

headspace Knox & headspace Lilydale

Youth Action Force Position Description

Are you aged between 16 to 25? Are you passionate about youth mental health and wellbeing? Do you want to get involved in your local community? **Apply to join the headspace Knox & headspace Lilydale Youth Action Force today!**

Position	Youth Action Force Member
Classification	Volunteer
Reports to	Community Engagement Coordinator – Jasmine Scampton
Hours	Monthly meeting on the second Thursday of the month from 5:30pm-7pm. Regular community events, presentations, and activities. An estimated total 3 hours per month (but this may vary depending on the time of the year).
Location	<u>Monthly meetings will be held at:</u> headspace Knox - 2 Capital City Boulevard, Westfield Knox Ozone, Wantirna South, Victoria 3152 Centre Access Key here <u>Events, presentations, and activities:</u> Mostly held across the Knox, Maroondah, and Yarra Ranges regions.

Organisation Overview:

headspace is the National Youth Mental Health Foundation. headspace is funded by the Australian Government Department of Health. There are over 150 centres across Australia. The primary focus of headspace is to provide early intervention services to improve mental health and wellbeing outcomes for young people aged 12 to 25 years. You can read more about headspace here: <https://headspace.org.au/>

Every headspace centre in Australia has a lead agency. Each (Eastern Access Community Health) is the lead agency for headspace Knox & Lilydale. This means headspace Knox & headspace Lilydale are operated by and are part of Each. Each's



purpose is to deliver health and support services that improve lives and strengthen communities.

About the YAF:

The headspace Knox & headspace Lilydale Youth Action Force (YAF) provides those aged 16 to 25 with the opportunity to have their voice heard and take positive action to improve the mental health and wellbeing outcomes for young people in their local community. The YAF is joint for both centres. This means you will represent both headspace Knox & headspace Lilydale in community engagement activities. However, there may be instances where you represent only one centre.

The YAF are young people who volunteer at headspace centres to ensure services and community engagement efforts are youth friendly. The YAF are passionate and proactive about getting involved in their community.

The purpose of the YAF is to; raise awareness and deliver education about mental health and the presence of headspace services, encourage early help seeking, and provide opportunities for social connection. The YAF aims to break down stigma around mental health and improve the way we address mental health in the community.

The Community Engagement Coordinator and the YAF do this by having a presence in the community through local events, workshops, programs and activities. We aim to have a YAF that is representative of the region of the headspace centres services. YAF members shall be a mix of ages, genders, cultures, and backgrounds, and have diverse life experiences.

What are the expectations for YAF members?

- Applicants must be between 16 and 25 years of age
- Live, work, study, or play in Knox, Maroondah, Yarra Ranges and surrounding areas
- Personal experience of mental health or alcohol and other drugs are welcome but not a requirement
- Attend monthly meetings (80% overall attendance expected)
- Attend at least one activity per month outside the meeting (or equal to)
- Flexibility to be available during school hours and business hours
- Able to work respectfully with people from diverse backgrounds
- Willing to get a Volunteer Working with Children's Check (for members over 18)
- Willing and motivated to participate in this role for at least 12 months

Should I apply?

- Do you have an interest in youth mental health and wellbeing?
- Are you eager to participate in community events and activities?
- Are you willing to work in a team and participate in group discussions?
- Do you enjoy communicating with others?
- Are you able to balance your health, studies, work, and other responsibilities?
- Are you willing to be creative, innovative, or give new things a go?
- Do you have regular access to the internet, Facebook, and a mobile phone?

Who are we looking for?

We actively encourage applications from all young people, but particularly want to hear the voices of groups that are often underrepresented such as:

- Young people with lived or living experience of mental illness and/or have used headspace services in the past
- Aboriginal or Torres Strait Islander young people
- Young people from culturally and linguistically diverse (CALD) backgrounds
- Young people who identify as LGBTQIA+
- Young people with a disability
- Young people who identify as neurodiverse
- Young men

What do I do as part of the YAF?

Key Roles and Responsibilities:

- Attend and actively participate in a monthly YAF meeting with the Community Engagement Coordinator
- Be available to attend regular community events and activities e.g., assisting with a mental health trivia at a school
- Work collaboratively and creatively with other members on YAF-led and co-designed projects during and between meetings
- Stay up-to-date and active on Facebook page and discussions
- Assist in creating social media content and other resources
- Assist in delivering workshops at schools and universities with support from the Community Engagement Coordinator

- Provide input and feedback on headspace Knox & Lilydale's resources, services, and initiatives with a youth-perspective

Benefits of joining the YAF

- Develop a range of skills including teamwork, health education, advocacy, public speaking, health promotion, project planning, and event management
- Make a meaningful contribution to your local community's youth mental health services
- Meet and create new connections with other like-minded young people
- Receive training opportunities related to mental health
- Practice communication skills
- Gain references for education and employment opportunities
- Speak to and gather insight from mental health professionals at headspace
- The role has flexibility with study, work, and other responsibilities

Other Important Information:

If you are under 18 years of age, parental or guardian consent is required.

What do I do next?

If you want to apply, click [here](#) to fill out the YAF application form.

Have any questions?

Email jasmine.scampton@headspaceknox.com.au

OR call headspace Knox on [\(03\) 9801 6088](tel:(03)98016088)