

headspace Hawthorn Youth Advisory Group

Position Description

Position	Youth Advisory Group Member
Classification	Volunteer
Reports	Community Awareness Officer
Hours	2 hour meeting per month plus events and projects
Location	Level 1, 360 Burwood Road, Hawthorn VIC 3122

Organisation Overview

Headspace National Youth mental health Foundation Ltd is funded by the Australian Government Department of Health and Ageing under the youth mental health initiative. Its primary focus is to provide early intervention services to improve mental health outcomes for young people. headspace Hawthorn is supported by a range of services including the lead organisation Inner East Community Health Service.

headspace Hawthorn Youth Advisory Group provides those aged 16 to 25 with the opportunity to be a voice and to take positive action to improve the mental health and wellbeing outcomes for local young people.

Member Qualities

- Young people must be between 16 and 25 years at the age of application
- Have an interest in youth health, mental health and/or alcohol and other drug issues
- Ability to work in a team and participate in group discussions
- Motivation, willingness and commitment to participate on an ongoing basis
- Access to the internet and mobile phone

Responsibilities

- Participate in monthly meetings
- Be prepared to undertake some training at **headspace** Hawthorn, topics may include mental health, mental illness, talking to the media or public speaking

- Be open and willing to participate in Facebook discussions
- Support local **headspace** Hawthorn activities
- Active community advocates for youth mental health
- Get involved in community education activities and events
- Engage at all levels of the centre in order to improve the service experience for young people accessing the centre
- Speak at public functions, schools, mental health forums and conferences
- Complete a wellness worksheet and actively look after all aspects of your health

Time Commitment

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

Focus groups (youth consultation) will be held throughout the year and it is expected that members will be involved in (at least) two of these per year. These groups may involve, face to face meetings, online surveys and further web based discussion.

Events and projects created by the YAG aim to raise awareness and educate the community about youth mental health and the importance of early intervention. There is an expectation that these events and projects are delivered as a team.

Benefits

- Meet with prominent leaders and advocates for youth mental health
- Receive training in mental health, alcohol and other drugs, media and relating to your specific interest area
- Develop a range of skills including team work, health education, advocacy, public speaking, promotion, project planning and event management
- Create new friendships with passionate and like-minded young people

Reimbursements

headspace Hawthorn will cover the following costs:

- All reasonable travel costs to attend face to face events
- 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.