



Applications are now open for the:

headspace Frankston Youth Reference Group

Are you aged between 16 and 24 and live in the Frankston/Peninsula area? Do you have something to say about youth issues like mental health, physical health, sexual health, homelessness and/or drug and alcohol issues? Are you a team player looking for an opportunity to make a difference in your community?

What is the headspace Frankston Youth Reference Group?

headspace Frankston is providing young people with the opportunity to be heard and be active around youth mental health and alcohol and other drug issues. There are a number of roles you can play in a **headspace Frankston youth reference group (YRG)**, including:

- Special projects like art, digital storytelling, community engagement
- Co-designing programs and activities
- Research and evaluation of **headspace** services
- Consultation and representing young people around local youth issues
- Peer support and mentoring
- Staff recruitment

By getting involved you will:

- Have the opportunity to have your say and direct youth health & wellbeing services in the Frankston/Peninsula region.
- Receive some training opportunities and develop new skills
- Meet and work with other young people who are passionate about youth mental health, youth issues and health & wellbeing
- Make a difference to youth health & wellbeing

headspace Frankston will support you to participate in the above activities and you will meet like-minded young people from all different backgrounds.

How do I get involved?

Complete the application form and email it to hryan@headspacefrankston.org.au or you can post it/drop it in to 62 Playne St, Frankston 3199

APPLICATIONS CLOSE 23rd March 2018

Who can apply?

We are looking for anyone aged between 16 and 24 who is involved with their local **headspace** centre or other local services. We are looking for about 12 local young people to join the group.

We want you to apply if:

you have had your own experiences of a mental health issue

you have utilised local youth and/or health & wellbeing services

you feel passionate about and are interested in local youth issues.

Indigenous young people, young people with chronic health issues, young people from different cultural backgrounds, young men, young people with disabilities, neurodiverse young people, LGBTIQ+ young people and young people who have been homeless are **particularly encouraged to apply**



headspace Frankston youth reference group application form

Personal Details

Name

Phone

Email

Address

Date of Birth

Gender

What languages do you speak at home?

Where were you born?

Are you Aboriginal or Torres Strait Islander?

Do you identify as having lived experience of a mental health issue?

Do you identify as having lived experience of one or more of the following? (Please specify)

Disability, neurodiverse, LGBTIQA+, homelessness, alcohol & other drugs, chronic health issues etc

Is this something that you would be happy and comfortable talking about (with support)?



About You

Please tell us a bit about yourself...

(For example: I am 15 years old, and attend alternative education centre 3 days a week, I like skate-boarding etc)

Why are you are interested in becoming a Youth Reference Group member?

What skills and ideas could you bring to the Youth Reference Group?

Are you involved in any other organisations? If yes, which ones and what is your involvement?



ROLE DESCRIPTION

headspace Frankston Youth Reference Group Member

Member Qualities

As a group:

- All members must be aged between 16 and 24 years at the age of application
- Representation from the Frankston & Mornington Peninsula Region
- A mix of ages and genders
- Representation from Aboriginal and Torres Strait Islander backgrounds
- A broad range of life experiences, including disability, LGBTIQ+ young people, neurodiversity, experience of homelessness and history of mental health and/or substance use issues.

As an individual:

- Young people must be aged between 16 and 24 years at the age of application
- Have an interest and passion in mental health and other health & wellbeing 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
- Understand and have respect for the importance of diversity and acceptance
- 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
- Motivation, willingness and commitment to attending and contributing to regular meetings and completing assigned tasks

Responsibilities

- Participate in regular meetings (2hrs per fortnight on Tuesdays from 4-6pm during school terms – please note, day of the week may change with group's agreement)
- Be available to undertake some training at about headspace, mental health, and other associated youth health topics during school holidays
- Be open and willing to participate in email and Facebook discussions
- Support local headspace activities and events
- Help communicate headspace Frankston's key messages to the local youth community
- Young people may be involved in community education activities, or as media spokespeople on the issue of youth mental health and well-being
- Young people may speak at public functions or at local schools, mental health forums, conferences and the like.
- Complete a wellness plan and proactively look after all aspects of your health
- Follow health and safety directions of headspace staff
- Be a positive representative of headspace Frankston and the young people of our region

Attendance at compulsory orientation & training will be required.

