



headspace

National Youth Mental Health Foundation

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headspace.org.au

Position Description

Youth Mental Health Advocate- National Youth Mental Health Engagement Initiative

Location: Remote work from all Australian States and Territories with occasional travel to Melbourne

Department: Clinical Practice

Level: HS1

Employment Type: Casual

Approved By: Vikki Ryll

Date Approved: October 2018

Agreed By: _____

Date Agreed: _____

1. HEADSPACE VISION

All young Australians are supported to be mentally healthy and engaged in their communities.

2. HEADSPACE MISSION

headspace collaborates to design and deliver innovative ways of working with young people to strengthen their mental health and wellbeing.

3. HEADSPACE VALUES

At **headspace**, we are inspired by and believe in the power of youth. We work together to deliver authentic, progressive and inclusive services to build a brighter future with young people. We know where we're going, we're guided by our values, and we're committed to getting there together. Our people play an important part in shaping our culture and therefore, all **headspace** employees are expected to undertake their work in accordance with the **headspace** values as follows:

- **Inclusion** - We have a welcoming, safe and inclusive work environment - we believe that there is strength in difference
- **Collaboration** - We share information and work collaboratively, internally and externally, to deliver great outcomes with young people
- **Agility** - We are agile and innovative in our approach, so that we continue to meet the changing needs of young people

- **Excellence** - We have dedicated people who are empowered to deliver on our promises so that we can provide professional, high quality services

4. POSITION SUMMARY

headspace is leading a National Youth Mental Health Engagement Initiative that will bring together advocates from across the youth mental health sector. This will be a cross-sector, public facing, youth-led program that will design and implement activities aimed at improving mental health literacy, increasing help seeking, and stigma reduction. **headspace** is excited to lead this initiative in partnership with the Commonwealth Government and other key national youth organisations. These organisations include: Orygen, ReachOut, SANE, Mind Australia, Black Dog Institute, Beyondblue, The Butterfly Foundation, Batyr and the Consumers Health Forum of Australia.

Eight Youth Mental Health Advocates will form a diverse team of varying genders, cultural backgrounds and experiences, and will be responsible for leading the development of this initiative, utilising their own lived experience of a mental health difficulty (either personal or support of another individual).

5. POSITION CONTEXT

The role is located within the Participation Team at **headspace** National Office in Melbourne. The Youth Mental Health Advocates will report to the Youth Participation Coordinator, however due to the nature of the role incumbents will be expected to work independently a times. The eight Youth Mental Health Advocates will identify and lead the program activities, guided by a steering group composed of representatives from key national youth mental health organisations.

The primary objective of the Youth Mental Health Advocates role is to lead the identification, development and delivery of a public-facing initiative that aims to:

- Improve mental health literacy
- Increase help seeking
- Reduce stigma
- Increase young Australians' capacity for self-care.

Work for this position will predominantly be completed remotely (online, via social media, email and phone correspondence). The eight advocates will meet for an initial program co-design meeting in Melbourne in early 2019 with a further requirement for advocates to attend face to face meetings in Melbourne biannually (lasting 3-4 days). The Youth Mental Health Advocates will be supported by two Youth Participation Mentors, who have previous experience in a similar role.

6. KEY RESPONSIBILITIES/OUTCOMES

Actively participate in a team of diverse young mental health advocates to drive the design, development and delivery of a national mental health literacy program that will reduce stigma surrounding mental ill-health in young Australians. Participation in this process will involve:

- Acting as a public national advocate for youth mental health, with the goal of improving young Australians' mental health literacy and educating the broader community about youth mental health
- Drawing upon your lived experience and expertise as a young person to contribute innovative ideas and potential strategies to improve the mental health of young people on national scale
- Participating in fortnightly tele meetings with the Youth Participation Coordinator and Youth Participation Mentors to drive the development of the program

- Travelling to Melbourne to participate in an initial face to face co-design process that will design the program activities
- Committing to ongoing participation in the co-design process that will deliver activities designed to improve mental health literacy, reduce stigma and encourage early help-seeking
- Advocating on behalf of diverse young Australians who experience mental ill-health, and demonstrating a commitment to advocate for young people from **headspace** priority groups. These groups include: young men; LGBTIQ+ young people, Aboriginal and Torres Strait Islander young peoples; young people from culturally and linguistically diverse backgrounds; young people who use alcohol and other drugs; young people experiencing homelessness; young people with disabilities; young people from rural and/or remote communities.
- Speaking publically as a media spokesperson on the issue of youth mental health and on behalf of the Youth Mental Health Engagement Initiative
- Collaborating with 7 other Youth Mental Health Advocates from diverse backgrounds and experiences to identify, design and lead the program activities
- Participate in regular teleconferences, email and online discussions, reporting to the Youth Participation Coordinator on a regular basis
- Model and demonstrate constructive working relationships and information exchange within the team and across the organisation.
- Any other duties consistent with the position where required by the Youth Participation Coordinator.

7. SELECTION CRITERIA

The following criteria must be met for consideration for this position:

7.1 Essential

- It is an operational requirement that this position is occupied by a Young Person (aged 16-25)
- Experience in a youth participation program within **headspace** or one of the following organisations: Orygen, ReachOut, SANE, Mind Australia, Black Dog Institute, Beyondblue, The Butterfly Foundation, Batyr or the Consumers Health Forum of Australia
- Lived experience of a mental health difficulty (either through personal experience and/or that of another individual)
- Passion and commitment to the mental health of young people
- Ability and willingness to safely discuss your lived experience and youth mental health issues more broadly in order to advocate for early help seeking, stigma reduction and better mental health literacy
- Ability to articulate ideas around potential new approaches to improving youth mental health literacy
- Willingness to work respectfully in a diverse team, participating in group discussions as well as working independently
- Motivated, willing and committed to participate as evidenced by attendance at all meetings and responsiveness to communications from the Youth Participation Coordinator
- Ability to travel to Melbourne independently for face to face meetings (associated costs will be covered by **headspace**)

7.2 Desirable

- Awareness of relevant issues/policies affecting young Australians
- Experience speaking publically on the issue of mental health
- Mental Health First Aid training or equivalent training

- An understanding of the risk factors and access barriers experienced by diverse young Australians of varying identities, abilities, genders, and cultural backgrounds

8. POLICIES AND WORKPLACE PRACTICES

All **headspace** employees are required to acquaint themselves with the organisation's policies and procedures and to abide by them at all times.

It is expected that at all times, employees will:

- be respectful towards the organisation, colleagues, clients and the general public
- be cognisant with and uphold the objectives and philosophy of **headspace**
- act collaboratively with all colleagues
- act in a safe and responsible manner at all times