

# ROLE DESCRIPTION

## headspace Victor Harbor Youth Reference Group Member

### Member Qualities

As a group:

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

As an individual:

- Have an interest and passion in mental health and/or alcohol and other drug issues for 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
- Young people that have something to say about 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 YRG position
- All members must have easy and regular access to the internet and phone

### Responsibilities

- Participate in monthly meetings
- Be prepared to undertake some training about **headspace**, mental health, mental illness, talking to the media and other associated topics
- Be open and willing to participate in teleconferences, email, and Facebook discussions
- Support local **headspace** activities
- Young people may be involved in community education activities, or as media spokespeople on the issue of youth mental health and well-being.
- Young people may speak at public functions or at local schools, mental health forums, conferences and the like.

### Time Commitment

In between face to face/online meetings and events, contact will be maintained through email or text messaging and Facebook. It is expected that you maintain regular (at least once/fortnight) contact with the group or community engagement worker.

Meetings will be held monthly at a time that suits most members. These generally go for 1-1.5 hours. Location of the meetings may change monthly and food is provided!!

### Benefits

- Meet other young people passionate about youth mental health and well-being
- Receive training in mental health, alcohol and other drugs, media and relating to your specific interest area
- Develop a range of skills including working in groups, and representing the needs of your peers

### Training

Training will be given in the following areas:

- What is **headspace**
- Mental health
- Talking to the media
- Speaking in public
- Other as related to interested area

### Other

Parental (or Guardian) consent will be needed for young people under 18 years of age

## 1. What is the Youth Reference Group (YRG)?

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

The YRG hopes to:

1. Provide you with the opportunity to have input into the strategic direction of **headspace** services, and local mental health services.
2. Allow a way for the voice of young people to be heard and acted upon.
3. Provide opportunities for skills and leadership development and provide experience in; media, marketing, communication and advocacy skills.
4. Support you to lead projects locally
5. Allow young people to direct youth mental health policy development
6. Demonstrate good practice by involving young people in the youth, welfare and health sector

## 2. What is involved in the role?

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

1. Media spokespeople and community engagement opportunities
2. Lead local projects
3. Marketing, promotion and community awareness activities
4. Involvement in mental health related focus groups and consultations
5. Evaluation and research
6. Policy and 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?

We would appreciate your commitment as an YRG Member for a 12 month period; however this is flexible and can be discussed at any time. There will be monthly meetings organised at a time that the majority of the YRG.

In between meetings and events, contact will be maintained through Facebook, email, texts and online forums. There will be an expectation that you participate regularly in these discussions. It will also be expected that you take part in focus groups and project work related to your areas of interest.

This is a volunteer role and although you will 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?

### 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 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 etc.

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

**What is it?** With support from the **headspace** centre staff, members of the LYRG 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....the possibilities are endless.

### 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 that services and resources are youth friendly.

**When do they meet?** These groups are called 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.

**When do they meet?** A subcommittee or working group will be established to work in these areas. Young People on the YRG will be notified and asked for expressions of interest through email. Communication will be mostly through Facebook and email.

## 6. 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

# headspace Victor Harbor Youth Reference Group application form



## Personal Details

Name

Phone

Email

Address

Date of Birth

Sex

What languages do you speak at home?

Where were you born?

Are you Aboriginal or Torres Strait Islander?

Are you from a rural or remote area?

Do you have a family member with a mental illness?

Do you identify as having/had a mental illness?

Is this something that you would be happy (and feel comfortable) talking about?

## About You

**Please tell us a bit about yourself?**

*(For example: I am 16 years old, and attend alternative education centre 3 days a week, I like skate-boarding etc)*

**Please describe why you are interested in becoming a Youth Reference Group member/volunteer?**

**What skills and ideas could you bring to the Youth Reference Group/volunteer?**

**Are you involved in any other organisations? If yes, which ones and what is your involvement?**