

POSITION DESCRIPTION

headspace Shepparton Youth Advisory Committee

Are you aged between 16-24? Are you passionate about youth mental health and wellbeing? Do you want to get involved with your local community?

Apply to join the headspace Shepparton Youth Advisory Committee!

Position	Youth Advisory Committee Member
Classification	Volunteer
Reports	Community Awareness Coordinator
Hours	Fortnightly meetings Regular events, presentations and activities.
Location	<u>Fortnightly meetings:</u> headspace Shepparton, 129 Hight Street, Shepparton, 3630 And/or via Microsoft Teams

Organisation Overview:

headspace is the National Youth Mental Health Foundation. headspace is funded by the Australian Government Department of Health. There are over 100 centres across Australia. 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 also aims to promote mental health and wellbeing at a community level through mental health education. You can read more about headspace here: <https://headspace.org.au/>

Every headspace centre in Australia has a lead agency. **GV Health** is the lead agency for headspace Shepparton.

Member Requirements:

- Applicants must be between 16 and 24 years of age
- Live, work or study in the Greater Shepparton region
- May or may not have a personal experience of mental health or AOD concerns
- A genuine interest in, and compassion for young people experiencing challenges with mental health and/or alcohol and other drug use
- Able to work respectfully with people from diverse backgrounds
- Willing to get a volunteer Working with Children's Check (for members over 18)
- Attend an Induction meeting with the Community Awareness Coordinator
- Complete volunteer paperwork as part of the requirements for GV Health volunteers
- Willing to represent **headspace Shepparton** at community engagement activities in the Greater Shepparton region.
- Be comfortable with pictures and/or videos being taken during events or campaigns
- Willing and motivated to participate in this role for **at least 12 months**
- Provide evidence of Covid-19 vaccination (or exemption) in line with the GV Health mandatory COVID-19 Vaccination Policy and the Victorian Government's Public Health Order

Key Responsibilities:

- Attend and actively participate in fortnightly YAC meetings with the Community Awareness Coordinator.
- Be available to plan and attend regular community events and activities.
- Work collaboratively and creatively with other members and headspace staff on YAC-led projects and other campaigns.
- Participate in Facebook discussions and stay active with updates, meetings and events. This includes being timely in responding to posts in the YAC Facebook & Messenger group.
- Assist with creating social media content and other resources.
- Assist with delivering presentations to young people at schools and universities with support from the Community Awareness Coordinator.
- Provide input and feedback on headspace Shepparton's services, processes and initiatives from a youth perspective. This may involve advising on changes, Centre design, website content and more.
- Actively look after your own personal health and wellbeing and seek support when needed.

Other responsibilities:

- Participation in network meetings and conferences where necessary such as the Consortium and Risk Committee meetings.
- Opportunity to sit on interview panels when recruiting new centre staff.
- Support the development of new strategies, policies and learnings for headspace Shepparton and GV Health.

Time Commitment

- 1-2 hour meetings every fortnight.
- Additional hours to plan and execute events, campaigns
- Additional hours for training

Benefits

- Meet other young people passionate about youth mental health and well-being.
- Develop a range of skills including teamwork, health education, advocacy, public speaking, health promotion, project planning and event management.
- Receive training in mental health, media and relating to your specific interest area.
- Having a say in your local headspace centre's operations.
- References for education or employment opportunities.
- Create new friendships with passionate and like-minded young people.

YAC position reviews

The Community Awareness Coordinator will undertake a review of your position on the YAC every 6 months. This will usually be at the start and middle of every year. This is to ensure you are content with the position and a chance to discuss any questions or concerns you may have. The review may include a one-on-one catch up with the Community Awareness Coordinator.

Reimbursements

headspace Shepparton may cover the following costs:

- Depending on the occasion or event, you may be given vouchers for your participation
- Snacks and afternoon tea will be provided during meetings
- Team lunches/dinners/outings will be arranged occasionally

NOTE: YAC members are not reimbursed for travelling to and from fortnightly meetings.

Other

Parental (or Guardian) consent will be needed for young people under 18 years of age.

You will be required to provide current police Check and Working with Children's (Volunteers) check along with the volunteer registration form.

What do I do next?

If you want to apply, [click here](#) and tell us a bit about you!

Need more information or have questions?

Email naynika.bagrecha@gvhealth.org.au or call 5823 8800

Please sign below to acknowledge you have read and understood the document,

Date: \ \

Thank you 😊