

Youth Reference Group – Member Role Description 2022

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
- 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, 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
- Be respectful and mindful of differences in culture, identities or ethical backgrounds
- 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 YRG position
- All members must have easy and regular access to the internet and phone
- Double vaccinated against COVID-19

Responsibilities

- Participate in fortnightly meetings (Thursdays 3.30-5pm). If three meetings are missed in a row without notice the YRG member will be contacted by the Community Engagement Officer to discuss their situation. If you lose touch with the group we will check in with you to ensure your wellbeing and safety.
- Be prepared to undertake some training about **headspace**, mental health, mental illness, talking to the media and other associated topics
- Provide feedback from the perspective of a young person on all aspects of the headspace service as requested by the Community Engagement Officer
- 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 fundraising activities, 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.
- Be prepared to be part of a team – team building opportunities will be provided. Not all member may wish to participate in all activities but as a team all activities may be achieved.
- Complete a wellness plan and actively look after all aspects of your health.
- Adhere to all relevant headspace and Grand Pacific Health Policies and Procedures

Time Commitment

In between face to face meetings and events, contact will be maintained through email, Facebook and phone (but mostly via our facebook group). It is expected that you maintain regular contact with the group and the facebook updates. This includes attending a minimum of 18 meetings within the year. It is also expected a minimum of two community engagement events are attended throughout the year. Please let the Community Engagement Officer know if changes arise that affect your commitment to the group. We are flexible but also do have an active waitlist of young people wishing to join.

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
- Experience in planning, implementing and evaluating programs
- Annual weekend camp will be offered, in conjunction with other headspace centres across the whole of South Eastern NSW and the ACT
- Volunteer work, giving you experience for future jobs
- Looks good on your resume or if you are applying to go to University and or TAFE
- You will have large input into how the Wollongong headspace centre runs and will get to evaluated policy and procedures

Training

Training will be provided on the headspace model and in Youth Mental Health First Aid. Additional training will be offered as appropriate, such as talking to the media, speaking in public, safe storytelling and other areas relating to the group's needs and/or interests.

Reimbursements

Participating in Youth Reference Group events is voluntary, however participating in recruitment and other activities will be reimbursed at an hourly rate at the discretion of the centre manager.

Other

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

Sign _____ Date _____