

Frequently Asked Questions (FAQ) – headspace Batemans Bay and headspace Narooma Family Reference Group

At headspace, family is defined uniquely by each young person. Family is considered an integral part of a young person's circle of care. Family and other caregivers – whether by birth, choice or circumstance – hold a significant role in supporting a young person by fostering a sense of belonging and connection through their shared experience. The term family may include parents, caregivers, siblings, partners, Elders, kin, mentors and other community members who are viewed by the young person as people who play a significant emotional, cultural, faith-based or other role in their life

1. What is the headspace Family Reference Group?

The Family Reference Group is a group of up to 10 people who may have had a family member access mental health services. They consult with headspace Batemans Bay and headspace Narooma on a variety of topics and issues, and are involved in a number of local and national projects.

The reference group aims to give family members the opportunity to provide input into the strategic direction of headspace Batemans Bay and headspace Narooma, headspace programs and services.

The reference group will consist of up to 10 people

- All members must have experience supporting a young person with mental health issues
- A mix of ages and genders
- Representation from Aboriginal and Torres Strait Islander families
- Representation from diverse cultural and linguistic backgrounds
- A diversity of family type
- All members must have easy and regular access to the internet and phone

2. What does being in the reference group involve?

Members of the Family Reference Group will have the opportunity to be involved in a number of ways including:

1. As consultants for headspace Batemans Bay and headspace Narooma by providing feedback to all areas of the organisation in a variety of ways
2. Local and national projects
3. Media spokespeople for headspace Batemans Bay and headspace Narooma local centre
4. Marketing, Promotion and Community Awareness
5. Resource development
6. Education and training for both staff and young people
7. Evaluation and Research
8. Policy advocacy

By providing a variety of activities it is hoped that it will provide the opportunity to draw on people's strengths, abilities and capabilities, while also appealing to a broad range of interests.

3. What's the time commitment?

The appointment of Family Reference Group Members is 1 year. You will have the option to attend monthly meetings face-to-face at either the **headspace Batemans Bay** or **headspace Narooma** office, or to attend online — whatever works best and is most accessible for you.

In between the meetings, contact will be maintained through email and phone. There will be an expectation that you participate regularly in group discussions. This is a volunteer role, and although you may be paid for some of the events, it is expected that you will also volunteer your time for subcommittees, projects and other events.

4. Can you tell me more about the activities that I can be involved in?

There are a number of activities that Family Reference Group members have the opportunity to be involved in. You do not need to have previous experience in order to participate in any of these.

- **MEDIA SPOKESPEOPLE AND COMMUNITY ENGAGEMENT**

What is it? Family Reference Group members are supported to become active community advocates for youth mental health and for the involvement of family. The goal is to raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community in youth mental health. Members may be involved in community education activities, or as media spokespeople on the issue of youth mental health. Media Spokespeople may be requested to speak at public functions or at local schools, mental health forums, conferences and the like.

- **LOCAL PROJECTS**

What is it? With support from headspace Batemans Bay and headspace Narooma, members of the Reference Group may have the opportunity to lead specific projects. We encourage members to develop their own projects where they see a need. Interested members will be required to submit a project proposal; feasibility will be assessed by a panel of headspace Batemans Bay and headspace Narooma employees.

- **INVOLVEMENT IN FOCUS GROUPS AND CONSULTATIONS**

What is it? From time-to-time, focus groups are held around specific topics to help headspace decide on direction of its activities and resources to be developed. The purpose is to ensure that the interests and opinions of family and friends are represented in all aspects of headspace activity.

When do they meet? These discussions may take place at face-to-face meetings or may occur between meetings via online forums or over the phone.

- **EVALUATION, RESEARCH AND POLICY ADVOCACY**

What is it? Members may have the opportunity to contribute to evaluation and research at headspace **Batemans Bay** and **headspace Narooma**

If you have any further questions, please contact headspace Batemans Bay or headspace Narooma via email:

info@headspacebatemansbay.org.au or info@headspacenarooma.org.au phone: 1800 718 383 or visit us at 1/11 Clyde Street (Batemans Bay office) or Ste 2/183 Princes Hwy (Narooma office) during our opening hours.