

# Expression of Interest Application - Youth and 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 (TMHFA); and/or
- Youth Mental Health First Aid Instructor training (YMHFA).

Note: TMHFA is aimed at equipping you to deliver training to our Year 8 and Year 10 students. YMHFA is aimed at equipping you to train teachers, families and community members.

## **Youth Live4Life**

Youth Live4Life was established to independently facilitate and govern the expansion of the Live4Life youth suicide prevention and mental health education model, which 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**

A key part of *Live4Life* is engagement with the local community.

The local Live4Life program is co-led by Bass Coast Shire and South Gippsland Shire Council. The community partners include Bass Coast Health, Australia Red Cross, Gippsland Primary Health Network, Department Education and Training Victoria, Department of Human Services, Community College Gippsland, Bass Coast South Gippsland Local Learning Network, Latrobe Regional Hospital, Victoria Police, Mirboo District Foundation, Headspace, Wellways, Bass Coast College, Chairo Christian College, Foster Secondary College, Korumburra Secondary College, Leongatha Secondary College, Mary MacKillop Catholic College, and Mirboo North Secondary College.

## 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 the following commitment:

**Youth MHFA** – Training in Melbourne for five days plus travel. See [MHFAA website](#) for scheduled courses.

**Teen MHFA** – Training based in either South Gippsland or Bass Coast Shire for four days in early August 2022.

Through the Live4Life Bass Coast South Gippsland Partnership and Youth Live4Life Ltd. training, accommodation and travel only would be covered.

Once trained, you would be required to support the Live4Life Bass Coast South Gippsland Partnership Group to **deliver free of charge** Teen Mental Health First Aid (TMHFA) and/or Youth Mental Health First Aid (YMHFA) courses in local secondary schools across Bass Coast/South Gippsland throughout the 12 months post-training.

### Teen Mental Health First Aid (TMHFA)

Your 12-month commitment would include running TMHFA sessions with Year 8 and Year 10 students at some of the following schools:

- Mary Mackillop Catholic Regional College
- Bass Coast College (Dudley, Wonthaggi and San Remo)
- Chairo Christian College
- Korumburra Secondary College
- Leongatha Secondary College
- Foster Secondary College
- Mirboo North Secondary College.

The time commitment for Teen MHFA would involve a minimum of 6 class groups entailing 3x 75-minute sessions per group = **22.5 hours per year**, per instructor, plus preparation time per class group.

### Youth Mental Health First Aid (YMHFA)

Your 12-month commitment may include running YMHFA sessions with teachers and community members in the towns of:

- Leongatha
- Foster
- Mirboo North
- San Remo
- Wonthaggi

The time commitment Youth MHFA would involve – up to 3 courses per year x 14 hours per group = **42 hours per year** plus preparation time per instructor.

### **Delivery of MHFA courses**

It would be expected that throughout the 12 months you would be able to provide the TMHFA and/or YMHA training free of charge (or through a work-release arrangement) to Live4Life Bass Coast South Gippsland.

If your circumstances changed during the 12-month period 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 \$2110.00 and YMHA Instructor Training is \$3550.00.

Beyond 12 months, 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 continue to deliver training as part of their current work commitments on an ongoing basis.

### **Expression of Interest - Selection Criteria**

- 1.** Demonstrated experience of working with young people and adults and able to build safe and supportive environments.
- 2.** Be a current accredited MHFAider™. This requires completion of a free full 2-day Mental Health First Aid Course and completion of the post-course accredited assessment. We (Bass Coast South Gippsland Live4Life) can provide opportunities for you to complete this course prior to the instructor's course.
- 3.** Demonstrated availability for the Instructor Training (see Becoming a MHFA Instructor) and then delivery of the training within your current work commitments. This would include delivery of Teen MHFA delivered to a minimum of six class groups of young people over the year – 22.5hrs and/or up-to 3x Youth MHFA courses at 14 hours each annually. Please include a letter of support from your employer.
- 4.** Demonstrated high skill level in public speaking and being able to communicate with different audiences (including professionals, parents, Year 8 and Year 10 secondary school-aged students).
- 5.** Demonstrated experience in facilitating and managing groups.
- 6.** An understanding of adolescent development, youth mental health and an understanding of support systems in your community is desirable.
- 7.** Demonstrated high level of emotional intelligence and critical reflection.



8. Please specify your availability and which communities you could deliver training in >insert geographical location<

### **Expressions of Interest - submissions due Monday, 16 May 2022.**

Please respond to the above selection criteria and clearly specify which training you are applying for - Youth and/or Teen Mental Health First Aid. 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 Georgie Lyons at [georgie.lyons@southgippsland.vic.gov.au](mailto:georgie.lyons@southgippsland.vic.gov.au). Depending on responses there may also be an interview process.

Successful applicants will be notified and 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/instructors/apply-to-become-a-mhfa-australia-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.

### **For further information regarding the Expression of Interest or Youth Live4Life contact:**

Local Live4Life Program Officer:  
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