



ST VINCENT'S
HOSPITAL
MELBOURNE

ST VINCENTS MENTAL HEALTH GRADUATE PROGRAM 2022





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ST VINCENTS MENTAL HEALTH

Why work in Mental Health at St Vincent's?

Are you looking for your next challenge with a value driven culture?

Are you inspired to contribute to a changing clinical landscape?

Do you want to work with a service that cares about their people?

We believe that people have the capacity to recover, reclaim and transform their lives.

Employment benefits

Joining us for our graduate year provides you with secure ongoing employment with St Vincent's Mental Health Services.

- Permanent 0.8 EFT Contract
- Salary packaging
- Five weeks annual leave
- Staff GP health clinic
- Access to EAP
- Weekly supervision
- Supportive learning environment
- Rotations across different parts of the SVHM Mental Health Services



St Vincent's Hospital Melbourne

6 July 2020 · 🌐

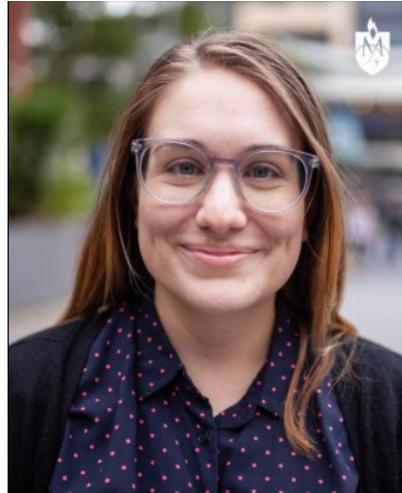


"I have always had a real passion for helping people, especially those most disadvantaged and I have had a longstanding interest in psychology as well.

"That's why I chose mental health and I found St Vincent's the right fit for me.

"There are no silly questions and it doesn't matter who you ask – everyone is willing to help."

—Emma Barvich, Mental Health Graduate Nurse



LTH GRADUATE PROGRAM 2022

Clinical Rotations

St Vincent's provides inpatient, community, and specialist mental health services, operating at different sites.

To ensure you maximise your learning and consolidate your skills, while also experience a range of services, graduates rotate through two placements, across adult acute, community, and aged mental health. All mental health graduate nurses completing a six-month rotation on one of the wards of the Adult Inpatient Service (AIS) at 46 Nicholson Street, Fitzroy.

On each rotation you will be allocated a preceptor to support and assist you in that particular clinical area. Our Clinical Nurse Educators also provide direct support and clinical supervision. This includes weekly group supervision sessions.

St Vincent's Mental Health Graduate Nurse Program allows you to gain credits towards postgraduate mental health nursing qualifications.

Study Requirements

The MH graduate year is divided into several study blocks, where you will focus on the following three modules:

1. Models supporting mental health nursing practice;
2. Psychopathology, assessment and interventions;
3. Communication and counselling.

These modules are specifically designed to prepare you for clinical practice. Graduates will participate in study days and fulfil course requirements including clinical competencies, essays, reflective journals, case presentations, and weekly clinical reflective supervision.

All training is coordinated by SVHM education team including various presenters from College Psychiatric Nurses; Victorian Transcultural Unit, and the Victorian Dual Disability Service

Additional Training & Education

You will benefit from additional training and education in such topics as:

- ◆ The Strengths Model—A recovery-oriented approach to mental health services,
- ◆ Safewards
- ◆ De-escalation and aggression prevention,
- ◆ Clinical supervision
- ◆ Leadership skills

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Our mission

As a Catholic health and aged care service our mission is to bring God's love to those in need through the healing ministry of Jesus. We are especially committed to people who are poor or vulnerable.

We draw on the talents of our people and collaborate with others who share our vision and values to continue the pioneering spirit of Mary Aikenhead and the Sisters of Charity. We are committed to providing compassionate and innovative care, enabling hope for those we serve.

Our values

In all our activities we strive to demonstrate:

Compassion Accepting people as they are, bringing to each the love and tenderness of Christ.

Justice Treating all people with fairness and equity so as to transform society.

Integrity Acting with honesty and truth while ensuring that who we are enables others to flourish.

Excellence Excelling in all aspects of our healing ministry.

Messages from past and present St Vincent's Mental Health Graduates.

Choosing the right graduate year for you can be challenging!

To help you gain some insight into the culture of mental health nursing at St Vincent's, we asked our New Grads to share with you three things:
Why did they choose to be a mental health nurse?
Why did they Choose St Vincent's?
What has been their experience so far?

These are some of their responses.



