



# Youth Reference Group Member

## Expectations and Duties

### Member Qualities

As a group you will:

- Be aged between 16 and 25 years at the age of application
- Be a representative mix of young people from across the Central Coast
- Have a mix of ages and gender
- Be representative of young people from Aboriginal and Torres Strait Islander backgrounds
- Be representative of young people from different cultural and language backgrounds
- Have a variety of backgrounds and experiences including: same sex attracted young people; young people who have experienced homelessness; and young people with a history of mental health problems or who have experienced a mental illness

As an individual you will:

- Be aged between 16 and 25 years at the age of application
- Have an interest and passion in mental health and/or alcohol and other drug issues affecting young people
- Possess the ability to think about the big picture
- Have the ability to work in a team and participate in group discussions as well as working independently
- Be motivated with a willingness and commitment to participate on an ongoing basis
- Have something to say about mental health and alcohol and other drug issues
- Demonstrate good communication skills
- Have the ability to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the YRG position
- Need to have easy and regular access to the internet and phone

### Responsibilities

As a Youth Reference Group Member (YRG) you will be responsible for:

- Participating in 2 hour meeting once per month
- Travelling to and from meetings alternating between our Gosford and Lake Haven centres
- Attending initial training about **headspace**, mental health, mental illness, community engagement and other associated topics
- Being open and willing to participate in teleconferences, email and Facebook discussions
- Supporting local **headspace** activities
- Raising awareness of youth mental health, encouraging young people to seek help early and educating the broader community about youth mental health.
- Being involved in community education activities, or as media spokespeople on the issue of youth mental health and well-being (selected members only)
- Attending and participating in mental health forums, conferences and the like.
- Completing a wellness plan and actively looking after all aspects of your health

### Time Commitment

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

Focus groups 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 (according to their schedules). These groups may occur through teleconference, face to face, or through email surveys and web based discussion.

There will be an additional initial commitment of attending 1-2 day training. This will be scheduled to ensure the majority of YRG members can attend.

The overall time commitment will be approximately 4 hours per month, however we are keen to fit in with the schedules of the YRG members as much as practicable.

### **Benefits**

There are many benefits in being an active member of the YRG – these include:

- Meeting other young people passionate about youth mental health and well-being
- Receiving training in mental health, alcohol and other drugs, media and relating to your specific interest area
- Developing a range of skills including working in groups, and representing the needs of your peers
- Being part of a large team that are passionate about helping young people on the Central Coast

### **Training**

Training will be provided to YRG members in the following areas:

- The headspace services – who they are for; the services they provide; our local focus areas
- Mental health in young people
- Speaking in public
- Other training as related to specific events or areas of interest

### **Other**

- Parental (or Guardian) consent will be needed for young people less than 18 years of age to become a member of the YRG.
- All members will be required to undergo a Criminal Record Check and Working With Children Check.