

Frequently Asked Questions

headspace Bondi Junction, Miranda and Hurstville Family Reference Group

At headspace, family is defined uniquely by each young person. Family is considered an integral part of a young person's circle of care. Family and other caregivers – whether by birth, choice or circumstance – hold a significant role in supporting a young person by fostering a sense of belonging and connection through their shared experience. The term family may include parents, caregivers, siblings, partners, Elders, kin, mentors and other community members who are viewed by the young person as people who play a significant emotional, cultural, faith-based or other role in their life

1. What is the headspace Family Reference Group?

The Family Reference Group is a group of up to 6+ people who may have had a family member access mental health services. They consult with headspace Bondi Junction, Miranda and Hurstville on a variety of topics and issues, and are involved in a number of local and national projects.

The reference group aims to give family members the opportunity to provide input into the strategic direction of headspace Bondi Junction, Miranda and Hurstville programs and services.

The reference group will consist of up to 6+ people.

- All members must have experience supporting a young person with mental health issues
- A mix of ages and genders
- Representation from Aboriginal and Torres Strait Islander families
- Representation from diverse cultural and linguistic backgrounds
- A diversity of family type
- All members must have easy and regular access to the internet and phone

2. What does being in the reference group involve?

Members of the Family Reference Group will have the opportunity to be involved in a number of ways including:

1. As consultants for headspace Bondi Junction, Miranda and Hurstville by providing feedback to all areas of the organisation in a variety of ways
2. Local and national projects
3. Media spokespeople for headspace Bondi Junction, Miranda and Hurstville local centres
4. Marketing, Promotion and Community Awareness
5. Resource development
6. Education and training for both staff and young people
7. Evaluation and Research
8. Policy 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's the time commitment?

The appointment of Family Reference Group Members is 12 months. There will be face-to-face meetings held quarterly between Bondi Junction, Miranda and Hurstville, with the option of virtual meetings.

In between the face to face events, contact will be maintained through Facebook, email, and teleconferences. There will be an expectation that you participate regularly in group discussions. This is a volunteer role, and although you may be paid for some of the events, it is expected that you will also volunteer your time for subcommittees, projects and other events.

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

There are a number of activities that Family Reference Group members have the opportunity to be involved in. You do not need to have previous experience in order to participate in any of these.

- **MEDIA SPOKESPEOPLE AND COMMUNITY ENGAGEMENT**

What is it? Family Reference Group members are supported to become active community advocates for youth mental health and for the involvement of family. The goal is to raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community in youth mental health. Members may be involved in community education activities, or as media spokespeople on the issue of youth mental health. Media Spokespeople may be requested to speak at public functions or at local schools, mental health forums, conferences and the like.

- **LOCAL PROJECTS**

What is it? With support from headspace Bondi Junction, Miranda and Hurstville, members of the Reference Group may have the opportunity to lead specific projects. We encourage members to develop their own projects where they see a need. Interested members will be required to submit a project proposal; feasibility will be assessed by a panel of headspace Bondi Junction, Miranda and Hurstville employees.

- **INVOLVEMENT IN FOCUS GROUPS AND CONSULTATIONS**

What is it? From time-to-time, focus groups are held around specific topics to help headspace decide on direction of its activities and resources to be developed. The purpose is to ensure that the interests and opinions of family and friends are represented in all aspects of headspace activity.

When do they meet? These discussions may take place at face-to-face meetings or may occur between meetings via online forums or over the phone.

- **EVALUATION, RESEARCH AND POLICY ADVOCACY**

What is it? Members may have the opportunity to contribute to evaluation and research at headspace Bondi Junction, Miranda and Hurstville.

If you have any further questions, please contact your local headspace:

Bondi Junction:

- Email: shanje.liu@health.nsw.gov.au
- Phone: 0438 383 715 or (02) 9366 8800

- Location: 20 Bronte Road, Bondi Junction, New South Wales 2022

Miranda:

- Email: amy.lloyd1@stride.com.au
- Phone: 0431 658 457 or (02) 9575 1500
- Location: 5/522 Kingsway, Miranda NSW 2228

Hurstville:

- Email: christina.dendrinis@stride.com.au
- Phone: 0481 114 037 or (02) 8048 3350
- Location: 8 Woodville St, Level 1 Suite 101 Hurstville NSW, 2220