

POSITION DESCRIPTION

Role Title	Recovery Navigator
Reports to	Nurse Unit Manger
Roles reporting into this role	N/a
Accountabilities and Responsibilities	<p>The primary purpose of this role is to intensively support and guide participants admitted to the Wandí Nerida program to help participants navigate the program to ultimately facilitate recovery. This key position is responsible for much of the daily client interaction, which includes the portioning of food in the kitchen, meal support, bathroom observations and assisting in therapeutic program activities. Additional tasks may include helping participants unpack their belongings, accompanying participants to appointments and excursions. Navigators will also assist other staff with administrative tasks and food preparation.</p> <ul style="list-style-type: none"> • Work collaboratively with the Wandí Nerida Team to help establish trust and rapport with participants in the recovery treatment program. To work in partnership with participants with eating disordered presentations, developing their care plans to enable them to lead fulfilling lives. • Demonstrate an understanding of clinical interventions relevant to participants including; education, care planning and discharge planning, as well as working closely with carers, families and partner agencies to facilitate this. • Promote the safety and the well-being of participants and their families/carers at all times. • Work as part of the multidisciplinary team providing a specialist Eating Disorder treatment and recovery program. • Work closely with the Nursing team during day-to-day supervision and support of participants in the milieu, under guidance of the Nurse in Charge • Using general counselling skills, appropriately and safely share and discuss common experiences with participants, assisting to promote recovery-oriented conversations and establish and maintain supportive relationships between Wandí Nerida staff and participants. • Assist in the co-facilitation of group programs, including delivery of education and awareness activities. • Assist with keeping accurate and up to date records of

	<p>attendance at support groups and programs facilitated.</p> <ul style="list-style-type: none"> • Contribute to the multidisciplinary team meetings by providing updates and reports on participant progress in the milieu • Portioning with participants in kitchen. • Eating meals and snacks with participants and staff. • Bathroom observations. • Transporting participants to social exposures, outings and appointments. • Support the facilitation of therapy groups and manage participant attendance in the group. • Support the clinical team with clinical administration. • Participate in ongoing professional development activities • Assist with projects or portfolios as needed to support the Wandí Nerida program • Recovery Navigators with a personal lived experience or caring for someone with an eating disorder may participate in additional training and supervision to support career progression in this area
<p>Selection Criteria</p>	<p>Essential</p> <ul style="list-style-type: none"> • Mental Health First Aid or experience in the health sector • Recovery Navigators who have experienced an eating disorder must consider themselves to have been recovered for at least two years. • Ability and commitment to work with participants with eating disorders, other health workers and the community. • Empathy and an understanding of eating disorders and disordered eating, body image and related issues and of their impact both on the individual experiencing the issue and on their families, friends partners and other carers. • Well-developed interpersonal and communication skills with a caring and empathetic approach and ability to establish rapport and gain trust of people presenting for support. • Ability to develop insight into a wide range of issues that are commonly present for people with eating disorders and their families/partners and caregivers. • A clear understanding of professional boundaries, confidentiality and privacy principles and practices. • A solid understanding of what the terms 'positive body image' and 'healthy eating behaviours' mean, coupled with

	<p>the ability to learn quickly.</p> <ul style="list-style-type: none"> • An understanding of other mental health conditions commonly co-morbid with eating disorders and an ability to provide some support and further referrals with respect to these areas (depression, anxiety, obsessive-compulsive disorder). • A good understanding of best practice principles for supporting those with or caring for someone with an eating disorder. • Willingness to participate in a therapeutic community. • Adaptable and flexible approach to work, particularly when circumstances result in a change in routine. • Ability to eat in a healthy, relaxed, flexible manner in the company of others, and to model an appropriate relationship with food. • Willingness to walk the talk of our therapeutic approach. <p>Desirable</p> <ul style="list-style-type: none"> • Personal lived experience of an eating disorder or caring for someone with an eating disorder. • Certificate IV in Mental Health Peer Work, EDQ Mentor Certificate or CCI Eating Disorder Coaching Certificate, or interest and willingness to explore these training pathways • Prior experience in providing peer support in a mental health or community health context. • Current driver's licence. • Experience in a similar not-for-profit or charitable NGO environment. • Flexibility to adjust to changing circumstances. • The desire to make a difference. • Able to fulfill all NEDC clinical competencies as per the National Practice Standards.
Other Requirements	<p>Vaccine Preventable Diseases (VPD) Requirements</p> <p>It is a condition of employment for this role for the employee to be, and remain, vaccinated against the following vaccine</p>

preventable diseases during their employment:

- Measles
- Mumps
- Rubella
- Varicella (chicken pox)
- Pertussis (whooping cough)
- Hepatitis B
- Seasonal Flu
- COVID-19 (when available)

We encourage applications from people with lived experience of eating disorders, and family members/carers of people with eating disorders. It is a requirement of all roles, that those who have experienced an eating disorder consider themselves to have been recovered for at least two years.

