

<b>Job Title:</b>	CAMHS Clinical Nurse Specialist (N&S OPD MCCAED Outreach)
<b>Band:</b>	Agenda for Change Band 7
<b>Hours:</b>	37.5 hours (Full time) Permanent (This may include working early mornings, later evenings or Saturdays as part of the core working hours/working pattern for this post)
<b>Department:</b>	CAMHS Community Eating Disorders Service
<b>Location:</b>	Michael Rutter Centre, Maudsley Hospital
<b>Reports to:</b>	Supervisor, Team Manager and Eating Disorders Integrated Outreach ServiceLead
<b>Responsible for:</b>	Trainees, Assistants and placement students

**About the team:**

National and Specialist Child and Adolescent Mental Health Services (N&S CAMHS) are seeking to recruit an enthusiastic and skilled Band 7 clinician, who may be Nurses, Family Therapists or Clinical / Counselling Psychologists, to join the Maudsley Centre for Child and Adolescent Eating Disorders (MCCAED). The postholder will play a key role in an exciting new addition to our service: an integrated eating disorder outreach team.

We are delighted that a significant investment has been made by the South London Partnership (SLP) Provider Collaborative to enhance eating disorder outreach provision across South London.

MCCAED is a Specialist Eating Disorders Service for young people aged up to 18 years and based at the Michael Rutter Centre at the Maudsley Hospital. It is a large, cohesive, dynamic, multi-disciplinary team, comprising three components: A large outpatient service (this post), and two national and specialist services: a day service called ITP, and a new service for young people with ARFID.

MCCAED has a strong and longstanding commitment to developing innovative treatment, with national and international recognition for our research and training. In addition, we offer specialist training opportunities within our team for a range of professionals from all mental health disciplines, including trainees on the MSc in

Family Therapy; and Clinical Psychology trainees on the Doctorate in Clinical Psychology, run by the Institute of Psychiatry, Psychology and Neuroscience.

**About the role:**

The post-holder will provide clinical services including assessment, treatment, and monitoring of outcomes and the provision of clinical supervision, consultation and training. The post holder will also contribute to service evaluation, research and policy development. There are many opportunities available within the service in relation to continued professional development.

We particularly welcome applications from Black and Ethnic Minority candidates as they are currently under-represented within the team at this level.

**Key responsibilities:**

- Assessment and management of young people with eating disorders
- Assessment and management of common comorbidities including depression, anxiety, self-harm and OCD
- Contribution to audit and research
- Contribution to service development and service management
- Provision of clinical supervision, consultation and training to other professionals

## Our Values and Commitments:



## Key Responsibilities:

### KR1 Clinical and Client Care

- To provide specialist psychological assessments, formulations and interventions for clients within the eating Disorders Integrated Outreach Service. This will include specialist interventions for young people aged 2-17 years and their families.
- To provide culturally appropriate psychotherapeutic/clinical interventions with carers or families of referred clients when required.
- To assess and monitor risk and draw up appropriate risk management plans.
- To act as care coordinator taking responsibility for initiating, planning and reviewing care plans, CPA co-ordination and meetings.

### KR2 Contributing to team or service clinical functioning

- To contribute to the effective working of the eating Disorders Integrated Outreach Team and to the multi-disciplinary formulation-based psychotherapeutic framework for the service.
- To contribute to the team or service's delivery of accessible and acceptable services to diverse local communities.
- To be proactive in challenging discrimination and support the development of culturally competent services.
- To liaise with referrers, GPs and other professionals concerned with clients in order to develop and review care plans.

### **KR3 Policy and service development**

- To implement policies and procedures in own area of work, and to propose improvements or beneficial changes.
- To contribute to the consultation and engagement of service users in planning and delivering services which meet the needs of local communities.
- To contribute to service development through undertaking and participating in appropriate projects.

### **KR4 Care or management of resources**

- To take care of, and use carefully, the Trust's equipment and physical resources.
- To ensure that the post-holder has sufficient resources by estimating future needs and requesting or ordering supplies as needed.

### **KR5 Management and supervision**

- To be responsible for the allocation and/or clinical supervision of the work of trainees / assistants if required, under supervision from a more senior clinician.
- To supervise trainees within own area of specialism after completion of the relevant Training Course's Supervision Training.

### **KR6 Teaching and Training**

- To provide occasional specialist training in psychotherapeutic approaches to care to other professions as appropriate.
- To disseminate research and service evaluation findings through presentations and published articles.

### **KR7 Record-keeping and Information Governance**

- To ensure that all information generated by own work is recorded as required by Trust policies and local procedures.
- To maintain the highest standards of clinical record keeping and report writing, according to professional and Trust guidelines, including electronic data entry.

