

Frequently Asked Questions (FAQs)

headspace Redcliffe Youth Reference Group

What is the Youth Reference Group (YRG)?

The YRG is made up of 6-12 young people passionate about mental health and well-being.

The YRG aims to:

- provide young people with the opportunity to have input into the strategic direction of **headspace** services, and local mental health services
- allow a way for the voice of young people to be heard and acted upon
- provide opportunities for skills and leadership development and provide experience in media, marketing, communication and advocacy skills
- support young people to lead projects locally
- allow young people to direct youth mental health policy development
- demonstrate good practice by involving young people in the youth, welfare and health sector

What is involved in the role?

Young people on the **headspace** Redcliffe youth reference group will have the opportunity to be involved in a number of ways, including:

- Lead local projects
- Marketing, promotion and community awareness activities
- Media spokespeople and community engagement opportunities
- Evaluation and research
- Policy and advocacy
- Involvement in mental health related focus groups and consultations

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.

What's the time commitment?

The appointment of YRG Members is 12 months. There will be monthly meetings, organised at a time that suits members. In between meetings and events, contact will be maintained through the Facebook group, email, online forums and/or teleconferences. There will be an expectation that young people participate regularly in these discussions. It will also be expected that young people take part in focus groups and project work related to their area of interest.

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

Media Spokespeople and Community Engagement

What is it? Young people are supported to become active community advocates for youth mental health. 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. Young people may be involved in community education activities, or as media spoke people on the issue of youth mental health. Media spokespeople may be requested to speak at public functions or local schools, mental health forums, conferences etc.

What are the requirements? Young people do not need to have previous experience at talking in public. The YRG will be supported and trained to become comfortable speaking at events.

headspace Local Projects

What is it? With support for the **headspace** centre staff, members of the YRG will have the opportunity to lead specific projects. These projects may include, production of a **headspace** video, planning a fundraising event, a youth week activity, an art competition etc.

Involvement in focus groups and consultations

What is it? From time to time focus groups are held around specific topics to help improve **headspace** services. The purpose is to assure that the interests and opinions of young people are represented in all aspects of **headspace** activity and those services and resources are youth friendly.

When do they meet? These groups are created as needed. Young people on the YRG will be notified and asked for expressions of interest through email. It is expected that the group members would be involved in several of these a year.

Evaluation, research and policy advocacy

What is it? Young people on the YRG will have the opportunity to get involved in evaluation. Topics for evaluation will depend on the need at the time.

What costs are involved?

headspace Youth Reference Group members will not be out of pocket for costs associated with involvement in Youth Reference Group centre events being reimbursed for expenses.

What kind of support and training will I receive?

Training will be given in a variety of areas; these may include:

- Leadership & communication
- Project management
- Mental health
- Mental illness
- Drug and alcohol issues
- Talking to the media
- Public speaking