

Expression of Interest Application - Teen Mental Health Instructors



The Live4Life Bass Coast South Gippsland Partnership Group is seeking enthusiastic and passionate community members to undertake Mental Health First Aid Australia's Teen Mental Health First Aid Instructor training.

Youth Live4Life

Youth Live4Life was established to independently facilitate and govern the expansion of the Live4Life youth suicide prevention and mental health education model, that has been operating in the Macedon Ranges since 2010. Our vision is that all rural communities across Australia are empowered to support, improve and invest in their young people's mental health and reduce youth suicide. Youth Live4Life works with rural communities to implement the Live4Life model.

The purpose is to:

- Reducing barriers that prevent young people from seeking help
- Decreasing mental health stigma
- Increasing awareness of local professional help
- Increasing the mental health knowledge of secondary school-aged students, teachers, parents, carers and community members; and
- Building community resilience in addressing mental ill-health.

Live4Life Bass Coast South Gippsland

We need to build our Teen Instructors within our communities to support the implementation of Live4Life in 2024. As a group we have expressed that potentially filling our new Teen Instructor positions with staff within our schools would be most beneficial and sustainable, which will be our primary goal within the EOI process.

Live4Life's core values and principles of practice include:

Values

- 1. Inclusion:** Live4Life is based on the premise of inclusion rather than exclusion. Partners who wish to participate and assist with Live4Life are encouraged.
- 2. Integrity:** Live4Life aspires to ensure the conduct of all partners and participants is honest, reliable and authentic.
- 3. Collaboration:** Live4Life encourages and supports all partners to achieve collective goals.
- 4. Respect:** Live4Life only operates within a respectful and trustworthy environment. We embrace unconditional positive regard for all young people.

Core principles

- 1. Community and Youth Participation:** We value community development principles of inclusion, equity, anti-discrimination, self-determination, partnership and empowerment. Live4Life works in a multilayered partnership between schools, the local community, its services and young people. and draws on local expertise and knowledge.
- 2. Local Strength:** We build capacity by supporting and embracing the strengths of each partner organisation. We embrace challenges and focus on solutions.
- 3. Evidence-based Education:** We continue to seek, learn and disseminate quality evidence-based education support and resources relevant to local needs.
- 4. Reflection:** We evaluate, learn and adapt. We continue to improve the Live4Life model.

Becoming a Mental Health First Aid Instructor

The instructor training would be a commitment of training in Baw Baw, as follows:

- Teen MHFA - 4 days training in Baw Baw
- A current Youth MHFA certificate is a required prerequisite to apply for the Teen MHFA Instructor course
- Exact course dates are to be confirmed, however is estimated to be scheduled August 2024
- Our 2024 Teen MHFA training is expected to start delivering from T3 and into T4 this year

The training and travel costs will be completely covered through the Live4Life Bass Coast South Gippsland Partnership Group budget.

Once trained you will be required to support the Live4Life Bass Coast South Gippsland Partnership Group to deliver Teen Mental Health First Aid (TMHFA) courses in local secondary schools and/or communities across the Shire throughout the following two years from accreditation at no cost to the Live4Life Bass Coast South Gippsland.

Teen Mental Health First Aid

Your commitment would include running 4-6 TMHFA courses with year 8 and/or year 10 students at some of the following schools:

- Bass Coast College, Dudley
- Bass Coast College, Wonthaggi
- Bass Coast College, San Remo
- Korumburra Secondary College
- Leongatha Secondary College
- Foster Secondary College
- Mirboo North Secondary College
- Mary MacKillop Catholic Regional College

Each year the time commitment for Teen MHFA training at each school would involve:

- Junior TMHFA: 3x 60minute sessions for all year 8 students
- Senior TMHFA: 3x 75minute sessions for all year 10 students

Delivery of MHFA courses

It would be expected that throughout the following two years from accreditation you would be able to provide the TMHFA training free of charge (or through a work release arrangement) to Live4Life Bass Coast South Gippsland.

If your circumstances change and you were no longer able to deliver the training, there would be an expectation, depending on your specific circumstances, that you would repay a portion of the cost of the instructor training to Live4Life Bass Coast South Gippsland Partnership Group, so a replacement Instructor could be funded. This would be negotiated based on the number of courses you had delivered and your specific circumstances. The full value of TMHFA Instructor Training is \$4000.00.

Beyond the two years from accreditation, delivery of training would need to be negotiated with the Live4Life Bass Coast South Gippsland Partnership Group, it is hoped that local trainers are able to undertake some training as part of their current work commitments on an ongoing basis.

Prerequisite

A prerequisite for becoming a TMHFA instructor is the completion of the Youth Mental Health First Aid course and completion of the post-course accredited assessment. You will be required to provide evidence in the form of a certificate of completion of the training.

Expression of Interest - Selection Criteria

1. Demonstrated experience of working with young people and adults and able to build safe and supportive environments, with experience in facilitating and managing groups.
2. Demonstrated high level of emotional intelligence and critical reflection, with a high skill level in public speaking and being able to communicate with different audiences.
3. An understanding of adolescent development, youth mental health and an understanding of support systems in your community is desirable.
4. A clear understanding of the associated stigma that surrounds individuals who experience mental health problems.

5. Demonstrated ability to deliver the training within your current work commitments (this would include delivery of Teen Mental Health First Aid delivered to a minimum of x class groups of young people over the year). Please tell us about your current role or profession and include a letter of support from your employer.
6. Please specify your availability and which communities you could deliver training in Bass Coast South Gippsland
7. Hold a valid Working With Children Check from your state / territory of residence
8. Completion of the Youth Mental Health First Aid course and the post-course accredited assessment

Expressions of Interest must respond to the above selection criteria (please keep your responses to no more than two pages) and include a letter of support from your organisation (if applicable). Please email your application to Peg Sanders at peg.sanders@southgippsland.vic.gov.au

Successful applicants will then need to complete an online application form through Mental Health First Aid Australia (MHFA) in order to be approved to be trained as an Instructor. Please make yourself familiar with this process at: <https://mhfa.com.au/be-an-instructor>

We suggest you save your responses to this EOI to expedite this next step in the process. MHFA Australia has the ultimate approval. Approval through the Partnership Group does not guarantee a position in Instructor Training delivered by MHFA Australia.

Please ensure your Expression of Interest is submitted to Peg by **3rd July 2024**

For further information regarding the Expression of Interest contact:

Peg Sanders
Local Live4Life Program Officer
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peg.sanders@southgippsland.vic.gov.au