

Position Description

headspace Youth Advisory Committee (YAC) Member



headspace
Pakenham



headspace
Narre Warren

What is the Youth Advisory Committee (YAC)?

The main function of the YAC is to advocate for, and represent other young people from our region, to ensure our headspace services remain accessible, approachable, and appropriate for our local young people. YAC members also form an essential part of our centre's Community Engagement team, which has several different functions including the promotion of our services. We try to achieve these goals in several different ways including promoting ourselves at events, giving feedback on headspace service changes, collaborating with local organisations, networking, running relevant programs and groups, and much, much more.

What are the qualities we want in a YAC member?

Inclusivity and relevant representation of our region is essential to the proper functioning of the YAC, and as such, there are some important factors to consider when applying. We're after:

- Young people aged between 18 and 25 years
- Young people with an interest and passion in youth mental health and wellbeing
- Young people with the ability to work in a team, participate in group discussions, as well as work independently when required
- Motivated young people that are willing to commit and participate in meetings on an ongoing basis (every two weeks)
- Young people with strong communication skills
- Young people with the ability to balance health (including mental health) and other responsibilities like school/work/uni/family and the demands of the YAC position
- All members ideally have regular access to the internet and a phone
- Young people living or with a strong connection to the Casey and/or Cardinia region

What are the responsibilities of a YAC member?

- Attend & Participate at Monday fortnightly meetings (4:30PM till 6:00PM)
- Undertake training about headspace, mental health, mental illness, talking to the media and other relevant topics
- Be open and willing to participate in teleconferences, Email and Facebook discussions
- Support local headspace activities & events
- YAC members may be involved in community education activities, or as media spokespeople on the issue of youth mental health and well-being.
- They may speak at public functions or at local schools, mental health forums, conferences, and more.

What do I require to become a YAC member?

If you're successful in your application to become a headspace YAC member, we will ask you to present a number of documents that are required by EACH (our parent organisation) to become a registered volunteer. These documents include:

- Your Covid-19 Vaccination certificate (3 doses are now mandatory in our field)
- A Valid Working with Children's Check (Volunteer minimum)
- A Valid Police Check, completed within the last 6 months (Successful Applicants can get this free through EACH)

Once you have provided all of these documents you will be registered as an EACH Volunteer and will receive a Volunteer EACH ID Badge and lanyard.

Time Commitment

All YAC members will be asked to attend fortnightly Monday meetings, from 4:30pm till 6:00pm. We will be tracking attendance to ensure members continue to stay active, however, we will take into account any unexpected situations as they arise.

Throughout the duration of the YAC, many opportunities for events, interviews or other special situations arise, and we try and ask our YAC members to offer some of their time to represent our service at these events with our staff. Though it is not mandatory to attend all or any of these events, we greatly appreciate any time that YAC members can offer, and in return we offer many opportunities to gain valuable experience in the industry.

Benefits of being a YAC Member

As we can't offer payment to our volunteers, we believe it is essential to not only offer a place for our young people to work on their passions, but to also upskill and gain valuable experience in the industry. Some of the benefits can include:

- Networking with local leaders, figures, and organisations
- Receive training relevant to Mental health, Alcohol & Other Drugs, Community services and participate in headspace staff PD sessions.
- Develop a range of skills including leadership, group-work, public speaking, program development and more.
- Get access to internal hiring advertisements for EACH and headspace positions
- Learn about how non-profits, community services and mental health services run day-to-day
- & Lots more!

For more information on this role and if it's right for you, please get in touch with Caitlin via our main line: 1800 367 968, or via email: Caitlin.Frost@headspaceNarre.com.au.