

EXPRESSION OF INTEREST MENTAL HEALTH PRACTITIONER – PILOT PROJECT

Karinya House Overview

Karinya House is a community based, not for profit organisation servicing the ACT and surrounding regions. For 23 years, Karinya House has provided immediate support for women who are pregnant or have new babies and have nowhere else to turn.

As a twenty-four hour, seven day a week service, Karinya House is the only service specifically for pregnant and parenting women in the region, offering residential as well as outreach case management and support.

Karinya House recognises and acknowledges the unique lived experiences of women as they navigate building a future for themselves. Our practice framework is focused on developing a sense of hope and belonging, to effect lasting positive change in the lives of the women in contact with Karinya House.

By providing a framework of care that encompasses the whole person, practitioners walk alongside women as they develop their capacity to represent themselves and to make informed choices about their own lives. The Karinya House Practice Framework is founded within the principals of trauma informed care and practice. Individual casework management and flexibility in service provision are paramount at Karinya House.

Karinya is a non-religious, non-government and non-judgemental organisation.

Position Overview

In the last twelve months Karinya House has seen an intensification of mental health concerns both amongst the women being referred to Karinya and our existing clients. Many of the women that Karinya House works with have expressed mental health concerns, often due to experiences of complex trauma. For some women, this means their decision making or capacity to respond to the challenges that life presents including navigating health and finance systems, the transition to motherhood, breakdowns in social networks, and new challenges such as COVID is impacted further by their experiences of trauma.

While Karinya House welcomes and is supportive of the suite of mental health and wellbeing programs available across the ACT, these are not always appropriate or accessible for the women Karinya House works with.

The women Karinya House supports are faced with a range of compounding experiences of trauma related to histories of domestic/ family violence, sexual assault, child protection involvement, homelessness, drug and alcohol misuse. This complex trauma and associated mental health impacts require specialised and consistent counselling and mental health support. The lives of women that Karinya House support are characterised by 'having to tell their story' to many different services, such as Housing, Child Protection and Centrelink, therefore the prospect of being allocated a different mental health professional, every time an individual accesses a government service is unacceptable for most women and is often a deterrent for seeking support.

Karinya House has secured a philanthropic grant, from the James N. Kirby Foundation to fund the engagement of an appropriate mental health professional to:

- Work with women to develop and implement appropriate strategies to address their mental health issues, which in turn helps women to identify and work towards reaching their goals.
- Provide therapeutic, trauma informed counselling, within a recovery framework.
- Work with women in both a residential and outreach capacity
- Provide support to Karinya House caseworkers working with women presenting with mental health issues.
- As the Karinya House Mental Health Practitioners continue building connections and liaison with mental health services in the ACT

This is a pilot position to develop the role and provide proof of concept. The appointment terms and length of engagement is subject to negotiation. The available funding allows for the engagement of an individual equivalent to a Grade 6 – [Social, Community, Home Care and Disability Services Industry Award 2010](#), fractionally for up to six months.

There is flexibility regarding an individual either being appointed as a fixed term member of staff or on a contractual basis.

Further funding will be sought to adapt/ continue the role beyond the initial period.

Role Requirements

Karinya House is looking for a resilient, compassionate and practical professional who is committed to providing therapeutic support to parenting and pregnant women through positive engagement and advocacy. In a way that fosters and progresses the vision of Karinya House, through the implementation of the Karinya House Practice Framework.

To be successful you will need to demonstrate:

- Relevant tertiary qualifications in Social Work, Family Counselling, Psychology or equivalent, with specialisation (or additional training) in mental health support.
- Current registration, or eligibility for registration with the professional peak body relevant to your qualification.
- Experience of working with pregnant or parenting women, within a therapeutic context, who have/are experiencing complex trauma related to homelessness, domestic/family violence, child protection issues, drug and alcohol issues or mental health. This includes providing:
 - Counselling
 - Adapting standardised approaches to meet the needs of clients with complex needs and/or vulnerability, and

- Developing, and monitoring therapeutic interventions.
- Experience working within a trauma informed approach to help address parent child relationship and family concerns, in an early intervention and preventative context, using strength-based approaches.
- Demonstrated expertise conducting mental health assessments and the commitment to and experience in, the provision of child inclusive, family-centred, strengths based and trauma informed models of practice, within an early intervention and child protection framework.
- Experience working as part of a multi-disciplinary team in the formulation and review of case plans, and effective design and evaluation of services/programs.
- An understanding of Aboriginal and Torres Strait Islander and Culturally and Linguistically Diverse communities.
- Ability to work collaboratively and productively within a team and also take initiative and responsibility for own areas of work. This includes exceptional time management skills and the ability to re-prioritise work tasks and manage competing demands.
- Proven high level interpersonal, verbal and written communication skills with an ability to negotiate complex and often sensitive issues with clients, staff and other relevant key stakeholders.
- Ability to think clearly and analytically to respond to unexpected situations as they arise in an appropriate manner.
- Computer literacy with ability and willingness to embrace new technologies and use cloud-based technology to manage client files.
- Ability to work flexible hours as required.
- Current unrestricted Drivers Licence.
- Current First Aid Certificate.

Position Notes

- Being female is a genuine occupational qualification of this position under section 34 of the Australian Capital Territory Discrimination Act 1991.
- You must have rights to work in Australia.
- Prior to commencing employment, you will be required to obtain the following, at your own cost:
 - Working with Vulnerable People Clearance.
 - Driving/ Licence record for the last 10 years from the relevant state/territory authorities, where you have held a driver's licence during this period.

- You will be required to undergo a pre-employment:
 - National Police Check.
 - Child and Youth Protection Service Records Check.
 - Medical Check.

Submitting an Expression of Interest

Expressions of Interest from suitably qualified and experienced candidates are open until **3pm Friday 26 February 2021**

Expressions of Interest must include the following:

- A Curriculum Vitae.
- An outline of how your experience and qualifications meet the selection criteria, and your interest in the role.
- Details of two referees. Only referees of shortlisted candidates will be contacted.

Expressions of Interest should be submitted to:

Belinda Munn,
Karinya House, Executive Officer

Belinda.munn@karinyahouse.asn.au

By 5pm Friday 26 February 2021

Shortlisted candidates will be required to attend an interview in a COVID Safe manner in mid March 2021.

Enquiries about the Position

For further information on the position, in the first instance please contact Belinda Munn, Executive Officer, on 0408 095 243 or Belinda.munn@karinyahouse.asn.au.