

YOUTH PEER VOLUNTEER POSITION DESCRIPTION

Position:	Youth Peer Volunteer
Classification:	Volunteer
Reports:	Youth Engagement Coordinator
Hours:	2-5 hours per week
Location:	Alfred Health 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.

headspace early psychosis is a specialist headspace service and is supported by its lead agency, Alfred Health.

At headspace Early Psychosis, Youth Peer Volunteers are 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 training and support to learn to reflect on their experiences and be informed by the perspective of their own lived and living experience whilst volunteering with young people. They learn to hold hope by purposefully sharing their story with young people going through a tough time and role modelling positive help seeking behaviour.

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 social and emotional well-being, homelessness or drug and alcohol issues
- A willingness to be informed by and sometimes speak 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 mobile phone

Responsibilities

- Participate in regular opportunities including headspace groups, service co-design/feedback and professional development
- Willing to undertake training opportunities (including about headspace, five day Youth Peer Support training, mental health and other associated topics)
- 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

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- To adhere to Alfred Health and headspace policies including those which protect the privacy and confidentiality of young people accessing headspace
- 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 practice within a Youth Peer Support framework
- Actively look after all aspects of your health

Time Commitment

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.

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 maintain confidentiality and privacy of young people at all times, and participate in supervision whilst engaging in the volunteer program.

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 be part of the headspace team to deliver a youth friendly service
- Receive training, ongoing support and targeted opportunities to develop a range of skills including Youth Peer Support, group facilitation, team work, communication, advocacy, public speaking and much more
- Meet with prominent leaders and advocates for youth mental health

Reimbursements

This is a volunteer unpaid position. Remuneration is offered for various youth participation opportunities.

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

Print full name: _____

Signature: _____

Date: _____