

headspace Meadowbrook Youth Reference Group FAQ's



What is the **headspace** Meadowbrook Youth Reference Group?

The Meadowbrook Youth Reference Group (MYRG) is open to 8-20 individuals who share an interest in health, mental health, and community. The group offers a number of roles and opportunities, depending on your area of interest. Some aims of the YRG are to:

- Provide you with the opportunity to have input into the strategic direction of **headspace** Meadowbrook and our Youth Early Psychosis Program (hYEPP)
- Allow for the voice of young people in Logan to be heard and acted upon in matters that affect them most
- Provide you a role in shaping youth mental health policy direction
- Give you an open forum where ideas can be shared in an inclusive, positive environment
- Develop creative branches (such as a **headspace** band and craft collective)
- Constantly evaluate and improve our services with your help

What is involved in the role?

We understand that everyone is different, and everyone has different commitments- so we want to make this group as flexible and inclusive as possible! Roles in the group range from:

- Being a part of our **headspace** band and bringing music to our centre and events
- Assisting with planning important events, and other youth participation groups (e.g. our craft collective).
- Being involved in Community Engagement and local projects
- Assisting with policy and advocacy
- Helping with marketing and promotion

How much time do I need to commit?

Group meetings will be held once a month, and in between that it is up to you how much time you wish to commit. It is hoped that members will stay with us for 12

months, but we understand changing circumstances may make this time frame impossible for some.

What kind of support and training will I receive?

Training and support will be offered to the **headspace** MYRG in a variety of areas. Ideas include:

- Mental health
- Talking to the media
- Event Coordination
- Project Management
- Drug and Alcohol issues

As a group member, if you have an interest in something particular, we will aim to provide training in that area.

The **headspace** MYRG is a fantastic opportunity for anyone who wants to be involved in something empowering, enjoyable, worthwhile and supportive.

We are looking forward to meeting you!