

Mental Health and Wellbeing Coach

status	Part Time, Fixed term (TP)
network	Services
agreement	Victorian Stand-Alone Community Health Services (Health and Allied Services, Managers and Administrative Officers) Multiple Enterprise Agreement 2018 – 2022
classification	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, northern and western suburbs, and on the East Coast of Tasmania. Our work is guided by our Strategy 2025–2035, a bold pathway toward our vision of healthy communities, healthy people.
what we do	We partner with communities to improve health and wellbeing and address health and social inequality. Our aspiration is for healthier communities where everyone – regardless of background or geography – can access quality care and experience better health and social outcomes.
our organisation	<p>cohealth is driven by a 10-year strategy shaped by over 900 coworkers, clients, community members, and partners. We aim to be the exemplar of place-based, integrated, person-centred care that empowers individuals and communities across Australia. To achieve this, we are focused on three strategic objectives:</p> <ul style="list-style-type: none"> • Demonstrating the value of the cohealth model • Enhancing the sustainability and resilience of our organisation • Scaling our impact <p>Our work is underpinned by five key enablers: people and culture, community connection, partnerships, ways of working, and infrastructure.</p>
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

Our vision is for healthy communities and healthy people. We do this by providing care for individuals, community, and society, improving the health and wellbeing of the communities we serve, and addressing inequality in society.

We champion universal health care and human rights and strive for health and social equity. This is what we mean when we say care for all. Care for all is achieved when all people have access to the full range of health services they need, when and where they need them, and without financial hardship.

cohealth's services network delivers strong, people-centred primary and community health care that prioritises individuals and communities experiencing inequality. Our services focus not only on preventing and treating disease and illness, but also on helping to improve wellbeing and quality of life.

position overview and purpose

This position sits within the Mental Health Pathways Cluster

The YORS Program (Youth Outreach Recovery Service) provides community based and recovery focused outreach support for young people aged 16-25 in Western Metro and parts of Northern Metro Melbourne. Youth Mental Health and Wellbeing Coaches will be co-located at Essendon, Reservoir, St Albans, Werribee and Footscray. Support will be provided by 1:1 and through group activities.

The YORS program is aligned with the cohealth Youth Residential Recovery (YRR) Program, which supports young people who have a diagnosed mental illness for up to 12 months and is located in Essendon (7 beds), Reservoir (8 beds) and St Albans (9 beds).

You will primarily be working from 75 Bulla Road Essendon North however may be required to work from other sites.

key accountabilities

youth engagement

- Engage with young people and develop trusting and professional relationships
- 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.



	<ul style="list-style-type: none"> • Provide group and individual support to young people with regards to independent living skills, recreation and social / community skills • Participate in the co-design, facilitation and evaluation of a range of group activities • 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) • Referral and linkages to relevant support services • Collect, collate and maintain records and data for young people <p><u>FOR YOUTH RECOVERY PEER WORKERS (additional to all of the above)</u></p> <ul style="list-style-type: none"> • Support young people experiencing mental health issues from a lived experience perspective • Secondary Consultation to team members from a Peer perspective
<p>organisational</p>	<ul style="list-style-type: none"> • Maintain knowledge, skills, qualifications and accreditations 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 as well as cooperating with any measures introduced in the workplace to improve Work Health & Safety (WHS) • Comply and adhere to all cohealth policies and procedures including code of conduct and values • Undertake special projects or tasks as required • Perform all other duties as directed, within the limits of skills, competence and training to maximise flexibility and effectiveness
<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 Services 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

health & safety compliance

- 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

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.

position requirements

- Working with Children's Check (WWCC)
- Victoria Police Check Current
- Nationally Coordinated Criminal History Check (NCCHC)
- Immunisation Category B to be produced for sighting upon request

key selection criteria

- A commitment to consumers' rights and the rights of young people
- Tertiary qualification in fields related to mental health, youth or health
- Demonstrated experience in working positively with young people who may have a range of complex needs relating to their mental health
- Demonstrated experience in group facilitation
- An understanding of the Collaborative Recovery Model and/or principles of recovery as they relate to mental health
- Experience in developing strong collaborative relationships
- Demonstrated ability to work sensitively with people of different cultures, gender and sexual identities
- Excellent written and verbal communication
- 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

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review date:	
approved by:	

