

Wellington Depression Recovery Centre

Kia ora koutou Mental Health Nurses,

The Wellington Depression Recovery Centre is wanting to engage registered mental health nurses to join our new integrated community-based therapeutic day programme that will open in Wellington City in September 2023.

The heart of our service will be a 4-8 week recovery-oriented programme, along with pre and post programme stages. The Centre will treat and support adults experiencing moderate depression, anxiety, PTSD, and personality disorders. The Centre will address the gap in service delivery between primary and secondary care. Access to the service will be through GP referrals, with funding from ACC, MSD, private insurers and those who will privately fund their treatment.

The Centre's treatment approach will be integrated and holistic, acknowledging the interdependence of good mental health on good physical, spiritual, cultural, whānau and social health (Durie, 1985). The Centre is partnering with mana whenua to provide culturally safe and affirming services to meet the needs and aspirations of Māori.

We are looking for experienced mental health nurses to join our interdisciplinary team of clinicians, allied staff and peer support workers. They will work with our social worker and psychotherapists to triage referrals to the Centre GP and psychiatrist. Nurses will conduct initial psychodynamic and culturally appropriate assessments and establish what follow-up clinical and whānau support may be required. Nurses will also support whai ora and their whānau through the programme itself.

With training and support, interested nurses could also co-lead small group psychotherapy and support the activities of the therapeutic community as a whole. We encourage staff to bring their personal skills and interests to other parts of the programme.

The positions we are looking to fill are full time roles however there is scope for flexible part-time hours.

If you would like more information about the Centre and the role I would welcome your inquiries.

Ngā mihi,

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