



Position Description

Position Title:	Volunteer.
Reports to:	Program Coordinator: Butterfly Southern Health Eating Disorder Day Program
Time Commitment:	2 hours per week, 6 month minimum
Department/ Cost Centre:	Butterfly Southern Health Eating Disorder Day Program.
Location	28 Chadstone rd, East Malvern.

1. Southern Health

Southern Health is the largest health service in Melbourne and provides comprehensive integrated health care services to over 750,000 people in the south-eastern suburbs of metropolitan Melbourne and nearby catchments populations. The services include public hospital services; aged in-patient, community and home care services; and in-patient and community mental health services.

As the largest public healthcare employer in Victoria, Southern Health employs approximately 10,000 employees and has an annual turnover in excess of \$700 million. In 2003/ 2004 we treated more than 125,000 patients in our hospitals and provided in excess of 730,000 episodes of care including outpatients, emergency attendances and other services. Southern Health is affiliated with Monash University for teaching medical students and with Deakin University for postgraduate nursing students. There is also extensive postgraduate study and medical research. Further information on Southern Health is available at www.southernhealth.org.au

Child and Adolescent Mental Health Service (CAMHS) and Primary Partnerships

The Mental Health Program is divided into three directorates; Adult Acute, Adult Community and Rehabilitation and CAMHS and Primary Partnerships. The Butterfly Southern Health Eating Disorders Day Program is a part of the CAMHS and Primary Partnership Directorate. Programs in the CAMHS & PP directorate include:

- Stepping Stones Adolescent Psychiatric Inpatient Unit – offering 15 beds and a transition program (day patients) for 5 young people
- Two Day Programs – The Adolescent Recovery Centre and the Butterfly Southern Health Eating Disorders Program
- Intensive Mobile Youth Outreach Service – IMYOS
- Three Community teams located in Dandenong, Casey and Frankston with a satellite service in Cranbourne.
- Hospital Consultant Liaison – CL (CAMHS and Adult)
- Specialist Programs (Monash Autism Program, Anxiety and Obsessive Compulsive Disorder Clinic, Gender Dysphoria Service)
- Psychiatric Triage Service (Mental Health Program wide service)
- Primary Mental Health Teams (all ages)

Further information about CAMHS is available at www.southernhealth.org.au

The Butterfly Foundation



The Butterfly Foundation was founded in 2002 by Claire Vickery who found many 'gaps' in the public health system for those suffering from eating disorders. The Foundation is a community based charitable organisation that supports eating disorder sufferers and their carers through direct financial relief, advocacy and lobbying, awareness campaigns, health promotion and early intervention work in primary and secondary schools and professional training. The Butterfly Foundation is dedicated to changing the culture, policy and practice in the prevention and treatment of eating disorders.

2. Volunteer Duties:

The vision of the Butterfly Southern Health Eating Disorders Day Program is to offer a holistic, non-punitive treatment program, from a multi-disciplined team of health providers in the community setting. The program focuses on client-centred care, continuous quality improvement, and safe practice. It combines medical/allied health services for young people with serious eating disorders with community health support. The pilot project has been funded by a number of philanthropic organisations and the State Government - an undertaking which provides a wonderful example of carer/ consumer organisation, philanthropy and State Government working together to fulfil a vital community need.

All staff at the Day Program are clinically and operationally accountable to Southern Health. The Volunteer will be a member of the multidisciplinary team working under the leadership of the Day Program Coordinator. In addition The Volunteer will behave in a manner that ensures the model of care at the Day Program is in accordance with its vision of a community-based, non-punitive environment, and adheres to the protocols and structures established in the Day Program.

Volunteer carers will be responsible for supervising and supporting the Day Program client group while they participate in non-clinical therapeutic activities. Specific duties include the following:

- Ensuring that every client is taking part in the designated activity
- Encouraging and supporting clients as they work through the designated activity
- Engaging in normal conversations with clients
- Monitoring individual behaviour and reporting any inappropriate, disruptive or concerning behaviour to Day Program staff
- Assisting staff in meal supervision

Please note: there is an expectation that the Volunteer will attend relevant induction training provided by Southern Health

Skills Essential:

- Good communication and interpersonal skills
- Good leadership skills
- Good time management skills
- The capacity to understand and support individuals with high anxiety levels
- The capacity and willingness to respond to participants in a non-judgmental and accepting manner
- The ability to monitor and attend to several individuals at the same time
- The ability to observe behaviour and report back to staff

Skills Desirable:

- Basic knowledge of eating disorders
- Basic counselling skills
- Experience working with adolescents and young adults
- Experience running groups

Qualifications & Training:

- No formal qualifications are necessary

Personal Qualities:

- Enthusiasm
- Patience
- Empathy

Other Requirements:

Volunteers must satisfactorily complete a screening process, including an application form, initial interview and a Police Check.