

YOUTH PEER VOLUNTEER ROLE STATEMENT

Position:	Youth Peer Volunteer
Classification:	Volunteer
Reports:	Youth Engagement Coordinator
Hours:	2-5 hours per week
Location:	Alfred Care Group headspace centres and/or headspace services

Organisation Overview

headspace is the National Youth Mental Health Foundation, funded by the Australian Government, providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support, and alcohol and other drug services.

The headspace early psychosis program offers specialist support for young people who are experiencing, or at an increased risk of experiencing psychosis. This specialist headspace service is supported by our lead agency, Bayside Health, Alfred Care Group.

At headspace Early Psychosis, our Lived Experience workforce is growing, and this provides Youth Peer Volunteers more opportunities to be a part of service delivery whilst being mentored and supported by our team. Youth Peer Volunteers are trained, mentored and supervised to learn to connect with other young people who may be experiencing mental health challenges or struggles in their daily lives. Youth Peer Volunteers are offered ongoing support in their role to reflect on their experiences of seeking help, be informed by the perspective of their own lived and living experience whilst connecting with young people. They learn to role model recovery orientated principles and hold values such as such as hope, trust and empowerment whilst participating in spaces alongside young people.

Volunteering can look like attending groups alongside young people (role modelling), co-facilitating groups with a peer support worker, developing group spaces with clinicians whilst drawing on your lived or living experience.

Member Qualities

- Have a lived and/or living experience of mental health challenges and seeking support for mental health, as a young person (between the age of 12 to 25)
- This could also include a personal lived and living experience with seeking support for social and emotional well-being, homelessness or drug and alcohol issues
- Characteristics such as curiosity, empathy and eagerness to learn
- A willingness to be informed by and sometimes share to ones lived and/or living experience
- Willingness to volunteer as part of a team
- Motivation, willingness and commitment to participate on an ongoing basis for **minimum 12 months**
- To balance health (including mental health) and other responsibilities (such as school/university/work/family) and the demands of the Youth Peer Volunteer position
- Easy and regular access to the internet, email account and phone

YOUTH PEER VOLUNTEER ROLE STATEMENT

Responsibilities

- Participate in regular volunteer opportunities including headspace groups, group development and monthly professional development sessions
- Willing to undertake foundational training opportunities including headspace Early Psychosis orientation, Youth Peer Support training and Discovery College courses
- Volunteer alongside the Youth Peer Support workers whilst developing skills in using your Lived/Living experience
- To be open to reflecting on and sometimes sharing personal experience of mental health challenges in an appropriate, positive and purposeful way that supports the recovery of young people and role models help seeking behaviour
- To adhere to Bayside Health and headspace policies that maintain confidentiality and privacy of young people at all times,
- To share concerns with the Youth Engagement Coordinator and program staff in a timely manner to maintain the duty of care to young people accessing headspace.
- Be open to holding Youth Peer Support values, and learning how to volunteer within a Youth Peer Support framework through volunteer opportunities, supervision and professional development sessions
- Engage in Supervision/Mentorship with the Youth Engagement Coordinator on a consistent basis whilst volunteering with headspace

Communication

In between Youth Peer Volunteer opportunities, contact will be maintained through email, phone and the Better Impact database. It is expected that you regularly (at least once a week) engage with and respond to communication.

Professional Development

Youth Peer Volunteer opportunities aim to offer hope and assist in the recovery of young people accessing headspace early psychosis and other headspace services. There is an expectation that volunteers engage in Peer supervision with the Youth Engagement Coordinator and participate in ongoing volunteer support.

Time Commitment

Youth Peer Volunteers participate in their allocated group weekly or fortnightly for 12 months, as well as attend monthly supervision and professional development. The volunteer role required a minimum of 2-5 hours during headspace centre open hours.

Benefits

- Feel empowered by your lived and living experience and learn from the lived and living experience of others
- Connect and learn together with other like-minded young people and deliver a youth friendly service as part of the headspace team
- Be part of a community that promotes help seeking and de-stigmatising young people's experiences of psychosis
- Receive training, ongoing support and targeted opportunities to develop a range of skills including Youth Peer Support, group facilitation, team work, communication, advocacy, purposeful sharing, boundaries, reflection and so on

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- Network with Youth Peer Workers and other advocates for youth mental health
- Give back to the community
- Build skills for future career opportunities particularly working in the Lived/Living Experience workforce

Reimbursements

This is a volunteer unpaid position.

I have read the information contained in the Youth Peer Volunteer Role Statement and accept the terms of the position.

Print full name: _____

Signature: _____

Date: _____