



# Volunteer Role Description

## Port Macquarie Youth Reference Group Member

### Member Qualities

As an individual:

- Be aged between 16 and 25 years at the age of application
- Have an interest and passion around youth health, mental health and other issues relating to 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
- Have something to say about the local community, youth health, mental health and alcohol and other drug issues
- Good communication skills
- The ability to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the Youth Reference Group.
- All members must have easy and regular access to the internet and phone

As a group:

- All members must be aged between 16 and 25 years at the age of application
- A mix of ages and gender
- Representation from Aboriginal and Torres Strait Islander
- Representation from different cultural and language backgrounds
- A broad range of life experience, including same sex attracted young people, experience of homelessness, history of mental health and mental illness, substance use and abuse, young carers.

### Responsibilities

- Participate in fortnightly meetings, Wednesdays 4-5/5:30pm during school terms.
- Be prepared to undertake some skills development/workshops about mental health, wellbeing, suicide prevention, talking to the media and other associated topics. These may be interest areas for group members and may be through linking with other community groups.
- Be open and willing to participate in teleconferences, email and facebook discussions
- Support local community activities
- Some young people may like to become active community advocates for youth mental health which will: raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about youth mental health.
- Young people may be involved in community education activities, or as media spokespeople on the issue of youth mental health.
- Young people may speak at public functions or at local schools, mental health forums, conferences and the like.
- Complete a wellness plan and actively look after all aspects of your health

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## **Time Commitment**

In between face to face meetings and events, contact will be maintained through email, facebook and text message. It is expected that you maintain regular (at least once/fortnight) contact with the group.

Focus groups 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. These groups may occur through face to face, email surveys and/or web based discussion.

## **Benefits**

- Become involved with your local community organisations
- Develop a range of skills including leadership, working in groups, and representing the needs of your peers
- You can be provided with a written reference for your resume if requested
- Certificate of Completion at the end of the year

## **Skills development**

Skills development may be given in the following areas:

- Introductions to local community organisations
- Mental health
- Talking to the media
- Speaking in public
- Self-care and wellbeing
- Other as related to interested area