

HelpingMinds First Nations Reference Group



HelpingMinds acknowledges the traditional custodians of the lands on which we live, work, learn and care, and pay our respect to First Nations people and elders past, present and emerging.

HelpingMinds launched its Reflect Reconciliation Action Plan (RAP) on 12 June 2018. A First Nations Reference Group is integral to ensuring the successful implementation of the targets for the RAP. HelpingMinds hopes that 4 First Nations people would be interested to represent the interests, needs and experiences of their communities to ensure that HelpingMinds is culturally safe for all First Nations people.

Reference group members will be paid for their time to attend 3-4 meetings per year at HelpingMinds at 182 Lord Street, Perth. In between meetings, members will also be asked for their input and opinions on documents and activities.

If you are interested in helping us please complete the Expression of Interest form at the bottom of this document and send to taryn.houghton@helpingminds.org.au or for more information or to fill out the form over the phone, please contact Taryn Houghton on 9427 7100.

You can also drop the form off at HelpingMinds, 182 Lord St, Perth 6000.

Our HelpingMinds office is accessible by public transport and some parking is also available on-site.

What's involved?

To be a member of the reference group, you will:

- Be an Australian First Nations person with lived experience of mental health issues or caring for a family member or friend with mental health issues. Your lived experience of mental health concerns is invaluable with ensuring HelpingMinds offers mental health support in a culturally safe way.
- Be able to talk with other First Nations people and be confident to share your ideas in discussions and when making decisions.
- Have an understanding or willingness to understand the impact lifestyle choices have on the mental health of First Nations people and their community, including marginalization, stigma and discrimination.
- Understand the importance of including the person with mental health issues, their family and community in the person's treatment, care and recovery.
- Have strong links within your community.
- Have knowledge, skills and/or experience of taking part in committees or other similar groups.

As a member your responsibilities would include:

To give your best to support HelpingMinds to action their RAP you will:

- Understand the wider issues that contribute to the mental health concerns of First Nations people and how these impact on the lives of your community
- Share your knowledge and ideas of how to best support the mental health and associated concerns of First Nations people
- Read provided documentation and be prepared to discuss the documentation at the meetings
- To be present at each required meeting and treat others in line with HelpingMinds values of Hope, Trust, Integrity, Collaboration and Respect
- It is expected the group will meet at HelpingMinds' Office, 182 Lord Street Perth, either in person or by video link 4 times per year, there may be occasions where an extra meeting is required but notice will be provided well in advance

As a member of the reference group you can expect:

- To be an equal member of a group that is respectful of each person's view point and to be treated in line with HelpingMinds values of Hope, Trust, Integrity, Collaboration and Respect
- To be paid for your participation and travel expenses
- To receive any documents in enough time to prepare for meetings

- To be supported in your role on the reference group by HelpingMinds

Selection process

A short-list of applicants will be asked to meet with two HelpingMinds staff for an informal discussion. This will give applicants the chance to ask questions about the work of the reference group. We expect to let you know whether your application was successful or not by 30 May 2019.

Successful applicants will need to provide a National Police Certificate (NPC) no more than 6 months old. Please note, if an applicant has any convictions, they may still be considered for the reference group. HelpingMinds will reimburse the cost of the NPC.

Payment

Payment and reimbursement of expenses are offered to reference group members according to the HelpingMinds Paid Participation Policy. The paid participation rate for reference group members is \$300 per meeting with a minimum of 2 hours , which includes reasonable travel expenses (e.g. parking fees). Other expenses can be claimed but must be agreed with and approved by HelpingMinds before running up the expense. Reference group members can choose to receive gift cards instead of payment.

For more information

Contact Taryn Houghton on 9427 7100 or taryn.houghton@helpingminds.org.au

To apply

Please complete the application form at the bottom of this document and return to

- Email to taryn.houghton@helpingminds.org.au
- Post or deliver to: Taryn Houghton, HelpingMinds, 182 Lord St, Perth 6000

HelpingMinds Expression of Interest form

Please fill out this form if you would like to be part of the First Nations Reference Group.

Your personal details <i>We will save and use this information only to contact you about this application.</i>	
Name	
Address	
Phone	
Email	
Gender	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Other
Do you identify as	<input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander
Which language group do you identify with?	
Experience and expertise	
Please tell us about your interest in taking part in the HelpingMinds First Nations Reference Group.	