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headspace.org.au



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Position Description

headspace Youth Advisory Committee Member

ROLE

The Youth Advisory Committee will:

- Ensure headspace services remain youth friendly and focussed by providing advice in relation to the integration of the views of young people and the community into all aspects of headspace.
- Advocate to the headspace Consortium* on behalf of the young people in the community
- Provide advice to support headspace service direction on behalf of the young people of Dandenong, Casey and Cardinia
- Plan and execute fundraising activities and community engagement events, as well as guide spending of these funds to improve headspace services

Benefits for YAC members:

- Training modules by headspace program facilitators and self-guided learning opportunities
- The opportunity to attend headspace community engagement events in Dandenong, Casey and Cardinia

REQUIREMENTS

Individual qualities:

- An interest and passion in youth mental health
- The ability to work in a team and participate in group discussions
- The ability to work independently
- Motivation, willingness and commitment to participate in an ongoing basis
- Good communication skills
- The ability to balance health (including mental health), other responsibilities (study/work/social) and the demands of the YAC position

Responsibilities/Commitments:

- Initial 12 month commitment with ongoing participation subject to review
- Participate in fortnightly meetings, and any related tasks and events outside of scheduled meetings.
- Be prepared to undertake training modules about headspace, youth mental health, youth leadership, self-care, communication, event/project planning and other relevant associated topics
- Be open and willing to participate in Consortia meetings and associated forums
- Support local headspace activities and events
- Conduct and behaviour of members must be reflective of headspace's professionalism and good standing within the community
- Support the objectives of headspace through promoting its services and encouraging young people to seek help early
- Complete a wellness plan and actively look after all aspects of your health
- Communicate and report to headspace facilitator as per YAC Agreement

Please contact Lara at Lara.Gerrand@each.com.au to discuss any concerns or hurdles you may face in fulfilling the commitment of the YAC to see if we can accommodate.

