

# Role Description – headspace Bondi Junction Youth Reference Group Member

## Member Qualities

### As a group:

- All members must be aged between 16 and 25 years
- 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 LGBTQIA+ young people, experience of homelessness, history of mental health and mental illness, or experience caring for someone with a mental illness

### As an individual:

- Young people must be aged between 16 and 23 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 YRG position
- All members must have easy and regular access to the internet and phone

## Responsibilities

- Participate in twice-monthly meetings, which may be in person or online
- 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, including community engagement 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
- Respect other members' confidentiality

- Act in a professional and respectful manner
- YRG members must not attend YRG meetings or events under the influence of alcohol and other drugs, and must refrain from glorifying the use of alcohol and other drugs to other YRG members as it could be triggering or harmful to them.

## Time Commitment

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

headspace Bondi Junction recognises that individuals have different commitments outside of the group, leading to different availabilities. As long as this is discussed with the coordinator, arrangements can be made to take time out from activities. If a member does not participate in meetings, emails and other events, a review of that person's commitment may take place if no apologies have been made. If a member wishes to opt out, take a break or resign from the group, notification to the Community Engagement Officer is required.

## 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
- Contributing to the mental health of young people in the Eastern Suburbs

## Training

Training will be given in the following areas:

- What is headspace
- Mental health
- Speaking in public / sharing your story
- Other as identified by the group's areas of interest

## Reimbursements

headspace will cover the following costs:

- A reimbursement will be given for attendance at YRG meetings once per month.
- A reimbursement will be given for participation on interview panels.

## Other

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