Time Commitment

Fortnightly meetings on Tuesdays from 4-6pm during term time

In between face to face meetings and events, contact will be maintained through email and Facebook. It is expected that you maintain regular contact with the group.

Focus groups, events and consultations 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.

It is expected that Youth Reference Group members commit to being part of the group for 12-24 months.



Benefits

- Meet other young people passionate about youth mental health and well-being
- Receive various training opportunities, for example Youth Mental Health First Aid, Leadership etc.
- Develop a range of skills including working in groups and representing the needs of your peers
- Make a meaningful and lasting contribution to your community
- Share in the decision-making process of headspace Frankston's strategic direction and service development.

Reimbursements

All positions with the YRG are voluntary

headspace Frankston will cover the following costs:

- All reasonable travel costs to attend face to face events
- A travel reimbursement of \$10 will be given for attendance at regular fortnightly meetings.
- Speaking at events, consultations, staff recruitment interviews and other activities will be reimbursed at \$20 per hour, with a minimum of two hours
- If the event or activity is at a meal time, either the meal will be provided or the YRG member will be provided with a meal allowance.

We are a child-safe organisation and all YRG members aged 18+ will be required to have a current Working With Children Check. These are available for free for volunteers from <http://www.workingwithchildren.vic.gov.au/home/>

Other

Parental (or Guardian) consent is required for young people under 18 years of age

I have read and understood the above role description

Name: _____ Parent/Guardian: _____

Sign: _____ Parent/Guardian sign: _____

Date: _____



FAQs

What kinds of things does the headspace Frankston YRG do?

Heaps of different things! It changes all the time according to the needs of the community and service. Some examples of what the YRG have done in the past include:

- Running stalls and promoting headspace at local events and festivals.
- Advising management on all aspects of keeping our service 'youth-friendly'
- Being part of various committees and working groups, eg. homelessness
- Being part of a panel of interviewers for hiring new staff
- Making a video to create awareness about youth mental health.
- Speaking at schools and community events
- Being interviewed by local media
- And heaps more!

Will I be expected to share my story publicly?

No. Only those who willingly wish to share their story may do so. Young people sharing their story will be actively supported by staff and are free to change their mind about doing so at any time.

Prior to sharing your story, you will be provided with training and staff will help you to craft the message of your story in such a way as to promote your wellbeing and that of others.

I am a psychology/counselling/mental health/youth work etc student – will this opportunity give me experience in working directly with young people with mental health issues? Could I use this opportunity for my placement for my studies?

No. Only qualified staff provide direct clinical services to young people.

However, being a part of the YRG will help you develop skills, qualities and attributes which are looked on favourably by employers from all kinds of industries and sectors.

Our YRG provides advice on some aspects of how our clinical services are delivered and sometimes may co-facilitate information sessions or community awareness activities. You will learn about youth health promotion and education and about some of the factors to be considered when working with young people experiencing mental health issues.

What happens if I can't maintain my commitment as a YRG member?

Regular attendance at YRG meetings is a requirement of this position. It is very important that all members follow through on this commitment.

However, headspace Frankston understands that there may be times when you are unable to maintain your commitment due to unforeseen circumstances. If you need to take a break from your commitment to the YRG, you will be expected to discuss this with the Youth Participation Coordinator, who will help you figure things out. For those unable to attend the fortnightly meetings, other casual youth participation opportunities are available throughout the year.

What happens after I submit my application?

Short-listed applicants will be required to attend a face-to-face or phone interview/meeting to determine their suitability. We'll call you! If we can't get in touch on the phone, we'll email you.