

<b>Role title</b>	YAM Helper
<b>Location</b>	Illawarra Shoalhaven
<b>Role type</b>	Volunteer
<b>Hours</b>	14 hours program delivery annually (plus 5 hours training)
<b>Contact</b>	Illawarra Shoalhaven Suicide Prevention Collaborative
<b>Phone/Email</b>	1300 069 002 <a href="mailto:suicideprevention@coordinare.org.au">suicideprevention@coordinare.org.au</a>
<b>Closing date</b>	Sunday 3 <sup>rd</sup> December 2017

## Background

Youth Aware of Mental Health (YAM) is an evidence-based mental health program for young people aged 14 – 16 years. YAM gets young people involved and talking about mental health through roleplay and discussion. By doing this, young people will learn problem solving skills and gain knowledge about mental health. YAM is delivered by a trained YAM Facilitator with support from a YAM Helper, who provide young people with a safe and non-judgemental space to explore mental health topics such as stress, crisis, depression and suicide prevention.

Working in partnership with the NSW Department of Education, Catholic Diocese of Wollongong, Association of Independent Schools and headspace, we aim to deliver YAM to all year 9 students in the Illawarra Shoalhaven from 2018 onwards (predominantly in Terms 1 and 2 of each year).

## What does being a YAM Helper involve?

- being present in the room and helping manage the classroom for the duration of the program,
- helping to prepare the classroom,
- assisting with handing out program materials,
- supervising and/or participating in role plays for program participants,
- helping the YAM Facilitator and school staff connect students with supports if needed, and
- checking in with the YAM Facilitator about your experience and providing feedback on the session.

## What is the commitment?

Training: Half day (5 hours) YAM Helper training or equivalent (e.g. observation of YAM sessions).

Program Delivery: Two full YAM programs across Terms 1 and 2 (between February and June).

Helping with one full YAM program requires approximately 7 hours over 3 weeks, including:

- Week 1: 2 - 3 hours
- Week 2: 2 - 3 hours
- Week 3: 1.5-2 hours

*\*Note: YAM sessions are generally delivered on the same day each week.*

## **What do I need to be a YAM Helper?**

- A valid Working With Children Check (or being willingness to obtain)
- A supportive and non-judgmental attitude
- Confidence to help deliver YAM
- Commitment to undertaking YAM Helper training
- Commitment to helping with at least two full YAM programs across Terms 1 and 2
- Willingness and ability to travel

## Desirable

- Experience working with groups of young people