

Role Description

headspace Youth Reference Group Member

Member Qualities

As a group:

- ❖ Representation from Victoria and New South Wales
- ❖ Young people of different ages and genders
- ❖ 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, understanding of homelessness and history of mental health experiences.

As an individual:

- ❖ Young people must be aged between 16 and 25 years at the age of application
- ❖ Have an interest and passion in general and mental health, education and employment 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
- ❖ 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 fortnightly meetings
- ❖ Be prepared to undertake some training about **headspace**, 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 well-being
- ❖ Young people may speak at public functions or at local schools, health forums, conferences and the like.
- ❖ Complete a wellness plan and actively look after all aspects of your health.

Time Commitment

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

Focus groups around specific topics will be held throughout the year and it is expected that the members will be involved in (at least) two of these a year. These groups may occur through teleconference, face to face, or through email surveys and web based discussion.

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**
- ❖ Health and Wellbeing matters
- ❖ Talking to the media
- ❖ Speaking in public
- ❖ Other as related to interested area.

Reimbursements

headspace will cover the following costs:

- ❖ All reasonable travel costs to attend face to face events
- ❖ A reimbursement will be given for attendance at face to face meetings.
- ❖ Speaking at some events will be reimbursed at \$20 per hour, with a minimum of two hours.

Other

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