

Youth Advocacy Group Position Description

Are you aged between 16 and 25? Do you have something to say about health, mental health and other issues impacting young people?

Apply to join the headspace Craigieburn Youth Advocacy Group!

Who makes up the YAG at headspace Craigieburn?

All members must be **aged between 16 and 25 years** at time of application

YAG members shall be a **mix of ages, gender, cultures and backgrounds and have diverse life experiences.**

We aim to have a YAG that is **representative of the region** the headspace centre services.

The YAG is made up of 10-15 young people

The YAG team is supervised by the Community Awareness Officer, and works in collaboration with other headspace Craigieburn staff, including the Peer Support workforce

Should I apply?

Do you...

- Have an interest in **work in mental health**, youth advocacy and/or alcohol and other drug support and other issues for young people?
- Possess a **passion for improving outcomes for young people?**
- Demonstrate the **ability to work in a team** and participate in group discussions as well as **work independently?**
- Have motivation, willingness and **commitment to participate** in this role for at least 12 months?
- Have **good communication skills?**
- Easily **balance** your health (including mental health), other responsibilities like school/work/uni/family and the demands of the YAG position?
- Have easy and regular access to the internet and phone (this can be negotiated to improve accessibility of the YAG)

Did you answer yes to the above? Then we want you!

headspace Craigieburn YAG is an inclusive team, and we actively encourage applications from **all** young people, including:

- Young people with lived experience of mental illness, or who have lived with or cared about someone who has experienced mental ill health
- First Nations young people
- Young people from diverse cultural backgrounds and/or young people who are newly arrived in Australia, and/or are international students living in the area
- Young people with disabilities
- Young people identifying within the LGBTIQ+ community
- Young people who have experiences homelessness
- Young people from the more rural regions of the headspace Craigieburn reach (especially Mitchell Shire and the Sunbury area)

You **do not** need any specific education or qualifications to apply for this role

What would I do as part of the YAG?

Key responsibilities and activities:

- Attend meetings every three weeks (after hours, on a week night)
- Work collaboratively on projects with headspace staff and/or other YAG members during meetings and between meetings
- Develop, plan and/or deliver community awareness events and programs
- Undertake training to develop skills and knowledge as a communicator about mental health, mental illness, substance use and other associated topics
- Support your local headspace centre in community activities
- Plan and produce communications materials for stakeholders, including young people (through social media) and other key stakeholders

You may also take opportunities as they arise to:

- Engage in public speaking advocacy, for example at schools or local government events
- Be involved in the design or evaluation of valuable, ongoing research (mainly in collaboration with our Lead Agency, Orygen)
- Work as media spokespeople about current issues
- Support the development of new strategies, policies and learning for the headspace Craigieburn service
- Undertake training (if it's available) in particular interest areas

Time Commitment

In between face to face meetings and events, contact will be maintained through online communication platforms, email and occasionally phone contact. It is expected that you maintain regular (at least once/week) contact with the group.

Key focus groups around specific topics are occasionally held throughout the year and it is expected that the members will attempt to make themselves available for these. These groups may occur through teleconference, face to face, or through email surveys and web based discussion.

Benefits

- Meet with prominent leaders and advocates for youth mental health
- Create social and professional networks with other young people with similar passions and interests as you
- Receive training about mental health, the headspace model, community awareness and advocacy and other associated topics
- Develop a range of skills including working in groups and representing your peers
- Pathways to other Orygen opportunities including progression to National Councils, projects and programs.
- References for education or employment opportunities

Training

Members will have opportunity to attend training throughout the year, covering areas such as:

- What is headspace
- Mental health
- Advocacy skills

There is occasionally additional training available throughout the year, including media training, advocacy and facilitation training.

Other important information

Parental (or Guardian) consent will be needed for young people under 18 years of age.

Do you want to apply? Click [this link](#) and let us know about you!

Need more info or have questions?

Email headspaceCraigieburnCommunity@orygen.org.au