



## ARE YOU INTERESTED IN BEING INVOLVED IN OUR YOUTH REFERENCE GROUP?

We are looking for young people to be the youth voice for **headspace** Hurstville, to guide us in everything we do to make sure we are on the right track to providing a service that is relevant to young people in the St George region.

At **headspace** we believe that youth participation is important to the delivery of quality services for young people. headspace aims to provide young people with opportunities to meaningfully participate and collaborate in our operations and services.

Our Youth Reference Group (YRG) will meet on a regular basis to discuss all that happens at headspace Hurstville. For further information about the YRG please see the position description below.

If you are interested in becoming a part of our YRG please follow the instructions on how to complete the application form below and return it to Sofia via email [headspace.hurstville@cesphn.com.au](mailto:headspace.hurstville@cesphn.com.au), fax on **8048 3399** or mail to:

headspace Hurstville  
41 Dora Street,  
Hurstville, NSW 2220

### Completing your application

At **headspace** Hurstville we want to know why you want to be part of our YRG. So we are asking if you can tell us a little bit about yourself in line with the dot points in the "As an individual" section of the position description. Just a couple of sentences to help us understand why you are interested in getting involved.

If you are interested in finding out more about the **headspace** Hurstville YRG contact **Sofia** our Community Engagement Officer on 02 8048 3350.

# Volunteer position description

## Hurstville Youth Reference Group Member

### Member Qualities

#### *As a group:*

- All members must be aged between 16 and 25 years at the age of application
- A mix of ages and gender
- Representation from Aboriginal and Torres Strait Islander
- Representation from different cultural and language backgrounds
- A broad range of life experience, including same sex attracted young people, experience of homelessness, history of mental health and mental illness, substance use and abuse, young carers.

#### *As an individual:*

- Young people must be aged between 16 and 25 years at the age of application
- Have an interest and passion around mental health and/or alcohol and other drug issues for young people
- Young people that will personally benefit from their involvement in the reference group
- The ability to think about the big picture
- The ability to work in a team and participate in group discussions as well as working independently
- Motivation, willingness and commitment to participate on an ongoing basis
- Young people that have something to say about mental health and alcohol and other drug issues
- Good communication skills
- The ability to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the advisor position
- All members must have easy and regular access to the internet and phone

### Responsibilities

- Participate in monthly meetings – times will be arranged to best suit the needs of those in the group
- Be prepared to undertake some training about **headspace**, mental health, mental illness, drugs and alcohol, talking to the media and other associated topics
- Be open and willing to participate in teleconferences, email and Facebook discussions
- Support **headspace** Hurstville community activities
- Some young people may like to become active community advocates for youth mental health which will: raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about youth mental health
- Young people may be involved in community education activities, or as media spokespeople on the issue of youth mental health
- Young people may speak at public functions or at local schools, mental health forums, conferences and the like
- Complete a wellness plan and actively look 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. These groups may occur through a teleconference, face to face, or through email surveys and web based discussion.

## **Benefits**

- Meet with prominent leaders and advocates for youth mental health
- Receive training in a number of areas to support the work they will do on the YRG
- Develop a range of skills including working in groups, and representing the needs of your peers

## **Training**

Training will be provided to support the YRG members in any activities they will be undertaking.

## **Reimbursements**

**headspace** Hurstville will reimburse YRG members for the attendance at particular events. This will be in the form of a gift certificate / voucher.

## **Other**

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

# headspace Hurstville Youth Reference Group 2016 Application Form

## Personal Details

Name

Phone

Email

Address

Date of Birth

Sex

## Emergency Contact

Name

Relationship

Email

Address

Phone no's

Other info

**If under the age of 18 please get your parent and/or guardian to consent below.**

**Parent and/or Guardians consent form:**

**I (full name of parent and/or guardian)**

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**of (address)**

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**give permission for (full name of child)**

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**to be involved in the Youth Reference Group at headspace Hurstville**

**Signature**

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**Date**

**/ /**