

headspace Miranda

YRG FAQs



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1. What is the headspace Miranda Youth Reference Group (YRG)?

The YRG is made up of 10-12 young people who are passionate about Youth Mental Health.

The YRG hopes to:

1. Provide you with the opportunity to have input into the strategic direction of **headspace Miranda** services and mental health services nationally
2. Allow a way for the voice of young people to be heard and acted upon
3. Provide opportunities for your skill development and foster leadership, communication and advocacy skills
4. Support you to lead projects locally
5. Allow young people to direct youth mental health policy development and service delivery
6. Demonstrate good practice in regards to involving young people in the youth, welfare and health sector

2. What is involved in the role?

Young People on the **headspace Miranda** YRG will have the opportunity to be involved in a number of ways including:

1. Community engagement and awareness
2. Local projects
3. Marketing and promotion
4. Involvement in specific focus groups and consultations (including development of resources)
5. Evaluation and research
6. Policy and advocacy

By providing a variety of activities it is hoped that it will provide the opportunity to draw on people's strengths, abilities and capabilities, while also appealing to a broad range of interests.

3. What is the time commitment?

The appointment of YRG members is 12 months, with some young people continuing for up to 2 years to assist with the mentoring of new YRG members. There will be evening monthly meetings.

In between meetings and events, contact will be maintained through email, online forums and teleconferences. There will be an expectation that you participate regularly in these discussions. It will also be expected that you take part in focus groups and training opportunities.

This is a volunteer role and it is expected that you will volunteer your time for subcommittees, projects and other events where possible.

4. Can you tell me more about the activities that I can be involved in?

COMMUNITY ENGAGEMENT AND AWARENESS

What is it? Young people are supported to become active community advocates for youth mental health. The goal is to raise awareness of youth mental health, encourage young people to seek help early and educate the broader community in youth mental health. Young people may be involved in community

education activities and act as advocates on the issue of youth mental health. YRG members may be requested to speak at public functions or at local schools, mental health forums, conferences etc.

What are the requirements? Young people do not need to have previous experience in public speaking. The YRG will be supported and trained to become comfortable with public speaking events.

LOCAL PROJECTS

What is it? With support from **headspace Miranda**, members of the YRG will have the opportunity to lead specific projects with their **headspace Miranda** centre. These projects may include, production of a virtual tour, a youth week event, an art competition....the possibilities are endless.

WEBSITE, MARKETING, PROMOTION AND COMMUNITY AWARENESS: INVOLVEMENT IN FOCUS GROUPS AND CONSULTATIONS

What is it? From time to time focus groups are held around specific topics to help **headspace Miranda** decide on the direction of its activities and resources to be developed. The purpose is to assure that the interests and opinions of young people are represented in all aspects of **headspace Miranda** activity and that resources and services are youth friendly. Most of these consultations will help direct our community awareness campaigns.

EVALUATION, RESEARCH AND POLICY ADVOCACY

What is it? Young people on the YRG will have the opportunity to get involved in evaluation. Topics for evaluation will depend on the need at the time.

5. What kind of support and training will I receive?

Training will be given in a variety of areas; these may include:

- Leadership
- Project management
- Mental health
- Drug and alcohol
- Speaking in public