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Role Description

headspace Youth Advisory Committee Member

PURPOSE

To ensure the headspace service is youth friendly and reflective of the young people experiencing mental health issues in the community.

ROLE

The Youth Advisory Committee will:

- Ensure headspace services remain youth friendly and focussed by providing advice in relation to the integration of consumer, carer and community views into all levels of service, operations and planning of the relevant headspace centre.
- Advocate to the headspace Consortium on behalf of the young people in the community
- Provide advice to support headspace service direction on behalf of the young people of Dandenong, Casey and Cardinia
- Plan and execute fundraising activities as well as guide spending of these funds to improve headspace services

Benefits for YAC members:

- Training by headspace program facilitators and self-guided learning opportunities
- The opportunity to attend headspace community engagement events in Dandenong, Casey and Cardinia

REQUIREMENTS

Individual qualities:

- An interest and passion in youth mental health
- The ability to think objectively
- The ability to work in a team and participate in group discussions

- The ability to work independently
- Motivation, willingness and commitment to participate in an ongoing basis
- Good communication skills
- The ability to balance health (including mental health), other responsibilities (study/work/social) and the demands of the YAC position

Responsibilities/Commitments:

- Initial 12 month commitment with ongoing participation subject to review
- Participate in fortnightly meetings and ongoing discussions/forums
- Be prepared to undertake training about headspace, youth mental health, youth leadership, self-care, communication, event/project planning and other relevant associated topics
- Be open and willing to participate in Consortia meetings and associated forums
- Support local headspace activities and events
- Conduct and behaviour of members must be reflective of headspace's professionalism and good standing within the community
- Support the objectives of headspace through promoting its services and encouraging young people to seek help early
- Communicate and report to headspace facilitator as per YAC Agreement