

## POSITION DESCRIPTION

<b>Job Title:</b>	<b>Youthspace, Youth Reference Group (Member)</b>
<b>Reporting to:</b>	<b>headspace Mildura Groups &amp; Activities Coordinator</b>
<b>Hours:</b>	<b>Sessional (Volunteer)</b>
<b>Location:</b>	<b>headspace Mildura</b>

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### About headspace Mildura

The headspace Mildura's mission is to promote and facilitate improvements in the mental health and social wellbeing of young people aged 12-25 in the Mildura and surrounding area.

headspace Mildura is a youth friendly centre that provides services across four core streams: primary health care, mental health, alcohol and other drug (AOD), and social/vocational services. The clear intention is to significantly increase the number of young people that are identified and responded to with integrated evidence-based interventions, at the earliest possible point when problems emerge.

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### Purpose of the position

Youthspace, headspace Mildura's Youth Reference Group (YRG), is a diverse group of volunteers that provide consultation and guidance to headspace Mildura staff around the engagement of, and provision of support to, young people within the community.

The YRG will have the opportunity to provide feedback and input into the strategic direction of headspace Mildura and be involved in the development of projects/activities in the local community and within headspace to raise awareness of mental health issues and help seeking.

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### Key Responsibilities

Working with headspace Mildura's Group & Activities Coordinator, the primary objective of the YRG member is to provide guidance that will facilitate improvements in the mental health, social wellbeing of young people aged 12-25 years within the community, this will be achieved by:

- Participation in meetings every fortnight (approximately an hour and a half each meeting)
- Undertaking training about headspace, mental health, mental illness, talking to the media and other associated topics
- Supporting the development and delivery of local headspace activities
- Involvement in community education activities, or as media spokespeople on the issue of youth mental health and well-being. Training for this will be provided.
- Presenting at public functions or at local schools, mental health forums, conferences and the like.
- Providing advice and feedback around the strategic direction and development of headspace services.
- Representing the voice of youth in headspace meetings, team meetings, and consortium meetings
- Other responsibilities as assigned by the Groups & Activities Coordinator and/or headspace Centre Manager.

## Key Selection Criteria

- Be aged between 15 and 25 years at the age of application
- Be passionate about youth mental health and/or alcohol and other drug issues
- Be passionate about improving youth mental health services
- Have the ability to work in a team and participate in group discussions as well as work independently
- Have the ability to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the YRG position
- Have the motivation, willingness, and community to participate and respond to communications on an ongoing basis
- Be willing to talk about youth mental health issues
- Have easy and regular access to the internet and phone
- Be open and willing to participate in the Youthspace closed Facebook group and face-to-face discussions

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## Workplace Practices

All headspace Mildura employees and volunteers are required to familiarise themselves with the organisation's policies and procedures and abide by them at all times. It is further expected that employees/volunteers 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.

This position requires the preferred applicant to undergo a Working with Children and Police Records Check (as *relevant to Victoria*).

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## How to apply

Further information can be obtained by contacting Sandy Guthrie, headspace Groups and Activities Coordinator on 5021 21400 or email: [sandy.guthrie@headspacemildura.com.au](mailto:sandy.guthrie@headspacemildura.com.au).