

Youth Advisory Group Position Description

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| Position | Youth Advisory Group Member |
| Classification | Volunteer |
| Reports | Community Engagement Worker |
| Hours | Meetings on the first Monday of every month 5:30pm-7:30pm Events and activities as required |
| Location | headspace Hawthorn, Level 1 360 Burwood Road, Hawthorn VIC 3122 |

Organisation Overview

headspace is the National Youth Mental Health Foundation. headspace is funded by the Australian Government Department of Health. The primary focus of headspace is to provide early intervention services to improve mental health and wellbeing outcomes for young people aged 12-25.

headspace Hawthorn is part of Access Health and Community. Access HC are a community health service with various locations across the inner east Melbourne. Every headspace centre operates out of a lead agency, Access HC is the lead agency for headspace Hawthorn.

headspace Hawthorn Youth Advisory Group (YAG) provides those aged 16 to 24 with the opportunity to have their voice heard and to take positive action to improve the mental health and wellbeing outcomes for young people in the community

Requirements

- Applicants must be between 16 and 24 years of age
- Willing to get a volunteer's Working with Children's Check (for YAG members over 18)
- Have an interest in youth mental health and wellbeing
- Have an interest in community events and activities
- Ability to keep an organised work life balance between studies, paid work and voluntary work
- Ability and willingness to work in a team and participate in group discussions.
- Access to the internet, Facebook and mobile phone and be responsive to online communication

About the YAG

The Youth Advisory Group are young people who volunteer at each headspace center to ensure services and community engagement efforts are youth-friendly. The YAG are passionate and proactive about getting involved in their community.

The purpose of the YAG is to raise awareness of the importance of mental health and encourage help seeking behaviours in young people. The YAG aims to break down the stigma around mental health and improve the way we address mental health in the community.

The YAG do this by having a presence in the community at local events such as University open days or delivering presentations to school students. The YAG also plan and run their own events and activities for young people in the community. These events are usually held within the eastern Melbourne region.

Testimonies from current or past YAG members

"The YAG strives for the empowerment and advocacy of young people, positive change for the community and above all, a creative and fun environment"

"I have found that many people hold headspace in high regard because they feel like headspace is a place where they can go and not be judged"

"I've made heaps of new friends, learned a lot about headspace as an organisation and mental health in general"

Roles and responsibilities

- Attend and actively participate in a monthly meeting.
- Be available to attend regular events and activities. It is expected that you are able to attend at least 3 events held by headspace Hawthorn per year.
- It is required you attend an induction meeting with the Community Engagement Worker and complete the Volunteer Pack as part of the requirements for AccessHC Volunteers.
- It is required that you participate in Facebook discussions and stay active with updates, meetings and events. This includes being timely in responding to posts in the YAG Facebook group.
- Engage at all levels of the centre in order to improve the service experience for young people. This may involve advising on changes and initiatives with a youth perspective.
- Actively look after your own personal health and wellbeing. You are encouraged to reach out to the Community Engagement Worker if you need support.
- The Community Engagement Worker will keep a record of your volunteer hours. This includes your attendance at meetings and events.

Additional opportunities

- Participation in network meetings and conferences where necessary such as the Consortium meeting.
- The opportunity to sit on interview panels with staff at **headspace** Hawthorn when recruiting centre staff.
- Training opportunities will be offered to you on the YAG. It is highly encouraged you participate in these.
- Deliver presentations to students at schools and universities about headspace with support from the Community Engagement Worker.

YAG position reviews

The Community Engagement Worker will undertake a review of your position on the YAG every 6 months, this will usually be at the start and middle of every year. This is to ensure you are happy with the position and a chance to discuss any questions or concerns you may have. The review includes a one-on-one catch up with the Community Engagement Worker. This could be in person or over the phone depending on what you prefer.

The maximum time anyone can spend on the YAG is 2 years. After this, members will finish up their time with us. This is to ensure more opportunities for young people in the community to become involved in the YAG.

Benefits

- Develop a range of skills including team work, health education, advocacy, public speaking, health promotion, project planning and event management.
- Meet and work with health professionals and other young people who have an interest in youth mental health.
- Experience working with members of the community from all walks of life and practice communication skills.
- Receive training in mental health, suicide prevention, alcohol and other drugs, other areas.
- Create new friendships with passionate and like-minded young people

Reimbursements

headspace Hawthorn will cover the following costs:

- All reasonable parking costs exceeding \$10.00 to attend face to face events with the provision of receipts or evidence. NOTE: YAG members are not reimbursed for travelling to and from monthly meetings.