"I choose MH nursing mainly because I come from a background where there's a lot of stigma around it and have seen people lose their lives to treatable and preventable mental health conditions.

What I love about MH is its focus on the person as a whole rather than on their illness. Once you get to know someone more, you're in a better position to help them help themselves.

Its been amazing working at St Vincent's because of the support everyone gives you, you feel like you're already part of the team from your very first day!"

- Rumbi, 2021 New Graduate

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Messages from past and present



I have always been fascinated with the human mind and so that has been a driving force for my interest in the area of mental healthcare. I have seen people I know fall through the cracks and be failed by the system and that is what inspired me to want to make a difference in the lives of people and also to work towards making positive changes in the system and work towards breaking the stigma that is unfortunately often associated with mental illness.

I chose St Vincent's because I was lucky enough to be a student on placement in general and mental health areas of the service. During those rotations, I quickly saw the difference in the way the service is run in comparison to other services. Some examples of this include the way the staff welcome students and enjoy teaching and guiding them, the professionalism and standard of care, the inclusivity of all humans including the no wrong door policy but also including the acceptance of staff members and the support of marginalised groups, to the language used to speak about people in the care of St Vincent's, to the team approach in mental health, and lastly the proximity, I have grown up in Fitzroy for some of my childhood and feel very connected to the area, to its people.

I feel extremely supported as a grad, and I'm so glad I got the position with St V's. The entire team from Doctors, Nurses, Nurse educators, Managers, maintenance Staff etc. are very welcoming, very supportive during shifts, are always checking in on grads to see if we are okay and offering advice, to debrief, or assisting us in best practice. I am still learning that mental health nursing in the inpatient unit really is a team role, in the sense that we all step in to help each other, to keep everyone optimally cared for and to keep the shift running smoothly. It's so refreshing to have a team that works this way, and you feel very supported as a grad as you aren't "thrown into the deep end" so to speak. There is a lot of respect for everyone in the team, regardless of your position and new grads are encouraged to be a part of the team by everyone.

- Dea, 2021 New Graduate

St Vincent's Mental Health Graduates.



I wanted to be a mental health nurse due to two reasons. Firstly, I had personal exposure to the hard working and caring nature that the mental health nurses at St Vincent's possess, and realised this represented the type of nursing care I was wanting to provide. Secondly, I left every day, of every placement, feeling fulfilled only if I had built a therapeutic relationship with my consumers - that's when I knew for sure that mental health nursing was for me.

I chose St Vincent's because of the care they've previously provided to my family members. This experience made me realise that I shared the same values as the staff at St Vincent's. From this exposure, I already knew how caring, honest and hard working the staff here were - a team I would be proud and honoured to be apart of.

My experience so far as a graduate mental health nurse has been phenomenal. I was nervous about the work load, the assignments and whether the staff would welcome me. I'm happy to report that my nerves were for nothing: every staff member, from the amazing education team to the fantastic staff on the ward, are keen to help and educate, all while being so patient and kind. I could not have asked for a better place to spend my grad year. I cannot wait to continue growing as a mental health nurse here at St Vincent's.

- Shannon, 2021 New Graduate

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Like most of us, I was strongly drawn to the nursing profession due to an innate and deep-seated desire of wanting to help and care for people when they are most vulnerable. Throughout my undergraduate degree my passion for nursing was only cultivated, as I learned the essential skills to providing quality nursing care. With the strongest take away lesson being the importance of therapeutic communication and building rapport with patients, working collaboratively with not only the patients and their families but a diversely skilled multi-disciplinary team to achieve holistic, person-centred care.

However, I was quickly disillusioned to learn that the theory rarely matched the often task orientated nature of my clinical experiences. That was until I got to experience mental health nursing. In mental health nursing your role is to listen, connect, advocate and help consumers navigate their way through recovery. Encouraging them, supporting them and working with them as they are empowered to reclaim control over their lives. It is the greatest job and privilege to support people overcome a crisis and restore health and wellbeing.

Once my heart was sold on mental health nursing, I knew I wanted to be part of a strong and supportive program, within a service that upheld my values. Mental health nursing is not without its challenges; therefore, it is essential to believe in the service you are working for and at St Vincent's the values of compassion, integrity, justice and excellence underpin all that we do. At St Vincent's, the consumer-centred care approach is based on The Strengths Model—A recovery-oriented approach to mental health service. We are taught to appreciate the strengths within each individual consumer, recognizing that consumers' self-determination is a vital part of successful treatment and recovery. Furthermore, St Vincent's highly values the resource provided by their peer support workers with a lived experience of mental illness. Peer support workers are commonly seen in the ward environment, working across a range of programs with consumers, families and clinicians, providing direct and invaluable support, knowledge and skill to the team.

