

## Role Description

### headspace Redcliffe Youth Reference Group Member

#### Member Qualities

##### *As a group members represent:*

- Australian state and territories, metropolitan, rural and remote areas
- young people of different ages and gender
- Aboriginal and Torres Strait Islander backgrounds
- different cultural and language backgrounds
- a broad range of life experience, including LGBTIQ, experience of homelessness, mental health and mental illness

##### *As an individual have:*

- an interest and passion in mental health 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
- something to say about mental health and alcohol and other drug issues
- 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
- easy and regular access to the internet and phone

#### Responsibilities

- Participate in monthly meetings
- Be prepared to undertake some training about **headspace**, mental health, mental illness, talking to the media and other associated topics
- Be open and willing to participate in teleconferences, email and Facebook discussions
- Support local **headspace** activities
- Some young people may like to become community advocates to raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about youth mental health
- Young people may be involved in community education activities, or as media spokespeople on the issue of youth mental health and well-being
- Young people may speak at public functions or at local schools, mental 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/or teleconferences. It is expected that you maintain regular (at least once per 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 may be given in some or all of the following areas:

- What is **headspace**
- Mental health
- Talking to the media
- Speaking in public
- Other as related to interested area

## Reimbursements

This is an unpaid volunteer position, however from time to time incentives of cash or vouchers may be provided for involvement in some activities.

Travel costs, outside what would be considered reasonable travel expectations, may be reimbursed and should be discussed before the cost is incurred.

## Other

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