### **KR8 Research and development**

- To undertake regular complex service evaluation, audits or research relevant to service needs.

### **KR9 Maintaining professional standards and continuing professional development**

- To receive regular clinical and professional supervision from a more senior clinician according to professional regulations and Trust guidelines.
- To ensure own Continuing Professional Development in line with Trust Personal Development Plan requirements and professional regulations in line with 'Standards for Continuing Professional Development'.
- To maintain an up-to-date knowledge of current developments in professional and clinical practice and of relevant legislation and policies.
- To comply with the relevant registration body's standards of conduct, performance and ethics and standards of proficiency and ensure professional development in line with these.

- To adhere to the relevant regulatory Professional Practice Guidelines and Trust policies and procedures.

#### **KR10 General**

- To travel to locations as appropriate and across the Trust geography, when required.
- To be aware of risk relating to aggressive and challenging behaviour amongst the client group and follow trust policies relating to its management.
- To respond appropriately and professionally to emotionally distressing situations and challenging behaviours and to support others involved in such situations.

**Person Specification:**

*Verified by Application (A) and/or at Interview (I)*

<b>Qualifications</b>	
<b><u>Essential Requirements</u></b> <ul style="list-style-type: none"><li>• Doctorate in Clinical Psychology, or MSc PG Diploma or Doctorate in Counselling Psychology or equivalent nursing or family therapy qualification . (A/I)</li><li>• Registration (or eligibility for registration) with the HCPC as Practitioner Psychologist or equivalent professional registration with AFT, UKCP, NMC.</li><li>• Additional training in psychotherapeutic interventions (A/I)</li></ul>	<b><u>Desirable Requirements</u></b>
<b>Experience</b>	
<b><u>Essential Requirements</u></b> <ul style="list-style-type: none"><li>• Experience of receiving clinical supervision across a range of client needs. (A/I)</li><li>• Experience of psychotherapeutic assessment and treatment of clients with a range of mental health needs of a complex nature. (A/I)</li><li>• Experience that supports working with, and addressing issues of, diversity within local communities. This may have been gained through work, research, volunteering and / or lived experience. (A/I)</li><li>• Experience of developing and carrying out research projects. (A/I)</li></ul>	<b><u>Desirable Requirements</u></b> <ul style="list-style-type: none"><li>• The Trust encourages and welcomes applications from people with lived experience of mental health challenges. We see this as valuable and recognise the positive impact this experience can have on the work we do. (A/I)</li><li>• Experience of assessment and treatment of clients with eating disorders. (A/I)</li><li>• Experience of group interventions with young people and parents/carers (A/I)</li><li>• Experience of psychotherapeutic assessment and treatment of clients engaging in challenging behaviour (A/I)</li></ul>
<b>Understanding and Knowledge</b>	
<b><u>Essential Requirements</u></b> <ul style="list-style-type: none"><li>• Theoretical knowledge of a wide range of psychopathology and the evidence base for relevant treatment. (A/I)</li><li>• Knowledge of legislation in relation to the client group and mental health issues, child and adult protection, and equalities. (A/I)</li><li>• Knowledge of research methodology and complex statistical analysis. (A/I)</li><li>• Knowledge of factors affecting acceptability and accessibility of mental health care. (A/I)</li></ul>	<b><u>Desirable Requirements</u></b> <ul style="list-style-type: none"><li>• Knowledge of the potential physical risks associated with eating disorders. (A/I)</li><li>• Knowledge of current evidence base relating to the assessment and treatment of eating disorders in children and young people (A,I)</li></ul>

