

FAQs

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

The YRG is made up of young people passionate about mental health.

The YRG hopes to:

1. Provide you with the opportunity to have input into the strategic direction of local **headspace** services
2. Allow a way for the voice of young people to be heard and acted upon.
3. Provide opportunities for your skill development and foster leadership, media, 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 in regards to involving young people in the youth, welfare and health sector

2. What is involved in the role?

Young People on the **headspace** reference group will have the opportunity to be involved in several ways including:

1. **Media spokespeople and community engagement**
2. **Local projects**
3. **Marketing, promotion and community awareness**
4. **Involvement in specific focus groups and consultations (including development of resources)**
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?

The appointment of YRG Members is 12 months. There will be Tuesday fortnightly meetings from 4:00pm-5:30pm during school/UNI terms. This equates to approximately 15 meetings/year

In between meetings and events, contact will be maintained through email, text message and a closed group either through Facebook or Hannah. There will be an expectation that you participate regularly in these discussions. It will also be expected that you take part in focus groups around a specific topic, project work in your local area.

This is a volunteer role, it is expected that you will 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 and the like.

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.

LOCAL PROJECTS

What is it? With support from **headspace** Port Macquarie, members of the YRG will have the opportunity to lead specific projects. These projects may include, production of a short film, a youth week event, an art competition.... the possibilities are endless.

WEBSITE, SOCIAL MEDIA, MARKETING, PROMOTION AND COMMUNITY AWARENESS: INVOLVEMENT IN FOCUS GROUPS, CONSORTIA MEETINGS AND CONSULTATIONS

What is it? From time to time focus groups are held around specific topics to help headspace decide on direction of its activities and resources to be developed. The purpose is to assure that the interests and opinions of young people are represented in all aspects of headspace activity and that resources and services are youth friendly. Most of these consultations will help direct our community awareness campaigns.

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 a few 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 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.

5. What costs are involved?

headspace can cover the costs associated with travel to and from face-to-face events as required.

6. What kind of support and training will I receive?

Training may be given in a variety of areas; these may include:

- leadership
- mental health
- talking to the media/public