

# Expression of Interest Application - Teen Mental Health Instructors



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

Live4Life Glenelg was launched in 2017 and is delivered in partnership with Casterton Secondary College, Heywood and District Secondary College, Portland Secondary College, Bayview College, and South West TAFE Portland.

The movement currently has twelve non-for-profit community partners and delivers Teen and accredited Youth Mental Health First Aid training in schools and the wider Glenelg community, creating local partnerships to lead conversations about mental health that reduce stigma and promote young leaders as mental health ambassadors. The Live4Life crew is a selected group of year 9 and 10 students from each high school in the Glenelg Shire who run events that promote positive mental health and help seeking behaviours. The crew aims to share positive mental health messages and challenge the stigmas associated with mental ill health, help seeking and help offering.

## **Becoming a Mental Health First Aid Instructor**

The instructor training would be a commitment of training in Melbourne, or other location to be confirmed, as follows:

- Teen MHFA - 4 full days training plus travel

Through the Live4Life Glenelg Partnership. Training, accommodation, meal allowance and travel only would be covered.

Once trained you would be required to support the Live4Life Glenelg Partnership Group to deliver Teen Mental Health First Aid (TMHFA) courses in local secondary schools across the Shire for a minimum of 4 full courses per year.

## **Teen Mental Health First Aid**

Your commitment would include running TeenMHFA sessions with year 8 and 10/11 students at some of the following schools:

- Portland Secondary College (including the Re-Engagement Centre Campus)
- Casterton Secondary College
- Heywood and District Secondary College
- Bayview College
- South West TAFE

The time commitment per instructor for Teen MHFA would involve - 4 class groups at approximately 5 hours per group = 20 hours per year plus preparation time.

## **Delivery of MHFA courses**

It would be expected that you would be able to provide the Teen MHFA training free of charge (or through a work release arrangement) to Live4Life Glenelg. Travel costs may be subsidised to deliver training, this should be discussed with the Partnership Group.

If your circumstances changed within the period of this agreement and you were no longer able to deliver the training, there would be an expectation, that you would repay a portion of the cost of the instructor training to Live4Life Glenelg 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 \$2550.00.

Beyond this, delivery of training would need to be negotiated with the Live4Life Glenelg Partnership Group, it is hoped that local trainers are able to continue to deliver training as part of their personal and/or 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, this accreditation must not expire. These courses are offered regularly at a subsidised rate across Glenelg Shire. You will be required to provide evidence in the form of a certificate of completion of the training.

## **Expression of Interest Process**

To express your interest to become a Teen Mental Health First Aid Trainer for Live4Life Glenelg please respond to the selection criteria below via email and include a letter of support from your organisation (if applicable). Please email your application to [tbiggs@glenelg.vic.gov.au](mailto:tbiggs@glenelg.vic.gov.au).

Successful applicants will be asked to complete an online application form through Mental Health First Aid Australia (MHFA) in order to be approved to be trained as an instructor. This process can be viewed at <https://mhfa.com.au/be-an-instructor>

## **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 emotional intelligence and critical reflection, with skill 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 4 full courses 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 schools you could deliver training in:
  - Portland Secondary College
  - Casterton Secondary College
  - Heywood and District Secondary College
  - Bayview College
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

### **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.

View [Live4Life's core values and principles of practice.](#)

### **For further information regarding the Expression of Interest contact:**

Tina Biggs

Position: Community Development Coordinator

Glenelg Shire Council

Phone: 03 55 22 25 61

Email: [tbiggs@glenelg.vic.gov.au](mailto:tbiggs@glenelg.vic.gov.au)

**For further information on Youth Live4Life contact:**

Cathryn Walder

Position: Community Engagement Coordinator

Youth Live4Life

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