



## **JOB DESCRIPTION**

**Mental Health Nurse (Advisor)  
Professional 5 (P5)  
Student Support & Development  
3 year Fixed Term Contract**

### **Dublin City University**

Dublin City University (DCU) is a young, ambitious and vibrant university, with a mission 'to transform lives and societies through education, research, innovation and engagement'. Known as Ireland's 'University of Enterprise', DCU is a values-based institution, committed to the delivery of impact for the public good. DCU was named Sunday Times Irish University of the Year 2021.

DCU is based on three academic campuses in the Glasnevin-Drumcondra region of north Dublin. More than 18,000 students are enrolled across five faculties – Science and Health, DCU Business School, Computing and Engineering, Humanities and Social Sciences and DCU Institute of Education.

DCU is committed to excellence across all its activities. This is demonstrated by its world-class research initiatives, its cutting-edge approach to teaching and learning, its focus on delivering a transformative student experience, and its positive social and economic impact. The university continues to develop innovative programmes in collaboration with industry, such as the DCU Futures suite of degrees, which are designed to equip graduates with the skills and knowledge required in a rapidly evolving economy.

DCU's pursuit of excellence has led to its current ranking among the top 2% of universities globally. It is also one of the world's Top Young Universities (QS Top 100 Under 50, Times Higher Top 150 Under 100). In the Times Higher Education University Impact Rankings 2021, DCU ranked 23rd in the world for its approach to widening participation in higher education and its ongoing commitment to eradicating poverty, while it ranks 38th globally for its work in reducing inequality and 89th globally for gender equality.

The university is ranked 23rd in the world and first in Ireland for its graduate employment rate, according to the 2020 QS Graduate Employability Rankings. Over the past decade, DCU has been the leading Irish university in the area of technology transfer, as reflected by licensing of intellectual property.

### **Overview of the department**

Student Support and Development (SS&D) provides personal and professional development and support to students at DCU and is a busy and diverse Unit which includes the Access Office, the Careers Service, Chaplaincy, Counselling & Personal Development, Disability & Learning Support, Financial Assistance, Student Advice Centre, Student Learning, and the Student Health Centre. Further information on Student Support & Development can be found at:

<http://www.dcu.ie/students/index.shtml>.

On a day-to-basis our multidisciplinary teams work collaboratively to support student health and wellbeing that support students to thrive at university. Our teams also support the wider university community, providing advice and training to staff and lead university-wide projects. DCU is the first higher education institution in Ireland to partner with Jed, a US-based foundation to develop and implement a new student experience strategy with a strong mental health and wellbeing focus. The Student Health Centre is a nurse-led, walk-in service providing on campus primary healthcare to currently registered students of DCU. The service aims to provide students with quality primary health care, which is delivered in a caring, compassionate and confidential manner. The team works closely with the Counselling and Personal Development Service, Disability and Learning Support Service and other partners to provide holistic support to students.

### **Role Profile**

The Mental Health Nurse (Advisor) will be responsible for the delivery of a comprehensive suite of mental health and wellbeing supports. These initiatives involve partnership with other university services, and with external community support/networks where appropriate. This dynamic, flexible and conscientious professional will work as part of a multidisciplinary team.

While the individual will be primarily located on the DCU Glasnevin campus, they will be required to move between any of the DCU teaching campuses (St Patricks and All Hallows). The successful individual will report to the Nurse Manager on the DCU Glasnevin campus. For clinical governance, the individual will report to the Head of the Counselling and Personal Development Service and the Nurse Manager of the Student Health Centre. The Director of Student Support & Development has ultimate responsibility for all services within the Unit.

### **Duties and Responsibilities**

The duties and responsibilities of the position include, but are not restricted to, the following:

- Establish and build therapeutic relationships with students experiencing mental health distress and illness. This would include encouraging healthy behaviours, promoting mental and physical health.
- Conduct initial screening consultations and make appropriate referrals internally where relevant. Facilitate community referrals as necessary (in consultation with the Heads of Services and Doctor).
- Ongoing case management of students seeking or engaged with mental health and wellbeing supports.
- Develop a personal support plan with students and follow up on its implementation.
- Be a key point of contact in Mental Health emergencies, liaise with relevant University/Hospital staff as required. Follow up with students, who have been discharged from hospital or are under the care of the DCU Health Centre GP.
- Work closely with the GP/Counsellors/Psychiatrist/Health Centre team through referrals/appointments etc.

- Liaise with staff across the support and professional services and with the wider university community regarding queries/concerns and advice.
- Devise and implement activities to support preventative and mental health education, through targeted supports and group activities etc.
- Contribute to Staff Training at Orientation, and throughout the academic year on mental health challenges and emotional wellbeing, in partnership with other services.
- Service provision, data collection, analysis and reporting.
- Assist the DCU Health Service nurse services as required.
- Be accountable for their own practice and engage with continuing professional development.
- Maintain and keep accurate clinical records in compliance with GDPR, NMBI professional code of practice and DCU Health service confidentiality policy.

## **Qualifications and Experience**

### **Essential Criteria**

- BSc in Mental Health Nursing or equivalent.
- Be registered both on the Register of Nurses or Midwives held by An Bord Altranis and on the Psychiatric and General Division of the Nursing and Midwifery Board of Ireland (NMBI).
- A minimum of 5 years post registration experience in a similar role working with students, young people, or a community mental health setting.
- Extensive knowledge of the Mental Health Act 2001 and 2008.
- Previous experience of working with people with a range of complex mental health needs, crisis management, screening and referring as required.
- Demonstrate experience working as part of a multidisciplinary team and across units/departments.
- Experience delivering therapeutic personal support plans, group supports and workshops.

### **Desired Criteria:**

- Post Graduate in Mental Health highly desirable.
- Evidence of advocacy, empathy, communication and interpersonal skills which have been developed in previous roles.
- Strong ability to work independently, and the motivation to undertake self-directed work/study.
- Experience delivering mental health awareness sessions to staff.
- Have some knowledge of an application of Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT) approaches.
- Good working knowledge of databases, IT systems, and an ability to learn new IT skills relevant to the role.

### **Essential Training**

The postholder will be required to undertake the following essential compliance training: Orientation, Child Protection, Health & Safety and Data Protection (GDPR). Other training may need to be undertaken when required.

Clinical Supervision will be provided and available twice per semester.