrums and all stages of treatment. In response to the COVID-19 crisis in 2020, Orygen Digital's MOST platform has been supported by a \$6m grant from the Victorian Government to fast track its roll-out across the state, and a \$1m grant from the Telstra Foundation to iterate and improve the MOST technology platform.

2. POSITION CONTEXT

At Orygen, our leadership and staff work to deliver cutting-edge research, policy development, innovative clinical services, and evidence-based training and education to ensure that there is continuous improvement

in the treatments and care provided to young people experiencing mental ill-health. Orygen Digital, the digital mental health division of Orygen, require an experienced individual to lead our engagement with services who will adopt Orygen Digital's MOST platform.

Orygen Digital is the world leading centre developing, evaluating and disseminating engaging and evidence-based digital interventions that dovetail with current national and international service delivery models for all young people and their families. Orygen Digital is commencing a deployment of the leading MOST platform across Victorian youth mental health services (headspaces and state-funded specialised services). This will require significant growth in Orygen Digital's clinical team to facilitate the success of this project, beyond which there is potential for further deployments across Orygen Digital is the world leading centre developing, evaluating and disseminating engaging and evidence-based Australian and international mental health services.

3. ABOUT ORYGEN

VISION: Young people to enjoy optimal mental health as they grow into adulthood.

MISSION: Reduce the impact of mental ill-health on young people, their families and society.

Orygen is the world's leading research and knowledge translation organisation focusing on mental ill-health in young people. Working side-by-side with young people, our partners and one another, we're redefining what's possible in global research, policy, education and clinical care. Find out more on our [website](#).

4. KEY RESPONSIBILITIES/OUTCOMES

The Online Youth Mental Health Clinician's key responsibilities will be to:

- welcome and onboard young people to the MOST platform;
- assist MOST users to effectively engage with clinical content and other appropriate features within MOST, such as social networking, and peer and vocational support;
- maintain weekly contact with MOST users, via messaging, discussions on the online forums, text message or telephone contact;
- maintain accurate records of engagement with young people;
- monitor the safety of young people on the platform and responds as required;
- work collaboratively with other internal staff in support of young people, such as peer and vocational workers;
- communicate with face-to-face clinicians to ensure they are updated on young person involvement with MOST;
- participate in regular supervision sessions with Senior Clinicians;
- any other duties as reasonably requested by the Senior Clinician and/or Director, Orygen Digital.

5. SELECTION CRITERIA

The following criteria must be met for consideration for this position:

5.1 Essential

- A tertiary qualification in a relevant discipline including psychology, social work, occupational therapy or other mental health profession with eligibility for appropriate membership with accredited registering body;
- An understanding of youth mental health systems and an ability to apply this knowledge to the Orygen Digital context;
- Experience working in clinical settings within the Victoria youth mental health system;
- Excellent written and verbal communication skills and demonstrated ability to facilitate a therapeutic alliance via digital means;
- Demonstrated sound ability to make decisions, problem solve, and risk manage, in relation to young person's treatment;
- Demonstrated awareness of mental health and social issues, experience working with individuals experiencing crises, and experience working with individuals working with high risk clients;
- Passion for empowering young people to achieve their mental health goals.

6. PROFESSIONAL AND ORGANISATIONAL KNOWLEDGE

The Online Youth Mental Health Clinician will be expected to have:

- Excellent computer skills including databases as required;
- Strong working knowledge of the common mental health issues faced by young people, evidence-based treatments for high prevalence disorders (such as CBT for mood and anxiety disorders) and the literature underpinning such approaches;
- An understanding of and commitment to ethics and confidentiality issues, particularly in relation to the health and allied-health professions;
- Knowledge of substance use and other health and social problems faced by young people and the indicated evidence-based treatment/support options for these;
- Knowledge and understanding of relevant legislation, government policies and strategic directions in relation to mental health and alcohol and other substances, particularly as it relates to young people.

7. SPECIAL REQUIREMENTS

- Unrestricted right to live and work in Australia;
- A current National Police Check will be required;
- A current valid Working with Children Check is required;
- After hours will be required and weekend work may be required;
- Occupational Health and Safety (OH&S) and Environmental Health and Safety (EH&S) responsibilities as outlined in Orygen's Occupational Health and Safety policy;
- All Orygen employees are required to familiarise themselves with the organisation's policies and procedures and to adhere to them at all times;
- In line with current Government guidelines, this position will be based at home initially. As such a reliable internet connection will be required.