Position Description
Perinatal Mental Health Clinician
Part time
Region wide

Purpose of Position
To assess and diagnose psychological disorders and provide evidence-based psychological therapies to adult clients typically referred by General Practitioners (GPs), in keeping with the client’s Mental Health Treatment Plan, and within the guidelines of the Psychological Therapies and Better Access to Mental Health Care initiatives.

Psychological Therapies funded by the Commonwealth Government via the Primary Health network (Coordinare). Psychological Therapies is a targeted program designed to increase the capacity of Grand Pacific Health (GPH) to give priority to hard to reach groups who, for whatever reason, do not access psychological treatments. The program has dedicated funding to provide innovative recovery focussed services to people who have self harmed or attempted suicide or are at risk of suicide, people in rural areas and women with perinatal depression.

Reports to
Child and Family Team Leader

Decision Making
The Perinatal Mental Health Clinician is an employee of GPH, a member of the Child and Family team, and reports to the Child and Family Team Leader. You will work closely with other members of the Service Delivery Team and collaboratively with referring GPs and other employees of GPH.

The Perinatal Mental Health Clinician:
- Consults with the Child and Family Team Leader as required and makes recommendations to achieve the goals and plans of the organisation.
- Identifies areas for improvement in relation to their role, the team and at an organisational level and collates information to develop appropriate responses, including the implementation of solutions through delegation.
- Makes recommendations to the Child and Family Team Leader regarding decisions outside delegated authority.

Key Responsibilities

Clinical
1. Provide evidence-based, focused psychological strategies (CBT/ACT, psycho-education, relaxation strategies, skills training, interpersonal therapy) that are consistent with attachment based practices, and acknowledge/prioritise the caregiver-infant relationship. Treatment may also involve supporting clients who have experienced grief and loss in the perinatal period. These treatments could be provided to individuals or via group therapy to adult clients referred under a GP Mental Health Treatment Plan.
2. Provide an efficient service according to GPH guidelines for sessions per day.
3. Maintain accurate case notes for clients using an electronic clinical record and according to GPH protocols and professional standards.
4. Participate in case review meetings, contribute to care plans and participate in planned case conferences with GPs and other relevant professionals involved in the client’s care as required.
5. Provide written reports to the client’s referrer with information regarding assessments undertaken, treatment provided; and recommendations on future management of the client’s disorder, according to GPH protocols and professional standards.
6. Participate in appropriate supervision as agreed with the Child and Family Team Leader.
7. Monitor client progress using regular program outcome measures and record results appropriately.
General

8. Assist the Child and Family Team Leader with service planning, policy and procedure development and other administrative functions relevant to service provision (including assessment procedures, protocols for individual and group treatment programs, pathways and procedures for referral).

9. Assist with the development and implementation evaluation activities, continuous quality improvement activities and research projects, and contribute to national evaluations and Minimum Data Sets under funding agreements.

10. Prepare recommendations, reports and proposals and document processes and findings as necessary to meet GPH requirements.

11. Additional tasks may include working with relevant stakeholders in the perinatal care sector to promote the program, providing information on perinatal mental health to the public or professionals, establishing links with relevant agencies to enhance treatment provision.

12. Participate in organisation-wide team meetings, collaborative planning activities and quality assurance activities.

13. Contribute to the continuous improvement of systems and processes ensuring services meet professional and industry standards

14. Contribute to developing a culturally safe workplace for Aboriginal employees and clients.

15. Work Health and Safety responsibilities as identified in GPH policies and procedures

16. Equity and diversity responsibilities as identified in GPH policies and procedures

Selection Criteria

The experience, knowledge, skills, competencies and qualifications a person requires in order to successfully fulfill the responsibilities of the position are:

1. Experienced Mental Health Clinician, with a minimum 2 years experience – clinical psychologist, registered psychologist, social worker, mental health nurse, Aboriginal or Torres Strait Islander Health Worker, or occupational therapist.

2. Current registration with the Australian Practitioners Health Regulation Agency (APHRA) and current registration with Medicare as an approved provider.

3. Experience in assessment and diagnosis of mental health disorders, and provision of Cognitive-Behaviour Therapy and other evidence-based focused psychological strategies

4. Understanding of perinatal mood disorders and best practice guidelines for treatment of perinatal mental health issues. This includes demonstrated knowledge of attachment theory and how this may inform treatment of women and men in the perinatal period, as well as an understanding of the needs of clients referred for grief and loss during the perinatal period.

5. Demonstrated understanding of key issues in comprehensive Primary Health Care

6. Membership/eligibility for membership of the Australian Psychological Society College of Clinical Psychologists (desirable) or discipline equivalent.

7. Demonstrated high level written and verbal communication skills and the ability to work collaboratively with others

8. Ability to use a desktop computer, with familiarity with the Microsoft Windows environment and Microsoft Office applications and capacity to learn how to use a new clinical software package for keeping of electronic client records.

9. Current drivers licence and have access to a comprehensively insured motor vehicle

Competencies

The competencies that the Perinatal Mental Health Clinician will be required to demonstrate are:

- Teamwork: the ability and desire to work collaboratively with others in a team, particularly where dissimilar activities/disciplines need to be integrated to achieve goals.
- Written and verbal communication skills: the ability to ensure that information is passed on to others who should be kept informed and to express yourself clearly and appropriately in verbal and written interactions.

- Innovation and Flexibility: the ability to develop, or support the introduction of new and improved ideas, projects, solutions, methods, products, procedures or technologies and gain others' support. Openness to different and new ways of doing things with a willingness to modify your preferred way of doing things.

- Stress Management: the ability to keep functioning effectively when under pressure and maintain self control in the face of hostility or provocation.

**Additional Information**

Conditions of employment: National Employment Standards and relevant Modern Award
Employment Contract
Grand Pacific Health policies and procedures

As the incumbent of this position, I confirm I have read the Position Description, understand its content and agree to work in accordance with the requirements of the position.

Employee Name: _______________________________
Employee Signature _______________________________ Date: ________________

Manager's Name: _______________________________
Manager's Signature _______________________________ Date: ________________