

## Position Description

### Youth Mental Health Advocate

**Location:** National Office - Melbourne

**Department:** Clinical Practice

**Level:** HS1

**Employment Type:** Casual / 18 month term

**Approved By:** \_\_\_\_\_

**Date Approved:** \_\_\_\_\_

**Agreed By:** \_\_\_\_\_

**Date Agreed:** \_\_\_\_\_

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The Australian Youth Advocates for Mental Health (AYAMH) program, funded by the Commonwealth Government Department of Health, brings together young leaders from across the youth mental health sector to deliver public facing, youth-led activities.

The program's aim is to:

- reduce stigma
- increase capacity for self-care
- encourage help-seeking behaviours
- ultimately improve mental health literacy among young Australians.

AYAMH has a dedicated focus on meaningfully engaging with young Aboriginal & Torres Strait Islander people and their communities. First Nations Advocates will have support from our Aboriginal & Torres Strait Islander Participation Advisor throughout their time as an AYAMH advocate.

headspace coordinates the initiative, and is supported by a cross-sector group of nine other leading national mental health organisations: batyr, Beyond Blue, Black Dog Institute, The Butterfly Foundation, Consumers Health Forum of Australia (CHF), Mind Australia, Orygen, ReachOut and SANE.



## A bit about headspace...

### HEADSPACE VISION

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

### HEADSPACE MISSION

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

### 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

### HEADSPACE VISION FOR RECONCILIATION

The headspace vision for reconciliation is an equitable Australia where the 60,000 year old cultures and continuing connection to Country of Aboriginal and Torres Strait Islander peoples are respected and celebrated. This future Australia is united by the understanding of our shared past, upholds the rights of Aboriginal and Torres Strait Islander peoples, and embraces self-determination and diversity. The headspace Reconciliation Action Plan formalises our commitment to reconciliation and to strengthening the social and emotional wellbeing of Aboriginal and Torres Strait Islander young people and communities.

### COMMITMENT TO CHILD SAFETY

headspace is committed to being a child safe and child friendly organisation that recognises, respects and promotes the rights of children, young and vulnerable people. We recognise our responsibilities in keeping young people safe from any abuse from or by our employees and volunteers and will ensure that the safety of young people is always our first priority. headspace has a zero tolerance policy to child abuse, harm and neglect.



## The role

### 1. POSITION SUMMARY

headspace is seeking a diverse group of 12 young people from across Australia to form the new cohort of the Australian Youth Advocates for Mental Health (AYAMH). This group will form the second, 18-month term of AYAMH and steer the development and delivery of the Visible project - a national public-facing mental health initiative - in its second phase.

As a member of AYAMH, your role will commence later in 2020, with you taking part in the Visible initiative. You'll be paired online with a creative artist to share a public-facing message about mental health based on your own experience. In early 2021, you'll come together with the rest of the AYAMH team to take Visible into its next phase.

#### ***Program Context: Australian Youth Advocates for Mental Health (AYAMH)***

The first group of AYAMH started in 2019 and engaged in an extensive co-design process that resulted in Visible - due for national launch later in 2020.

The next group of 12 Youth Mental Health Advocates will form a team of young people with a diversity of backgrounds, identities and mental health experiences, and will be responsible for leading the continued development of Visible into its second phase. AYAMH Advocates will undertake a range of public facing activities aimed at: increasing youth mental health literacy, reducing stigma and increasing help seeking.

As a national Youth Mental Health Advocate, you'll utilise your own lived experience of a mental health difficulty (either personal or support of another individual) and draw upon the experiences of your community to inform the continued development, direction and implementation of the initiative.

#### ***Project Context – Visible***

Visible aims to challenge the way young Australians perceive mental ill-health by establishing a platform for young people to come together and share creative expressions of their lived experience. Pairs of advocates and artists from across Australia collaborate to create expressions reflecting the advocates' experiences and promoting messages about mental health through a national campaign.

The new team of advocates will be tasked with co-designing and guiding the second phase of Visible, supported by the team at headspace National and two Peer Advisors (former AYAMH members). The 12 advocates will collaborate with mental health clinicians, researchers, communications professionals and other headspace National staff to design, develop and implement future Visible activities, with a focus on taking Visible to communities.

### 2. POSITION CONTEXT

As a member of the AYAMH program, you'll report to the Program Coordinator from the Participation Team at headspace National in Melbourne. Most work will occur remotely (online meetings every few weeks, social media, email and phone) and ad hoc independent work. During your term (pending eased restrictions), there are expected to be around four, multi-day (3-4 days) in-person meetings in Melbourne. Additional travel may be involved. All required travel costs are covered by headspace National.



### 3. KEY RESPONSIBILITIES/OUTCOMES

#### Late 2020

Paired with a creative ally, participate in a Visible creative collaboration. You will participate in a series of facilitated online workshops with an artist who will creatively interpret your experiences by producing an artwork that will be shared publicly across the Visible website and on social media. All workshops are facilitated and supported closely by headspace National clinical staff.

#### During your 18 month term

- Actively collaborate as part of a diverse team of Youth Mental Health Advocates to drive the design, development and delivery of phase 2 of Visible.
- Draw 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 a national scale.
- Participate in the co-design and delivery of activities designed to improve mental health literacy, reduce stigma, encourage early help-seeking, and increase young Australians capacity for self-care.
- Act as a public advocate for youth mental health, in your community and through supported media activities.
- Advocate on behalf of the diverse population of young people who experience mental health difficulties in Australia.
- Participate in regular online meetings with the Program Coordinator and Peer Advisors to drive the development of the project and maintain your involvement.
- Work independently and remotely on a variety of Visible tasks where appropriate, in between online and in-person meetings
- Travel to Melbourne to participate in an initial in-person handover meeting and further project development meetings – around four per year (pending any relevant restrictions).
- Model and demonstrate constructive working relationships and information exchange within the team and across the organisation.
- Uphold your responsibility to look after your own mental health through self care activities and help seeking, and encourage your teammates to do the same. Please note, all activities are supported by headspace National staff, including clinicians.
- Any other duties consistent with the position where required by the Program Coordinator.

### 4. SELECTION CRITERIA

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

#### 4.1 Essential

- It is an operational requirement that this position is occupied by a Young Person (aged 18-25, inclusive).
- Experience in a youth participation or lived experience program, project or activity with one of the following organisations: headspace, Batyr, Beyond Blue, Black Dog Institute, The Butterfly Foundation, Consumers Health Forum of Australia (CHF), Mind Australia, Orygen, ReachOut, SANE, or other relevant experience.
- Readiness to draw on lived experience of a mental health difficulty (either through personal experience and/or that of another individual).
- Passion for and commitment to advocating for youth mental health.



- Ability and willingness to safely discuss (including through public-facing media) your lived experience and youth mental health issues more broadly in order to advocate for early help seeking, stigma reduction, self care, 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.
- Ability and willingness to commit to attending all in person and online meetings.
- Demonstrated experience completing delegated tasks to a deadline.
- Ability to travel to Melbourne for in-person meetings (associated costs will be covered by headspace).

#### 4.2 Desirable

- Awareness of relevant current issues, policies and structures impacting the mental health of young people in Australia.
- Experience speaking publicly on the issue of mental health.
- Mental Health First Aid training or similar.
- An understanding of the risk factors and access barriers experienced by diverse young Australians of varying identities, abilities, genders, and cultural backgrounds.

## 5. 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

