Volunteer Youth Presenter

Putting health in mind
Black Dog Institute, Volunteer Youth Presenter, December 2019 v.1.

1. ABOUT THE BLACK DOG INSTITUTE

Founded in 2002, The Black Dog Institute is a not-for-profit Medical Research Institute and a global leader in translational mental health research. We harness the latest technology and other tools to quickly turn our world-class research findings into clinical services education and e-health products that improve the lives of people with mental illness and the wider community. Our areas of strength include suicide prevention, e-mental health, workplace mental health, novel treatments and prevention in young people.

**Our mission** is to enable mentally healthier lives through innovations in science, medicine, education, public policy and knowledge translation.

**Our values** are a key part of our integrated approach and are a critical component of our organisational culture as they guide our decisions and behaviours. Institute staff and management have created and adopted the values of:

- Respect
- Compassion
- Excellence
- Collaboration
- Innovation

The Black Dog Institute is proud to offer a dynamic working environment for our staff. We are invested in maintaining a positive workplace culture which values people and their wellbeing. We offer a varied wellbeing program tailored to staff needs and provide opportunities to attend learning and development seminars, engage in health and fitness activities as well as social events. We also offer flexibility in working hours and promote a healthy work life balance.

2. JOB PURPOSE

The purpose of this position is to deliver mental health awareness presentations to young people. These highly visual and engaging PowerPoint presentations feature accurate content on mental health and wellbeing, signs and symptoms of mental illness, causes, and when and where to seek help. As part of their presentation, Youth Presenters share their personal story of experiencing depression as a young person.
By delivering evidence-based education programs and sharing their personal stories of overcoming adversity, our Youth Presenters help to:

- reduce stigma of mental illness;
- encourage help seeking behaviours;
- promote early intervention and resilience; and,
- offer hope to other young people.

### 3. DUTIES

The Presenter is responsible for:

1. Travelling to and from the presentation venue and arriving on time, prepared to present;
2. High quality delivery of approved Black Dog Institute presentations to the community in various settings;
3. Sharing insights from personal experience of mental illness to support the aims of the program;
4. Maintaining both Institute directed and self-directed boundaries in relation to sharing personal stories;
5. Responding to the public’s questions in accordance with the Black Dog Institute’s policies and procedures;
6. Ensuring Presenter and audience evaluations are completed;
7. Participating in debriefing following a presentation;
8. Representing the Institute in a professional and responsible manner; and
9. Adhering to Black Dog Institute policies and procedures as they relate to the role.

Note: the list of responsibilities is not exhaustive and the Institute may change or request additional activities to meet the operational needs of the business

### 4. SELECTION CRITERIA

**Essential Criteria**

1. Personal experience with depression, anxiety or bipolar disorder as a young person (under 25 years of age)
2. A willingness to share your story as part of a set presentation
3. Passionate about improving youth mental health and well-being
4. Ability to engage and relate to young people
5. Experience in delivering presentations
6. Over 18 years of age
7. Hold a current Working with Children Check or willing to get one
8. Availability to present approximately 10 presentations in a **12-month period**
9. Available to attend a full training day in Melbourne on the 29 of May 2020