

POSITION DESCRIPTION

Position Title	Research Mental Health Clinician		
Organisational Unit	Faculty of Health Sciences		
Functional Unit	Psychology (Melbourne)		
Nominated Supervisor	Professor (Psychology)		
Classification	HEW 5		
CDF Level	CDF1	Position Number	10612811
Attendance Type	Part Time	Date reviewed	17-APR-2025

ABOUT AUSTRALIAN CATHOLIC UNIVERSITY

Mission Statement: *Within the Catholic intellectual tradition and acting in Truth and Love, Australian Catholic University is committed to the pursuit of knowledge, the dignity of the human person and the common good.*

An ACU education builds on the Catholic understanding of faith and reason working together in pursuit of knowledge and promotion of human dignity and the common good.

An ACU education seeks to transform lives and communities. Students are challenged to look beyond the classroom, solve real-world problems, develop their own search for meaning and cultivate strong professional ethics. They are invited to stand up for people in need and causes that matter.

ACU is open to all. As is common with great Catholic institutions the world over, the university is inclusive and supportive of everyone, every day – regardless of their faith or tradition.

ACU is a young university making a serious impact. Ranked in the top two per cent of universities worldwide and in the top 10 Catholic universities, we're also a leader in employability with 94 per cent of our graduates employed. The university has seven campuses around Australia, a campus in Rome, Italy, and an online campus – ACU Online.

ACU has four faculties, and several research institutes and directorates. We believe our number one asset is our people. It's the character, enthusiasm and dedication of our staff that make this a university like no other. All our staff contribute to the achievement of our goals set out in ACU's Vision 2033 and aim to provide high-quality services with a strong focus on service excellence.

To be agents of change in the world, we all need to see life through the eyes of others. We believe that our role as a university is to inspire and equip people to make a difference – and that means cultivating their ability to act and think empathetically.

The structure to support this complex and national university consists of:

- Vice-Chancellor and President
- Provost and Deputy Vice-Chancellor (Academic)
- Chief Operating Officer
- Deputy Vice-Chancellor (Research and Enterprise)
- Deputy Vice-Chancellor (Education)
- Vice President and Director (Mission and Identity)

ABOUT NATIONAL SCHOOL OF BEHAVIOURAL AND HEALTH SCIENCES

The National School of Behavioural and Health Sciences is located on seven of the University's campuses: Brisbane, Blacktown, Strathfield, North Sydney, Canberra, Melbourne and Ballarat.

The School is currently responsible for delivery of programs in six professional disciplines:

- Biomedical Science
- Exercise Physiology
- Exercise Science
- Nutrition Science
- Public Health
- Psychology

Further information about the School can be found at:

<https://www.acu.edu.au/about-acu/faculties-directorates-and-staff/faculty-of-health-sciences/school-of-behavioural-and-health-sciences>

ABOUT THE HEALTHY BRAIN AND MIND RESEARCH CENTRE

The Healthy Brain and Mind Research Centre aims to advance knowledge critical to improving mental health, performance, and well-being. Mental health and developmental disorders have significant negative impacts upon the mortality and social participation of the most vulnerable members of the community and are among the most urgent global challenges of the 21st century. The Centre seeks to make significant contributions to mental health, participation, and well-being by integrating cutting edge research expertise and technology spanning neuroscience, addiction science, clinical psychology, developmental psychology, and rehabilitation science to improve the understanding, prevention and treatment of mental health and developmental disorders. The Healthy Brain and Mind Research Centre includes three programs: Neuroscience of Addiction and Mental Health Research Program; Development and Disability Over the Lifespan Research Program and Psychological Mechanisms and Innovations Program, which relates to this current position.

ABOUT PSYCHOLOGICAL MECHANISMS AND INNOVATIONS (PMI) PROGRAM

The PMI program focuses on understanding the fundamental psychological processes and mechanisms underlying human behaviour, cognition, and emotions that give rise to mental health problems and psychological wellbeing.

One of our main collaborators is Orygen Digital, this position is required to work in collaboration with ACU and Orygen Digital across two key research projects of the MOST app: "Evaluating the Impact Of DigitalLy Enhancing Australian Youth Mental Health SerVicEs (EVOLVE)" and "Affinity."

ABOUT ORYGEN DIGITAL/MOST

Orygen Digital is the world leading centre developing, evaluating and disseminating engaging and evidence-based digital interventions that dovetail with current national and international service delivery models for young people and their families. Its flagship Moderated Online Social Therapy (MOST) platform is the first single digital solution specifically designed to integrate with, and address, the key limitations of current youth mental health services. It has been designed with and for young people and existing services, providing clinicians with evidence-based tools that can be used across the diagnostic and severity spectrums and all stages of treatment. MOST integrates peer-to-peer on-line social networking, individually tailored interactive psychosocial interventions and involvement of expert professional and peer moderators to ensure the safety of the intervention and support user engagement. In response to the COVID-19 crisis in 2020, Orygen Digital's MOST app has been implemented in Victoria's youth mental health system and is now expanding nationally.

Evaluating the Impact Of DigitalLy Enhancing Australian Youth Mental Health SerViceS (EVOLVE) and Affinity are two research trials of the MOST app.

