

Youth Advisory Committee Member Role Statement

Position:	Youth Advisory Committee Member
Classification:	Volunteer
Reports:	headspace centre YAC Coordinator
Hours:	2 hour meeting per fortnight Plus 2-3 hours of events & projects per week
Location:	headspace centres whereby Alfred Health is the lead agency

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Organisation Overview

headspace is the National Youth Mental Health Foundation, funded by the Australian Government, providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support, and alcohol and other drug services. headspace Bentleigh, Elsternwick and Syndal are supported by our lead agency, Alfred Health.

Each centre's Youth Advisory Committee provides young people with the opportunity to be a voice in their headspace centre and to feel empowered to take positive action that will improve mental health and wellbeing for local young people.

Member Qualities

- Young people must be between 18 and 25 years at the age of application.
- Must live in or around the area of the designated centre.
- Have an interest and passion in local youth issues such as youth health, mental health, LGBTIQ+, homelessness and/or alcohol and other drug issues.
- This could also include a personal lived experience or supporting a family member or friend with mental health challenges, homelessness or drug and alcohol issues.
- The ability to work in a team and participate in group discussions, as well as work independently.
- Good communication skills.
- Motivation, willingness and commitment to participate on an ongoing basis.
- The ability to balance health (including mental health) and other responsibilities (such as school/university/work/family) and the demands of the YAC position.
- Easy and regular access to the internet, email account and mobile phone.

Responsibilities

- Participate in fortnightly YAC meetings which will be held in person at the centre, for two hours on a specified weeknight.
- Willing to undertake training opportunities (including about headspace, mental health, public speaking and other associated topics).
- Support local headspace centre activities including service feedback, projects, social media, community education activities and events, and/or act as a media spokesperson on the issue of youth mental health and well-being.
- There is an expectation that events and projects are delivered as a team.
- Be an active community advocate for youth mental health which will: raise awareness of youth mental health, encourage young people to seek help early, and educate the broader community about youth mental health and headspace services.
- Engage at all levels of the centre in order to improve the service experience for young people accessing the centre.
- Speak at public functions, schools, mental health forums and conferences.
- Actively look after all aspects of your health.

Time Commitment

- Contact will be maintained through email, phone and YAC Facebook Group. It is expected that you regularly (at least once a week) engage with and respond to communication.
- It is expected that volunteers log their hours on the Better Impact Volunteer database weekly.
- Minimum 2 hours a week commitment. The average commitment will likely be 2-3 hours per week.

Benefits

- Meet and work together with other like-minded young people passionate about youth issues particularly youth mental health and well-being
- Meet with prominent leaders and advocates for youth mental health
- Receive training in mental health, youth advocacy, public speaking and areas relating to your specific interests
- Develop a range of skills including team work, health education, advocacy, public speaking, health promotion, project planning and event management

Reimbursements

Please refer to the Youth and Family Participation headspace and Alfred CYMHS framework.

I have read the information contained in the Youth Advisory Committee Member Role Statement and accept the terms of the position.

Print full name: _____

Signature: _____

Date: _____