##### ROLE DESCRIPTION

##### headspace Shepparton’s Youth Advisory Committee

**Member Qualities**

As a group:

* All members must be aged between 16 and 25 years at the age of application
* A mix of ages and gender
* Seek representation from Aboriginal and Torres Strait Islander backgrounds
* Seek representation from different cultural and language backgrounds
* A broad range of life experience, including same sex attracted young people, experience of homelessness and history of mental health and mental illness

As an individual:

* Young people must be aged between 16 and 25 years at the age of application
* 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
* Young people that have 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 YAC position.
* All members must have 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, and other associated topics
* talking to the media as a ‘youth spokes person’ when the YAC and Community Awareness Officer deem appropriate.
* 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 for youth mental health which will: 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 (Monthly 1hr meetings), contact will be maintained through email, Facebook and teleconferences. It is expected that you maintain regular (at least once/fortnight) contact with the group.

**headspace** Shepparton has **5** Youth Advisory Roles

**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, working as part of the headspace team and representing the needs of your peers.

**Training**

Training will be given in the following areas:

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

**headspace** Shepparton will run the ‘Youth Advocates Program’. This program will be compulsory for all appointed members. The ‘Youth Advocates Program’ will be run over a weekend, and will occur before commencing duties as headspace Shepparton’s Youth Advisory Committee.

**Reimbursements**

**headspace** will cover cost by giving Vouchers for YAC members participating outside of their role:

* E.g.: Speaking at events and will be reimbursed at $20 per hour, with a minimum of two hours

**headspace Shepparton Youth Advisory committee has 5 positions available for 2020**

|  |
| --- |
| **Duties:**  |
| ***General duties include:*** 1) Attend Youth Advocates Program training, and Youth Mental Health First Aid training and any additional training offered from headspace Shepparton 2) Attends monthly YAC meetings3) Co-designs, Implements and Facilitates small groups at the headspace Shepparton centre with direction from staff. 4) Reports back to YAC on individual Group facilitation. 5) Has direct supervision by Community Awareness Officer (staff member).6) Join the headspace private group (Facilitated by the YAC community Awareness Leader)7) Volunteer for events and stall as they come up during the year. |
| **Additional duties include:** (Shared among the 5 YAC members to facilitate a well-rounded experience)1) Attends Consortium meetings (Every 3rd Thursdays of the month from 4-6pm) 2) Reports to consortium on YAC activities3) Minutes and Chairs YAC meetings4) Attends the Subcommittee meetings (once a month, Tuesday from 9-10.30am) 5) Reports to Subcommittee on YAC activities |

###