

# Position Description

## Youth Advocacy Group (YAG) Member

### Position Summary

The Youth Advocacy Group (YAG), member position is voluntary and forms part of headspace Melton. headspace Melton recognises the importance of the youth voice within all aspects of service delivery.

As a YAG member you will work in a collaborative group, supported by the Community Awareness Officer. The YAG focus on issues and aspirations of young people residing in or have connections to the City of Melton.

### Position Context

**headspace** is a world-first youth mental health initiative that supports young people who are going through a tough time; whether it's depression, anxiety, relationship break-ups or alcohol and other drug issues. The youth-friendly services at **headspace** are aimed at teenagers and young adults in recognition of the fact that 75 percent of mental disorders emerge before the age of 25 years.

**headspace** aims to improve access to services and continuity of care for young people across four core streams of service including: mental health; alcohol and other drugs (AOD); primary care; and social recovery/vocational services.

Orygen operates five **headspace** centres and associated services in Craigieburn, Glenroy, Melton, Sunshine and Werribee with funding from the North Western Primary Health Network and support from **headspace**: the National Youth Mental Health Foundation. These **headspace** centres aim to improve access to services and continuity of care for young people across four core streams of service: mental health; alcohol and other drugs; primary care; and social recovery/vocational services.

### About Orygen

**VISSION:** Young people to enjoy optimal mental health as they grow into adulthood.

**MISSION:** Reduce the impact of mental ill-health on young people, their families and society.

Orygen is the world's leading research and knowledge translation organisation focusing on mental ill-health in young people. Working side-by-side with young people, partners and one another, Orygen is redefining what's possible in global research, policy, education and clinical care.

## Eligibility

- You are aged between 16 and 25 at time of application
- You live, work, study or have a close connection to the City of Melton
- You are able to represent the views of a diverse group of young people
- You have the ability to commit to a 12-month membership
- You have access to a mobile phone or other communication device and to the internet

Please note - Young people who identify as: Aboriginal or Torres Strait Islander People; Cultural and Linguistic Diverse (CALD); LGBTQIA+; or any other diverse group, are strongly encouraged to apply.

## Qualities

- Have an interest and passion in topics and issues related to youth wellbeing such as mental health, advocacy, social connection, alcohol and other drugs, identity, connectiveness, struggles with work and study, physical and sexual health
- Able to work in a team and participate in group discussions as well as work independently (and remotely)
- Motivated, willing and committed to participate
- Have good communication and interpersonal skills
- Competent in using variety technology platforms, email, zoom, slack and social media.
- Diligent and reliable

## Responsibilities

- Participate in the development, implementation and evaluation of youth led projects and initiatives
- Promote the **headspace** program, by participating in community awareness and relationship building activities, including community events and campaigns
- Contribute to the development and facilitation of presentations, workshops and groups
- Contribute to the design and implementation of 'youth friendly' headspace services
- Participate in team meetings on a regular basis
- Participate in training

## Requirement

As a YAG member you are required to have a current volunteer Working with Children's Check or willingness to obtain one. Upon successful application, you will need to have a police check completed. Reimbursement will be supplied by Orygen.

You will also need complete a Work Plan and Wellness Plan, this will ensure that expectations of the role are achieved and responsibilities and tasks remain satisfying and can be performed to the best of your ability.

## Time Commitment

In between face to face meetings and events, contact will be maintained through the YAG private Facebook group, email, Slack professional social media) and teleconferences. It is expected that you maintain regular (at least once a week) contact with the group.

YAG meetings and focus groups around specific topics may be held throughout the year and it is expected that the members will be involved in approximately 80 per cent of these each year. These groups may occur through teleconference, face to face, or through email surveys and web based discussion.

## Benefits

- Working in collaboration with other like- minded young people
- Connecting and contributing to your community
- Receive training in mental health; alcohol and other drugs; talking to media; public speaking; and other topics relating to area of your interest
- Develop your skills and gain experience for future career and personal growth opportunities

## Reimbursements

All reasonable travel costs, for distances greater than 20kms from headspace Melton, as needed to attend face-to-face events and duties outside of the regular YAG meetings

## Under 18

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