<b>Skills</b>	
<p><b><u>Essential Requirements</u></b></p> <ul style="list-style-type: none"> <li>• To deliver psychotherapeutic interventions across diverse client groups. (A/I)</li> <li>• To select and administer specialist mental health assessments, interpreting and integrating complex data that require analysis, interpretation and comparison, drawn from several sources. (A/I)</li> <li>• To communicate skillfully and sensitively complex and sensitive information with clients, carers and colleagues overcoming barriers to communication including sensory, and emotional difficulties, cultural differences and hostility to or rejection of information. (A/I)</li> <li>• To plan and schedule assessment and interventions for individual clients and groups and carers, and for meetings such as CPA and case reviews. (A/I)</li> <li>• To plan allocation of tasks to more junior members of the multi-disciplinary team. (A/I)</li> <li>• Well-developed IT skills. (A/I)</li> <li>• Full UK driving license</li> </ul>	<p><b><u>Desirable Requirements</u></b></p> <ul style="list-style-type: none"> <li>• Skills in working with young people with ASD/ADHD and or learning disabilities (A/I)</li> <li>• Skills in working with young people presenting with risky behaviours such as self-harm (A/I)</li> </ul>
<b>Abilities</b>	
<p><b><u>Essential Requirements</u></b></p> <ul style="list-style-type: none"> <li>• Ability to work effectively within a multi-disciplinary team, contributing to effective team functioning and holding team roles. (A/I)</li> <li>• Ability to identify and employ mechanisms of clinical governance as appropriate. (A/I)</li> <li>• Ability to maintain concentration and to remain in restricted positions for long periods during observations, assessments and psychotherapeutic interventions, and to deal with unexpected interruptions or changes during these. (A/I)</li> <li>• Ability to manage emotionally stressful situations such as working with victims of abuse or trauma, or with people who engage in severe self-harming aggressive behaviour. (A/I)</li> <li>• Ability to manage verbal aggression and hostility directed at self. (A/I)</li> </ul>	<p><b><u>Desirable Requirements</u></b></p> <ul style="list-style-type: none"> <li>• Ability to treat co-morbidities such as OCD, anxiety, depression and self-harm. (A/I)</li> <li>• Ability to work with young people with eating difficulties in the context of neurodevelopmental disorders such as ASC (A/I)</li> </ul>

## **About South London and Maudsley:**

South London and Maudsley NHS Foundation Trust (SLaM) provide the widest range of NHS mental health services in the UK as well as substance misuse services for people who are addicted to drugs and alcohol. We work closely with the Institute of Psychiatry, Psychology and Neuroscience (IoPPN), King's College London and are part of King's Health Partners Academic Health Sciences Centre. There are very few organisations in the world that have such wide-ranging capabilities working with mental illness. Our scope is unique because it is built on three major foundations: care and treatment, science and research, and training.

SLaM employ around 5000 staff and serve a local population of 1.1 million people. We have more than 230 services including inpatient wards, outpatient and community services. Currently, provide inpatient care for approximately 5,300 people each year and treat more than 45,000 patients in the community in Croydon, Lambeth, Lewisham and Southwark; as well as substance misuse services for residents of Bexley, Bromley and Greenwich.

By coming to work at SLaM, you will gain experience of being part of an organisation with a rich history and international reputation in mental health care. You will have access to professional development and learning opportunities and have the chance to work alongside people who are world leaders in their field. SLaM delivered more than 14,000 training experiences in 2014; providing an extensive range of learning opportunities for staff at all levels. In addition, our working relationship with King's Health Partners allows those working at the Trust to get involved in academic research.

## **Trust Policy and Procedures:**

### **Confidentiality:**

Confidentiality/data protection regarding all personal information and Trust activity must be maintained at all times (both in and out of working hours) in accordance with professional codes of conduct and relevant legislation such as the Data Protection Act. The post holder should ensure that they are familiar with and adhere to all Trust Information governance policies and procedures. Any breach of confidentiality will be taken seriously and appropriate disciplinary action may be taken.

### **Equal Opportunities:**

Promote the concepts of equality of opportunity and managing diversity Trust wide.

### **Health and Safety:**

Employees must be aware of the responsibilities placed upon them under the Health and Safety at Work Act 1974, paying due regard to health and safety in the workplace and management of risk to maintain a safe working environment for service users, visitors and employees.

### **Infection Prevention and Control:**

Employees must be aware of their responsibilities to protect service users, visitors and employees against the risks of acquiring health care associated infections, in accordance with Trust policy.

### **Professional standards and performance review:**

Maintain consistently high professional standards and act in accordance with the relevant professional code of conduct. Employees are expected to participate in the performance review process.

**Service/Department standards:**

Support the development of performance standards within the Service/Department to ensure the service is responsive to and meeting the needs of its customers.

**Finance:**

All Trust staff will comply with the financial processes and procedures.

**Safeguarding Children & Vulnerable Adults:**

Employees must be aware of the responsibilities placed on them under the Children Act 1989, 2004 and the Trust's Safeguarding Vulnerable Adults Policy.

**Code of Conduct:**

The post holder is required to adhere to the standards of conduct expected of all NHS managers set out in the Code of Conduct for NHS managers.

This job description will be subject to regular review and adjustment.

**SUMMARY:**

This job description is an outline of the key tasks and responsibilities of the post and the post holder may be required to undertake additional duties appropriate to the pay band. The post may change over time to reflect the developing needs of the Trust and its services, as well as the personal development of the post holder.