
STUDY THERAPIST – CLINICAL TRIAL

JANUARY 2022



| | |
|--------------------------------------|---|
| Location: | Currently home-based telehealth. Face to face sessions (headspace Werribee, Glenroy and Sunshine) when clinically indicated |
| Division: | Research and Translation |
| Classification/ Salary Range: | Health Professionals and Support Services Award 2020, Health Professional Employee, Level 3 |
| Employment type: | Part time (0.2 FTE) position available for 12 months (Casual appointment will also be considered) |
| Position reports to: | Study Lead, Research Fellow – Addiction and Youth Mental Health |

1. POSITION SUMMARY

The purpose of this role is to provide psychological therapy to participants of a research study. This is a randomised-controlled trial investigating a psychological treatment approach. It is funded by Gandel philanthropy, The Marian & E. H. Flack Trust, and The BB and A Miller Foundation. The study aims to recruit 200 young people, 100 of whom will receive the active, and 100 of whom will receive the control treatment. The current position is for the delivery of the control intervention for the study. Control participants will receive Treatment as Usual (TAU) under the Medicare Better Access program, where treatment as usual is based on the usual care received by young people seeing a counsellor at headspace. This will be a casual or part-time position, with Medicare funds being credited to the study budget. In order to ensure that the active treatment approaches do not influence the clinical practice of the TAU practitioners, details regarding the aims and objectives of the clinical trial, and study intervention, are not able to be disclosed.

Subject to broad direction, the Study Clinician is expected to function autonomously, carry a caseload of clients and collect and enter research data. The Study Clinician will receive support from headspace Clinical Services Managers and will be supported by regular staff meetings and supervision (both operationally and clinically).

2. POSITION CONTEXT

Orygen delivers cutting-edge research, policy development, innovative clinical services, and evidence-based training and education for the mental health workforce to ensure that there is continuous improvement in the treatments and care provided to young people experiencing mental ill-health.

We are a complex organisation. Our activities and workforce are diverse and include:

- Five headspace centres in Craigieburn, Glenroy, Melton, Sunshine and Werribee that deliver primary clinical services to young people and are operated by Orygen.

- The Centre for Youth Mental Health, a University of Melbourne research and teaching department that is wholly seconded into Orygen. Centre staff are provided with Orygen email addresses and have the use of Orygen systems.
- Orygen Specialist Program (formerly referred to as Orygen Youth Health Clinical Program), a tertiary clinical service that is currently operated by North Western Mental Health, co-located with us at Parkville, Sunshine and Glenroy and also operating at sites in Footscray, and Wyndham. Whilst not under the governance of Orygen, Orygen Specialist Program works in close partnership with us.
- Orygen Digital, which develops and rolls out online clinical platforms that are fully integrated with 'in-person' clinical services.
- A training and development unit providing online and face to face training for the mental health workforce both nationally and internationally.
- A policy think tank drawing on Orygen's research and clinical expertise and partnering and collaborating with key content experts from Australia and around the world to advise government policymakers.
- Centralised professional support functions enabling the organisation to achieve strategic and operational objectives.

The study will be conducted at headspace Werribee, Glenroy and Sunshine, with possible extension to one or more other of Orygen's headspace centres (e.g. Melton, Craigieburn). headspace acts as a 'one-stop shop' for young people and provides services focused on mental health, physical and sexual health, vocational support and AOD intervention.

Orygen conducts a number of research studies at headspace sites in order to provide evidence for new and effective therapeutic interventions for the care of young people.

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. |
| VALUES | Respect, accountability, teamwork, excellence & innovation. |
| COMMITMENTS | First Nations people of Australia, young people and their families, LGBTIQ+ people & culturally and linguistically diverse people. |

4. KEY RESPONSIBILITIES AND OUTCOMES

The Study Clinician will:

- Provide psychological treatment for study participants in accordance with usual care provided at headspace
- Manage and undertake mental health and risk assessment, psychological treatment, and crisis intervention as necessary for study participants, and maintain accurate records of clients' progress in client files.
- Contribute to a culture of caring, teamwork, continuous improvement, constructive performance review, quality work standards and client service.
- Collect accurate data and complete outcome and fidelity measures for the purposes of the research trial in a timely manner. Complete data entry as required.
- Adhere to Good Clinical Practice for Research Guidelines.
- Participate in broader research team meetings.
- Work as part of the project team involving multidisciplinary clinical and research staff.
- Work collaboratively with clinical staff.
- Work to carefully maintain the integrity of the research study by avoiding knowledge of the treatment approaches of the active intervention, so as not to influence the clinical practice of the TAU practitioner.

- Maintaining the blinding of other research staff as required.
- May be required to perform other duties as reasonably directed by the Study Lead.
- Comply with and support others to comply with Orygen's policies and procedures, including taking appropriate action to hold others accountable and promote a workplace culture that is safe, diverse and inclusive.

5. SELECTION CRITERIA

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

5.1 Essential

- Tertiary qualifications in allied health or health related discipline and current registration with the Australian Health Practitioner Regulation Agency or equivalent experience and qualifications.
- A youth-friendly, optimistic and professional approach to work and a passion and commitment to achieving positive change in Youth Mental Health.
- Skill and significant experience in youth mental health clinical practice, including assessment, case formulation, and intervention across a range of diagnostic categories
- Proven skills in decision-making, problem-solving and risk management with ability to manage clinical risk appropriately and seek advice from clinical supervisor when required.
- Clinical experience within an autonomous role with demonstrated ability to provide evidence-based therapy and independently maintain a case-load of young people in the treatment process.
- Ability to work collaboratively, flexibly and effectively with young people and their families, and the multidisciplinary team.
- Highly developed organisational, administrative, and time management skills.
- Well-developed interpersonal and communication skills (both verbal and written).
- Commitment to high quality clinical research within the service as an integral member of the team.
- Ability to document care as required and meet expectations for data collection e.g. study intervention fidelity measures.

5.2 Desirable

- Familiarity and experience with research projects related to youth mental health, including knowledge of current research, standards and evidence-based practice relevant to early intervention.
- Understanding of Acts and legislation relevant to working with young people in a mental health setting.
- An understanding of Good Clinical Practice for Research.

6. SPECIAL REQUIREMENTS

- Unrestricted right to live and work in Australia.
- A current National Police Check will 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.
- Any offer of employment is conditional upon receipt and maintenance of a satisfactory Working with Children Check.
- A current Victorian driver's licence.
- You may be required to work across more than one of Orygen's sites, which are currently located within the north and west of Melbourne.
- Willingness to deliver interventions either in person (with travel between sites) or via telehealth as required

- This role will initially commence work remotely from home. The successful incumbent must have confidential home office space and reliable internet connection. (In response and subject to COVID-19 pandemic responsive change to working space.
- Successful applicants will be required to provide proof of COVID-19 Vaccination prior to commencement.

7. ACKNOWLEDGEMENT

Confirming this position description has been read and understood by:

| | |
|------------|--|
| Name: | |
| Signature: | |
| Date: | |