

Live in the country
and work in a highly
supportive mental
health team.



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Mieka

Occupational Therapist, Mental Health
Clinician, Nuriootpa.

What more can I ask for than a great job
in the wonderful Barossa Valley?

Hi, I'm Mieka. A country girl at heart, I'd heard the SA Country Health network was a highly supportive and professional group, and I wanted to get into working relationships with other clinicians from early on in my career and I was keen to be part of it.

That country difference.

'There are real benefits working for Country Health SA as it's not just a career choice it's a lifestyle. Here, my team leader and network manager support me as a person, not just as a clinician.

'I enjoy networking with people who are prepared to share their knowledge to help solve problems and help me learn. A challenging job like this keeps life interesting. In the country, you need to be resourceful, as you need to be able to deal with things like distances and available resources, as well as the clinical issues.

'I also like working with a broad range of clients, which is great for a new graduate like me. There's lots of learning opportunities and training available.'





Demanding, yet rewarding.

'To be an occupational therapist in the country I'd say you have to be flexible, adaptable, good at problem solving, and able to acknowledge your own limitations. Or at least learn to.

'A person who always wants to have all the answers to every single question might struggle.

'Clients here aren't worried when you say you don't know the complete answer to their question, and that you need some help. You've got to be open, genuine, really give yourself to the community in order to build trust.

'The benefits of working in the country far outweigh the negatives.

'There are opportunities to fast track promotion in Country Health SA if you prove your competence and work hard.

'As a woman it's possible to set yourself up well in country, so you have the flexibility to support other areas of your life.

'As many specialists aren't attracted to living permanently in the country there are spaces and gaps to fill. It gives you opportunity to build your own knowledge and expertise, and at the same time to benefit the local community.'

It's a good life.

'At work and at home, I enjoy the best of both worlds. My partner and I go scuba diving in Victor Harbor and Rapid Bay and I'm involved in the Adelaide EDGE Rotary Club, where we do a lot of fundraising and community work.

'I'd like to move to the Riverland to live with my partner, and study a Masters in Perinatal and Infant Mental Health remotely with the NSW Institute of Psychiatry. One day I hope to become a Perinatal Mental Health specialist, and continue practicing in the country.'