

## **Position Description – Family Therapist (Intensive Outpatient Program)**

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**Position:** Family Therapist

**Mode:** Part time 0.5- 19 hours per week

**Location:** Moorabbin

**Reporting Relationship:** Reports to the Program Supervisor

**Direct Reports:** Nil

### **Background - TaskForce**

TaskForce is a community based, not-for-profit organisation providing a range of community based programs and services. TaskForce, established in 1973, is a not-for-profit organisation providing community programs and services to those most in need. TaskForce delivers programs across Melbourne and Victoria, with a special focus on Melbourne's south east. We deliver alcohol and other drug programs, youth and family services, engagement programs and education and employment services to marginalised and vulnerable people throughout the community. Our core services focus on addressing social issues of addiction, unemployment, mental health and high risk taking behaviors, supporting our clients to transition back into "mainstream" services and supports.

### **Information about the Reset Program**

ResetLife is structured intensive outpatient program, with young people divided into two cohorts (11-16 year olds and 17-22 year olds) attending three days at our Youth Hub for individual and group treatment, and encouraged to attend informal support (specifically SMART Recovery and 12-step programs) on other days.

The structured program involves 16 weeks of intensive treatment, followed by 16 weeks continuing care. In the first 16 weeks, participants attend:

- Individual and family therapy sessions
- Early recovery skills group (psycho-education on skills to achieve sobriety)
- Relapse prevention group (2x per week for specific skills to prevent relapse)
- Youth education group (information to encourage ongoing abstinence)
- Social support (building social skills for a healthier life)

There are five staff roles in the Reset team:

- Dedicated key supervisor, responsible for program management
- Primary therapist x2, facilitating individual sessions and some groups, also doing some case management
- Family therapist, responsible for the social and family support groups
- Support coordinator, a student role transitioning to a peer role, who co-facilitates sessions.

## **About the Position:**

The Family Therapist will work as a member of a multi-disciplinary team to implement and deliver the ResetLife youth intensive outpatient treatment service to young people experiencing complex and problematic alcohol and other drugs use.

As the ResetLife youth program is an integrated approach, the family therapist will provide a range of treatment interventions including Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), and psychoeducation via group facilitation treatment modalities.

This role will require adherence to the structural and clinical fidelity of the treatment model through: utilisation of the manualised treatment materials; consistent scheduling and facilitation of all group sessions; ensuring client retention through active follow-up.

## **Key Responsibilities:**

The Family Therapist works as a member of the ResetLife Intensive Outpatient treatment team and will be assigned as the family therapist for a caseload of clients. The focus of this role will include:

- Adhering to the fidelity of the ResetLife model
- Facilitation of family and youth education groups.
- Making outgoing referrals for clients in consultation with the primary therapist.
- Active engagement with clients and family members to build cohesive relationships and ensure family participation.
- As required, facilitation of social support groups during intensive treatment and supervision of social support groups during continuing care.
- Conducting active follow-up with clients who do not attend treatment to ensure ongoing program engagement.
- Providing treatment that is welcoming, empathic and optimistic and ensure, where possible, the reduction of stigma and shame for people and their families experiencing complex alcohol and other drug use.
- Maintaining a therapeutic and safe group environment.
- As the most experienced practitioner on the ResetLife team, the family therapist will act as a mentor for the development of the support coordinator and primary therapist (if required).
- Participating in weekly clinical supervision with the key supervisor.
- Working collaboratively with the broader multidisciplinary team to ensure the efficient, effective and responsive operation of the ResetLife service to ensure program model fidelity.
- Identifying and up-skill peer mentors completing the IOP program.

## **Qualifications**

- Relevant health and/or welfare tertiary qualification such as Social Work, Psychology, Nursing, Youth Work, or Allied Health Sciences
- Certificate IV in AOD or have completed the required competencies

**Skills and Experience (Key selection criteria)**

1. Minimum of 5 years experience in the delivery of clinical interventions (CBT, Motivational Interviewing, Motivational Enhancement Therapy, etc) with individuals experiencing complex alcohol and other drugs use
2. Demonstrated expertise in family systems
3. Demonstrated expertise in group facilitation
4. Demonstrated advanced knowledge of the physiology of addiction and the developing brain
5. Proven ability to effectively work with people and families experiencing problematic alcohol and other drugs use in a respectful, compassionate and positive manner
6. Excellent administration skills including developing case plans, professional case noting, writing reports and effective time management skills.
7. An understanding of Child First and Child Protection services.
8. Capacity to work within an Outreach model of service delivery.

**TERMS AND CONDITIONS**

- The position is for a contract period ending 30 June 2023 with the opportunity to extend, subject to the continued availability of funding.
- The incumbent will be provided with a mobile phone and access to the use of a pool vehicle for business travel.
- Employment conditions are in accordance with the Social, Community, Home Care and Disability Services Industry Award 2010.
- As an organisation with public benevolent institution (P.B.I.) status, TaskForce offers all staff the opportunity to take up generous Salary Packaging.

*To be employed in this position a person must:*

- Be prepared to travel between the sites to meet the requirements of the job and to work out of various partnership locations.
- Undergo a Police Check and a Working with Children Check. Offers of employment are subject to the results of these checks.
- Hold a current driver's license.
- Familiarise themselves with, and observe all TaskForce business, community, therapeutic and human resources policies, procedures and practices.
- Follow TaskForce's codes of employee conduct, promote the interests and reputation of the agency and refrain from acting in way that would conflict with the best interests of TaskForce.

**This position description is accepted by:**

Job Holder ..... Date: / /