EVOLVE is an NHMRC-funded trial investigating the effectiveness and cost effectiveness of MOST for young people experiencing mixed anxiety and/or depression. The primary aim of the EVOLVE study is to determine whether MOST reduces depression and anxiety symptoms more than treatment as usual (TAU). In order to do this, the EVOLVE trial aims to recruit 500 YP (250 in each group) from the community aged 15-25 with self-reported depression and/or anxiety symptoms.

Affinity is an NHMRC-funded trial investigating the effectiveness of MOST for young people experiencing recent (within the last four weeks) or current active suicidal thoughts and/or behaviour. The primary aim of the study is to determine whether MOST reduces suicidal ideation more than treatment as usual (TAU). To achieve this, the trial aims to recruit 154 (77 in each group) young people aged 15-25 from the community

POSITION PURPOSE

The Research Mental Health Clinician will be part of a research-focused team on MOST, providing evidence-based digital mental health care to young people. Their primary role will be to deliver care within the context of the EVOLVE and Affinity research trials, ensuring adherence to research protocols and completing additional research assessments.

KEY RESPONSIBILITIES

Introduction

A number of frameworks and standards express the University's expectations of the conduct, capability, participation and contribution of staff. These are listed below:

- [ACU's Vision 2033](#)
- [Catholic Identity and Mission](#)
- [Code of Conduct for all staff](#)
- [ACU Capability Development Framework](#)
- [ACU Staff Enterprise Agreement 2022-2025](#)
- [ACU Staff Reconciliation Action Plan](#)

The [Capability Development Framework](#) describes the core competencies needed in all ACU staff to achieve the university's strategy and supports its mission.

Responsibility	Scope
Collaborating with young people to support informed decision-making, engagement with MOST, and ensuring safety.	The position mainly contributes to activities; outcomes and goals within their immediate team or work unit
Maintaining familiarity with MOST content and its underlying transdiagnostic target mechanisms.	The position mainly contributes to activities; outcomes and goals within their immediate team or work unit
Integrating relevant theoretical frameworks into every interaction with young people.	The position mainly contributes to activities; outcomes and goals within their immediate team or work unit
Collaborating with face-to-face clinicians, MOST peer workers, and career consultants where applicable.	The position mainly contributes to activities; outcomes and goals within their immediate team or work unit
Staying up to date with research requirements for both young people and clinicians.	The position mainly contributes to activities; outcomes and goals within their immediate team or work unit
Maintaining accurate records and documentation.	The position mainly contributes to activities; outcomes and goals within their immediate team or work unit

HOW THE ROLE OPERATES

The position will need to seek approval from their supervisor before making changes to processes and procedures.
The position is expected to identify and recommend improvements to their supervisor before implementation.
The position seeks and creates business opportunities for the organisation by liaising with a range of external stakeholders.
This position does not have managerial responsibilities.

SELECTION CRITERIA

Qualifications, skills, knowledge and experience:	• Qualification - Tertiary qualifications in and current registration with one of the following allied health fields: (1) Psychologists: General Registration with the Psychology Board of Australia (AHPRA); (2) Social Workers: An approved degree in Social Work and eligibility for membership of the Australian Association of Social Workers. • Knowledge - An understanding of state-based youth mental health systems and an ability to apply this knowledge to delivery of care via MOST. • Experience - Experience working in clinical settings within the relevant state or territory's youth mental health system. • Skill - Excellent written and verbal communication skills and demonstrated ability to facilitate a therapeutic alliance via
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	digital means. • Skill - Demonstrated sound ability to make decisions, problem solve, and risk manage, in relation to young person's treatment. • Experience - Experience working with individuals experiencing crises, and experience working with high-risk clients. • Knowledge - Strong working knowledge of the common mental health issues faced by young people, evidence-based treatments for high prevalence disorders (such as CBT for mood and anxiety disorders) and the literature underpinning such approaches. • Knowledge - An understanding of and commitment to ethics and confidentiality issues, particularly in relation to the health and allied-health professions. Desirable - Experience working within research/data and/or digital mental health settings. Desirable – Experience with and/or interest in therapeutic group work with young people and/or families.
Core Competencies:	• Demonstrate confidence and courage in achieving ACU's Mission, Vision and Values by connecting the purpose of one's work to ACU's Mission, Vision and Values. • Communicate with purpose. Gain the support of others for actions that benefit ACU. Negotiate for mutually beneficial outcomes that are aligned with the Mission, Vision and Values of the University. • Coach and develop self and others through setting clear expectations, managing performance and developing required capabilities to establish a culture of learning and improvement. • Take personal accountability for achieving the highest quality outcomes through understanding the ACU context, self-reflection, and aspiring to and striving for excellence. • Make informed, evidence-based decisions by sourcing and interpreting University and business information.
Essential Attributes:	Demonstrated commitment to cultural diversity and ethical practice principles and demonstrated knowledge of equal employment opportunity and workplace health and safety, appropriate to the level of the appointment.
Working with Children and vulnerable adults check	Evidence of the ability to work with children and/or vulnerable adults, and contribute to and protect their safety and wellbeing. The successful applicant of this position will be required to hold a valid working with children clearance for the State or Territory in which the position is located.

REPORTING RELATIONSHIPS

For further information about the structure of the University, refer to the Organisation Chart
<https://www.acu.edu.au/about-acu/leadership-and-governance/leadership/organisational-structure>