At all times:

- Relevant to the position, participate in the ongoing education, implementation, monitoring and evaluation of safety and quality initiatives relevant to The National Safety and Quality Health Services Standards and quality improvement programs
- Conduct yourself in a professional manner.
- Have exceptional interpersonal relationship skills and a positive attitude
- Strive to act in accordance with the vision, mission and objectives of Wandj Nerida
- Follow Wandj Nerida's policies and procedures.
- Follow/participate in occupational health and safety measures.
- Act considerately around the workplace and have regard for the well-being of fellow staff, volunteers and our service users.
- It is a requirement of all positions at Wandj Nerida that the person has a Working With Children Check clearance (pass) and Police check and complete required vaccination status to work in a Queensland Health Service.
- All staff should be aware of and actively uphold the Wandj Nerida values.
- We practice truth without judgement, fostering social

	connection.
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WANDI NERIDA

<p>Overview</p>	<p>Wandi Nerida is the trading name for Butterfly Residential Care Pty Ltd and is limited by shares. It is a not for profit company 100 percent owned by the Butterfly Foundation, Australia's leading national charity for eating disorders and body image issues.</p> <p>Wandi Nerida is situated on a beautiful, serene 25-acre block in the Mooloolah Valley on the Sunshine Coast and will make a significant contribution to improving treatment options for Australians with eating disorders. It will be a licensed private mental health facility that provides a unique service within the eating disorder care continuum and accepts referrals from all states and territories in Australia. Within the ecosystem of eating disorder services, Wandi Nerida will fill the gap between hospital admission and outpatient care to provide an opportunity for a more intensive psychological recovery and more seamless integration of services.</p> <p>This purpose-built, multidisciplinary staffed facility will provide a healing space where people living with eating disorders can work, over time, towards healthy minds and bodies. The B-FREEDT model is recovery orientated integrating lived experience as a key feature of our staffing model. In addition, to Wandi Nerida providing a safe, innovative environment for those most in need of psychological and physical care, it will be an important pilot project for future Australian models and facilities. The care we deliver will allow us to gather the evidence we need to make the case for the provision of high-level residential care and support across multiple sites around Australia.</p>
<p>Meaning Behind Wandi Nerida</p>	<p>We are thankful for the involvement of local elders who came to our property and offered insight into the traditional culture and stories of the region. In doing so, they gifted us with the name Wandi Nerida, which means to “gather together to blossom”. <i>The meaning behind this name comes from a small insect that was very unhappy within itself.</i></p> <p style="padding-left: 40px;"><i>All it wanted to do, was break free and live a life worth living. It knew, that if it stayed the way it was, then one day someone would come along and squash it into the ground and it would be nothing but a worthless downtrodden squashed bug.</i></p> <p><i>So in all its wisdom, it isolated itself in a cone, drawing strength from itself to become a new creation so it could fly off and explore the many different levels in life.</i></p> <p><i>Reasoning behind, why there's so many beautiful butterflies in the</i></p>

	<i>world today, flying around exploring the many new heights in life.</i>
Vision	Intervention is early in illness and episode, treatment is effective, affordable and accessible and treatment is sustained.
Mission	Change the experience of eating disorders: Saves lives, minimise incidence and impacts, improve quality of life and make recovery a reality.
Values	<p>Wandi Nerida values are at the core of everything we do and support our model of care. All participants, staff and families are expected to support our values being translate into practice.</p> <p>I: Integrity: we are honest, open, ethical and fair and we. Innovate: in everything we do we challenge our ideas of what's possible</p> <p>C: Connect with Compassion: we show up as real, vulnerable transparent human beings who speak from the heart, value other's contributions, and invest in each's others growth.</p> <p>A: Accountable: We welcome honest conversations that challenge when necessary and don't make assumptions- we ask and answer questions and rely on each other to make solutions.</p> <p>R: Respect: The trust and respect we have for each other infuses passion into everything we do</p> <p>E: Encourage with Equality: We believe that greatness comes from unlocking each other's potential and valuing our differences</p>
Objectives	<ul style="list-style-type: none"> • Advocate excellence and consistency in the culture of care and support for people with eating disorders and encourage a better understanding of the complexities of eating disorders and the need for a compassionate, flexible and holistic response. • To operationalise Australia's first Residential Eating Disorder Facility and provide effective affordable, accessible care. • To provide an efficient model of care and sustainable financial model for viability and the foundation and development of other facilities in Australia • To ensure there is clinical and economic evaluation of the B-FREEDT model to support evidence-based practice and research for carers and families effected by eating disorders • Increase access for all people with lived experience of an eating disorder and carers in Australia to effective treatment and support. • Ensure that everyone in the Wandi Nerida team feels recognised for their skills and experience, is fully engaged and supported in making their contributions and that the organisation is providing opportunities for professional growth and development. • To ensure Wandi Nerida is well integrated into both the National and State Systems of care to provide sustained recovery for those effected by an eating disorder

Wandi Nerida acknowledges Aboriginal and Torres Strait Islander people as Australia's first people and traditional custodians.

Wandi Nerida is committed to embracing diversity and welcomes all people irrespective of body shape and size, ethnicity, faith, age, sexual orientation and gender identity. More information about our commitment to reconciliation, diversity and inclusion is available here: <https://butterfly.org.au/who-we-are/reconciliation-inclusion/>.