



Role Description

headspace Youth Reference Group Member

Member Qualities

As a group:

- ❖ Representation from Victoria and New South Wales
- ❖ Young people of different ages and genders
- ❖ Representation from Aboriginal and Torres Strait Islander backgrounds
- ❖ Representation from different cultural and language backgrounds
- ❖ A broad range of life experience, including same sex attracted young people, understanding of homelessness and history of mental health experiences.

As an individual:

- ❖ Young people must be aged between 16 and 25 years at the age of application
- ❖ Have an interest and passion in general and mental health, education and employment and/or alcohol and other drug issues for young people
- ❖ The ability to think about the big picture
- ❖ The ability to work in a team and participate in group discussions as well as working independently
- ❖ Motivation, willingness and commitment to participate on an ongoing basis
- ❖ Good communication skills
- ❖ The ability to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the YRG position
- ❖ All members must have easy and regular access to the internet and phone.

Responsibilities

- ❖ Group members can participate in specific or all areas of interest, being;
 - Planning and Development
Organise and run youth specific programs and events that promote ways to maintain or build good mental health,
 - Community Engagement Activities
Promote headspace at local engagement events and/or assist with community and school information presentations. This area would require members to be open to meeting with headspace staff for planning and development of presentations
 - Consultation and Feedback
Provide us with information and guidance through focus groups, online surveys or via email and social media platforms. This consultation will assist us to respond to young people's concerns and needs and provide positive outcomes. This area can be done without having to attend fortnightly meetings.



- ❖ Be prepared to undertake some training about headspace, talking to the media and other associated topics
- ❖ Be open and willing to participate in teleconferences, email and Facebook discussions
- ❖ Support local headspace activities
- ❖ Young people may be involved in community education activities, or as media spokespeople on the issue of youth well-being
- ❖ Young people may speak at public functions or at local schools, health forums, conferences and the like.
- ❖ Complete a wellness plan and actively look after all aspects of your health.

Time Commitment

In between face to face meetings and events, contact will be maintained through email, Facebook and teleconferences. It is expected that you maintain regular (at least once/fortnight) contact with the group.

Focus groups around specific topics will be held throughout the year and it is expected that the members will be involved in (at least) two of these a year. These groups may occur through teleconference, face to face, or through email surveys and web based discussion.

Benefits

- ❖ Meet other young people passionate about youth mental health and well-being
- ❖ Receive training in mental health, alcohol and other drugs, media and relating to your specific interest area
- ❖ Develop a range of skills including working in groups, and representing the needs of your peers.

Training

Training will be given in the following areas:

- ❖ What is headspace
- ❖ Health and Wellbeing matters
- ❖ Talking to the media
- ❖ Speaking in public
- ❖ Event planning
- ❖ Other as related to interested area.

Reimbursements

headspace will cover the following costs:

- ❖ All reasonable travel costs to attend face to face events
- ❖ Where approved by Management tasks undertaken outside of the YRG role, such as being on an interview panel will allow for payment of time.



Other

Parental (or Guardian) consent will be needed for young people under 18 years of age.
The YRG is not a therapeutic group program.

Young people 18 and over are required to have Working with Children's Check as a volunteer, this is a no cost application.