St Vincent's Mental Health Graduates.

“ The exceptional support is reinforced in each of the service settings... ”

The grad year at St Vincent's mental health is challenging and confronting but you are set up to succeed, develop strong therapeutic and de-escalating skills, and are empowered to navigate whatever challenges arise, within a supportive team.



The Grad program is delivered by an exceptional education team, driven by passion, compassion, integrity and vast clinical experience. The education team at St Vincent's has gone above and beyond to support us graduates to develop strong foundations to build a strong and rewarding career as a mental health nurse.

The exceptional support is reinforced in each of the service settings, including the Acute Inpatient Service (AIS), Footbridge-Community Care Unit (CCU) and Normanby House, Aged Care. All of us grads have been blown away by the exceptional level of support received from all the staff. Furthermore, from the onset we were made to feel welcome, and a valued part of the team. This extended beyond the nursing staff, including the NUM and ANUMs but also included the consultant psychiatrists and registrars', social workers and Occupational Therapists. All of whom made us feel appreciated and empowered to make contributions to support consumers in their recovery. I feel very blessed and honoured to be part of such an inspiring, innovative and compassionate team that strives to provide the very best care to our consumers within our community.

- Melinda, 2021 New Graduate

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Messages from past and present



I chose mental health because of my passion. Originally I thought I might be a Dr in the mental health department because that was my dream from long ago, because of a family friend who had mental illness. It was very close to my heart because like a mother to me at that time.

Eventually I followed my dream and decided this is what I'm going to do. Later when I started studying at ACU and went to mental health nursing placement and more and more I knew this was where I wanted to be and I

wanted to make an impact in that department.

I choose St Vincent's Hospital because I came here for placement and it was a beautiful environment, I learnt a lot, my educators were so good. I was accepted, no judgment, you get to grow and get to believe in yourself more – and so I decided St Vincent's was for me.

Reflecting on my Graduate year, I have found myself extremely lucky to learn under such an amazing team. I was able to really learn practical steps on how to become an amazing clinician. This is largely due to the structure that is put on ground in the education department and how committed every educator was in ensuring that we get the best learning. The open-door policy of the team has helped to ask for help and provide answers to questions from the graduates. At the beginning, the training sessions were detailed and filled with a lot of learning needed to get us ready for practice. The reflective sessions and supervision were avenues to really learn from the senior clinicians and colleagues. The wide range of education sessions were instrumental in shaping our practice. Although we were limited due to the pandemic, the quality of the learning derived under the circumstances were top quality.

- Ola, 2020 New Graduate

St Vincent's Mental Health Graduates.



I decided I wanted to be a mental health grad nurse because I enjoy having the opportunity to connect with people on a deeper level.

I find that working here at St Vincent's allows me to spend most of the day doing what I want to do - which is building therapeutic relationships with people.

Here at St Vincent's I have the opportunity to build a strong foundation of skills that allow me to work in a recovery based model and help support people in their recovery.

I find that at St Vincent's, the team is so supportive there's always people around that you can ask questions and get support [from], it's a really great working environment. That's why I recommend St Vincent's if you are considering a grad year.

- Nick, 2020 New Graduate

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Messages from our education team.



I started my nursing career with St Vincent's Mental Health as a graduate and have moved throughout the service into RPN and ANUM positions - currently working within the education team and as a senior clinician.

A graduate year is a time of immense change and identity formation. You develop skills that you didn't know existed, form lifelong relationships with colleagues and are privileged to walk alongside consumers within their recovery journeys.

Our goal as an education team is to provide a safe space for our nursing staff to grow and learn, enabling our staff to reach their full potential as mental health clinicians.

- Marcie

Clinical Nurse Educator

Senior Nurse - Footbridge CCU

Previous St Vincent's Mental Health Graduate Nurse

Begin your journey at St Vincent's Mental Health - where our education team will provide you with the knowledge, tools and support to help you grow into the mental health nurse that you want to be.



Want to know more?



Please get in touch with us via email or phone, or attend one of our information evenings.



MHTrainingEducation@svhm.org.au



Phone: 03 9231 2194



We will be holding two live online information and Q & A sessions.

**Wednesday 26th May & Friday 11th June,
4.30pm - 5.30pm**

Please email MHTrainingEducation@svhm.org.au to register and a link will be forwarded to you.

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