

YAG FAQs



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1. What is the Youth Advisory Group (YAG)?

The YAG is made up of young people aged between 12 and 25 that are passionate about youth mental health and well-being.

The YAG aims to:

1. Provide you with the opportunity to have input into the service delivery and centre decision-making of **headspace** Bairnsdale.
2. Give you the chance to have a say and have your voice be heard and acted upon
3. Support you to lead projects locally
4. Allow young people to direct youth mental health policy development
5. Demonstrate good practice by involving young people in the youth, welfare and health sector

2. What is involved in the role?

Young people on the **headspace** youth advisory group will have the opportunity to be involved in a number of ways including:

1. Lead local projects
2. Marketing, promotion and community awareness activities
3. Involvement in mental health related focus groups and consultations
4. Evaluation and research
5. Policy and 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?

We currently meet on a fortnightly basis on a Tuesday night from 5pm – 7pm. This may change depending on the availability of the group (could be once every 3 weeks).

In between meetings and events, contact will be maintained through Facebook, email and SMS. There will be an expectation that you participate regularly in these discussions. There will also be additional focus group and project work related meetings outside of the normal meetings, and we hope that members will participate in these meetings to really do some hands-on work and take action to get things done.

This is a volunteer role.

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

headspace Local Projects

What is it? With support from the **headspace** centre staff, members of the YAG will have the opportunity to lead specific projects. These projects may include, production of a **headspace** video, planning a fundraising event, a youth week activity, an art competition... the possibilities are endless.

Involvement in focus groups and consultations

What is it? From time to time focus groups are held around specific topics to help improve **headspace** services. The purpose is to assure that the interests and opinions of young people are represented in all aspects of **headspace** activity and that services and resources are youth friendly.

When do they meet? These groups are called as needed. Young people on the YAG will be notified and asked for expressions of interest through email. It is expected that the group members would be involved in several of these a year.

Evaluation, research and policy advocacy

What is it? Young people on the YAG will have the opportunity to get involved in evaluation. Topics for evaluation will depend on the need at the time.

When do they meet? A subcommittee or working group will be established to work in these areas. Young People on the YAG will be notified and asked for expressions of interest through email. Communication will be mostly through Facebook and email.

And more roles to be determined as deemed important by the group!

6. What kind of support and training will I receive?

Training will be given in a variety of areas; these may include:

- Leadership & communication
- Project management
- mental health
- mental illness
- drug and alcohol issues
- Public speaking