

We are looking for young people to be part of the 2020:

headspace Sale Youth Advisory Group (YAG)

Are you aged between 12 and 25?

Do you live, study or work in Wellington Shire?

Do you have something to say about youth mental health?

We want you to apply!

What is the headspace Sale Youth Advisory Group?

headspace Sale is providing young people with the opportunity to be heard and be active around issues affecting young people.

There are several roles you can play in the headspace Sale Youth Advisory Group, including:

- Co-designing programs and events.
- Research and evaluation of headspace services.
- Consultation and representing young people on local issues.
- Peer support and mentoring.
- Representing headspace at meetings and conferences.

By getting involved you will:

- Have the opportunity to have your say and direct youth mental health and wellbeing services in Wellington.
- Receive some training opportunities and develop new skills.
- Meet and work with other young people who are passionate about youth mental health.
- Make a difference in your community and create positive social change.

headspace Sale will provide some training to support you to participate in the above activities.

Who can apply?

We are looking for young people aged between 12 and 25 who live, study or work in Wellington Shire. We want you to apply if:

- You have had your own experiences of a mental health issue.
- You have had a family member or friend experience a mental health or substance use issues.
- You have utilised local youth and/or health and wellbeing services.
- You identify as indigenous, are from a culturally diverse background, are a young man, have a disability, are neurodiverse, identify as LGBTIQ+ or have been homeless.
- You feel passionate about and interested in local youth issues.
- You can attend fortnightly meetings and some events outside of these hours.

*applicants must have current Working with Children's Check and undergo and obtain a satisfactory police check.

headspace Sale Youth Advisory Group Application form

Personal Details

Name	<input type="text"/>
Phone	<input type="text"/>
Email	<input type="text"/>
Address	<input type="text"/>
Date of Birth	<input type="text"/>
Gender	<input type="text"/>
Preferred pronouns	<input type="text"/>

Are you Aboriginal or Torres Strait Islander? (please circle) Yes No

Are you from a rural or remote area? (please circle) Yes No

Where were you born?

Do you identify as culturally diverse?

What languages do you speak at home?

Have you or someone you know had troubles with their mental health?

Do you identify as having lived experience with any of the following? (please circle)

Disability Neurodiverse Homelessness Alcohol/drug issues Other (please describe below)

Is this something that you would feel happy and comfortable talking about (with support)? Yes No Maybe
(please circle)

About you

Please tell us a bit about yourself and something you are passionate about in your community.

Why are you interested in becoming a Youth Advisory Group member?

What skills and ideas could you bring to the Youth Advisory Group?

Are you involved in any other organisations? If yes, which ones and what is your involvement? (youth groups, volunteer, or paid work)

Role Description

headspace Sale Youth Advisory Group member requirements

As a group:

- All members must be aged between 12 and 25 years at the age of application
- Representation from the Wellington region
- A mix of age and genders
- Representation from Aboriginal and Torres Strait Islander young people
- Representation from different cultural and language backgrounds
- A broad range of life experience, including disability, LGBTIQ+ young people, neurodiversity, experiences of homelessness and history of mental health or substance use issues.

As an individual:

- Young people must be aged between 12 and 25 years at the age of application
- Have an interest and passion for mental health and other issues facing young people in Wellington Shire
- The ability to work in a team and actively contribute to group discussion as well as work independently
- Understand and have respect for the importance of diversity and acceptance
- Good communication skills
- The ability to balance health (including mental health), other responsibilities like school /work/study/family and the demands of the YAG position.
- Commit to attending and contributing to fortnightly, complete assigned tasks and occasionally attend activities or events outside of meeting times.
- Have a method to communicate with other YAG members and the YAG coordinator outside of meeting times.

It is expected that Youth Advisory Group members commit to being part of the group for 12 months.

Responsibilities:

- Participate in regular meetings (2 hours per fortnight on Tuesdays from 5pm – 7pm)
- Be prepared to undertake some training about headspace, mental health, and other related topics
- Support local headspace activities and represent headspace at community events
- Be willing to potentially speak at public functions and events or at local schools, forums, and conferences.
- Follow health and safety directions from headspace staff
- Be a positive representative of headspace Sale and the young people in Wellington

Time commitment

It is expected that you maintain regular contact with the group and outside of meetings and events. Focus groups, events and consultations will be held throughout the year and it is expected that the members will be involved in (at least) 4 of these a year.

Benefits

- Meet other young people who are passionate about youth mental health and wellbeing
- Receive training opportunities (see below)
- Develop a range of skills including working in groups, public speaking, communication skills and representing the needs of your peers
- Make a meaningful and lasting contribution to your community
- Share in the decision-making process of headspace Sale's strategic direction and service development

Training opportunities

- What is headspace? (headspace induction)
- Teen Mental Health First Aid
- Youth Advocacy Training
- Active Bystander Training
- Cultural Awareness Training
- LGBTQIA+ Inclusivity Training
- Other as related to areas of interest

Code of Conduct

headspace Sale Youth Advisory Group member code of conduct

Being a headspace Sale Youth Advisory Group (YAG) Member is a great opportunity to promote the positive image of young people and mental health and substance use issues, including early intervention and help seeking. Your behaviour as a member of the YAG should enhance the reputation of headspace, and what it stands for as well as being considerate of other members' needs.

Participation

At headspace, we recognise that you have different commitments outside of the YAG leading to different individual time and availability. If this is discussed with Brydie, arrangements can be made for you to take time out from activities.

If you do not actively participate in meetings, group discussions and other events without apology or prior discussion with Brydie, a review of your commitment to the Youth Advisory Group may take place.

If you wish to resign or take a break from the Youth Advisory Group; notification in writing (either email or hard copy) to Brydie is required.

Problem Solving & Dispute Resolution

Any complaint, unresolved problem or serious dispute that involves YAG members is to be brought to Brydie for resolution. If appropriate, and with the agreement of all parties, the matter may involve a mediation process. A range of mediation options will be made available.

headspace Sale reserves the right to exclude any young person if it is believed that the young person has acted inappropriately. If such steps are taken, the member's participation with headspace will be reassessed and may mean a predetermined timeframe of exclusion from the group or immediate expulsion.

Care and Support for YAG Members

headspace promotes early intervention and help-seeking for mental health and drug and alcohol issues. It is therefore expected, that as a representative of headspace, you acknowledge this and you yourself seek appropriate supports when required. Therefore, if at any time you feel you need to take a break, seek help or support then headspace will respect this.

Any questions?

If you have any questions, please do not hesitate to contact Brydie, Community Engagement Officer at headspace Sale and Bairnsdale on 0458 558 225 or info@headspacesale.org.au

Parental (or guardian) consent is required for young people under 18 years of age (please discuss with Brydie if this is not possible).

I have read and understood the above headspace Sale YAG Role Description.

I have read and understood the above headspace Sale YAG member Code of Conduct.

Young person name _____

Sign _____

Parent/guardian name if under 16 years _____

Parent/guardian sign if under 16 years _____

Date _____