

role description

headspace Frankston and Rosebud Youth Reference Group Member

The Youth Reference Group is an integral part of the headspace model. They ensure that our service is appropriate, acceptable, accessible and sustainable for young people, and that the youth voice is represented at all levels. Our Youth Reference Group represents two sites: headspace Frankston and its satellite site, headspace Rosebud. To ensure that both sites are represented appropriately, the YRG must have at least 1 member who resides in the Rosebud area.

Member Qualities

As a group:

- All members must be aged between 16 and 24 years at the age of application
- Representation from the Frankston & Mornington Peninsula Region
- A mix of ages and genders
- Representation from Aboriginal and Torres Strait Islander 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 24 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
- Motivation, willingness and commitment to attending and contributing to regular meetings and completing assigned tasks

Responsibilities

- Participate in regular meetings (2hrs per fortnight)
- Be prepared to undertake some training at 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 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
- Follow health and safety directions of headspace staff
- Be a positive representative of headspace Frankston and the young people of our region

Time Commitment

In between face to face meetings and events, contact will be maintained through email and Facebook. It is expected that you maintain regular contact with the group.

Focus groups, events and consultations 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, leadership and 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 will be provided for all YRG members on topics including:

- What is **headspace**
- Mental health
- Talking to the media
- Speaking in public
- Self Care

Reimbursements

headspace will cover the following costs:

- All reasonable travel costs to attend face to face events
- A reimbursement will be given for attendance at face to face meetings.
- Speaking at events will be reimbursed at \$20 per hour, with a minimum of two hours

Other

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

I have read and understood the above role description

Name: _____

Sign: _____

Date: _____