

Youth Mental Health and Wellbeing Coach

position number	
status	Full Time, Fixed term (TF)
network	Services
agreement	Community Health Centre (Stand Alone Services) Social & Community Service Employees Multi Enterprise Agreement 2022
classification	SACS Level 4
reports to	Program Facilitator

about us	cohealth is a not-for-profit community health organisation. We provide health and support services in Melbourne's CBD, and northern and western suburbs.
what we do	Our work aims to improve the health and wellbeing of our communities and address health and social inequality.
our organisation	cohealth is a community health organisation with an ambitious strategic plan. Our mission is to improve health and wellbeing for all and tackle inequality, in partnership with people and the communities they live in.
our people	People who work at cohealth are committed to designing and delivering high quality health care and promoting and protecting human rights.
diversity and inclusion	We want people of all ages, gender identities, sexualities, cultural backgrounds, and abilities to feel safe to bring their whole selves to cohealth. We are a Rainbow Tick Accredited organisation with over 20% of our staff from the LGBTQIA+ community. To find out more about us click here



network overview

The Services Network is responsible for delivering a wide range of health and social support services in Melbourne's CBD, and northern and western suburbs.

position overview and purpose

This position sits within the Mental Health Pathways Cluster.

The Youth Residential Recovery (YRR) Program supports young people aged 16-25 who have a diagnosed mental illness for up to 12 months and is located in St Albans (9 beds), Reservoir (8 beds), and Essendon (7 beds).

The YRR teams at each site consist of a Senior Mental Health and Wellbeing Coach and 3 Mental Health and Wellbeing Coaches. A Program Facilitator and a Practice Excellent Coach support staff across the 3 sites, along with a Youth Engagement Worker.

The Mental Health and Wellbeing Coach is responsible for providing flexible, intensive recovery-based support to young people who are experiencing mental health challenges. This is achieved by working collaboratively with families, clinical supports, and other internal and external service providers to ensure a holistic approach based on recovery principles and trauma-informed practice.

Staff will be required to work rostered shifts between 8am and 7pm, including some weekend work between 9am and 5pm.

key accountabilities

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- Provide recovery-oriented services to young people (particularly those of a more complex nature), utilising the Collaborative Recovery Model (CRM) Recovery Star and coaching principles.
- Provide group and individual support to young people with regards to independent living skills, recreation and social / community skills.
- Develop and maintain collaborative relationships and partnerships with internal and external stakeholders, including family and carers, clinical and community supports (mental health, AoD, housing etc)
- Participate in the co-design, facilitation and evaluation of a range of group activities.
- Maintain knowledge, skills, qualifications, accreditations and registrations through participation in professional development activities;
- Carry out duties in a manner that does not adversely affect their own health and safety of others by reporting all incidents and injuries



	<p>as well as cooperating with any measures introduced in the workplace to improve Work Health & Safety (WHS)</p> <ul style="list-style-type: none"> • Comply and adhere to all cohealth policies and procedures including code of conduct and values; • Undertake special projects or tasks as required; and • Perform all other duties as directed, within the limits of skills, competence and training to maximise flexibility and effectiveness. <p>FOR YOUTH PEER WORKERS (additional to all of the above)</p> <ul style="list-style-type: none"> • Support young people experiencing mental health issues from a loved experience perspective. • Secondary Consultation to team members from a Peer perspective
<p>training and development</p>	<ul style="list-style-type: none"> • Champion cohealth's preferred culture to meet cohealth's corporate objectives and to promote teamwork, employee development and empowerment in order to foster a culture of high performance and a workforce which demonstrates behaviours consistent with cohealth's corporate values. • Provide and maintain a working environment that, as far as reasonably practicable, is safe and without risks to the health, safety and wellbeing of all (employees, contractors, volunteers).
<p>quality and continuous improvement</p>	<ul style="list-style-type: none"> • Contribute to the principles of continuous improvement as contained in the cohealth's quality system and ensure compliance with cohealth policies/procedures. • Contribute to the implementation and improvement of the quality systems within cohealth, in particular the [network name] Network, and ensure compliance with documented procedures and processes. Report non-conformities and, where required, take the appropriate action according to the quality system procedures.
<p>health & safety compliance</p>	<ul style="list-style-type: none"> • Maintain awareness of and compliance with health and safety policies and procedures to maintain a safe working environment. • Take corrective action to remedy safety hazards or risks and restore a safe working environment

position requirements

- Working with Children's Check (WWCC)
- Participation in the NDIS worker screening checks where applicable
- Victoria Police Check Current
- Victorian Driver's License
- Immunisation Category B and proof of COVID vaccination to be produced upon request

key selection criteria

- Tertiary qualification and/or commensurate work experience in fields related to mental health, youth or health.
- Demonstrated experience in working with young people who may have a range of complex needs relating to their mental health.
- Demonstrated experience in and/or understanding of residential service provision in health or community services, particularly mental health and/or experience in site management.
- Demonstrated experience in group facilitation.
- Demonstrated understanding of the Collaborative Recovery Model and/or principles of recovery.
- Demonstrated ability to work sensitively with people of different cultures, gender and sexual identities.
- Strong belief and personal alignment in cohealth Values and Mission

FOR YOUTH PEER WORKERS

- A Lived experience of mental health, including the experience of using mental health services.
- An experience of recovery from mentally ill health
- Certificate 4 in Mental Health Peer Work and/or training in Intentional Peer Support is preferred.

cohealth is a child safe and equal opportunity employer that offers generous salary packaging and opportunity to undertake professional training and development opportunities. Aboriginal and Torres Strait Islander people, and those who speak languages other than English are encouraged to apply.

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