



## Meeting Summary CASA Youth Council January 19th, 2017

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**This meeting focused primarily on brainstorming and planning for new CYC projects.** The main points from the meeting and ideas for new projects are detailed below.

**CYC Feedback Survey.** Earlier this month, CYC facilitators sent out a survey to everyone who had attended any CASA Youth Council meeting. The survey invited responders to share their thoughts and feedback on their experiences with CYC. The results of the survey have been summarized below.

- Response rate: 54%
- Average satisfaction rating: 8.9/10
- *What CYC members like about CYC:*
  - The environment of CYC: collaboration, open discussion, talk without judgement, safe space, everyone matters, empathy and compassion towards each other, support, leadership, being understood, respect, nice people.
  - Inventing and choosing our own projects
  - Our Unseen project and getting it done so quickly
- *How CYC members would like to improve CYC:*
  - The amount of time spent in meetings on a single project.
  - More full-day workshops, more meetings, more projects.
  - I don't think anything needs to be changed.

**Reviewing *Unseen* proof.** Facilitators shared the proof of *Unseen* with the CYC members as provided by the printing company. The Facilitators will be picking up the printed copies of *Unseen* on Friday, January 20th. CYC members are welcome to come pick-up their copies of *Unseen* at the CASA Downtown location starting the week of January 23rd, or they may wait until the February meeting to receive their copies.

**New projects.** Following the completion of the first major CYC project, CYC members were invited to brainstorm ideas for new council projects. Project suggestions have been outlined below.

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### *Unseen: Issue #2*

- CYC members are excited to continue their work on *Unseen: Youth Mental Wellness Magazine*. Ideas for potential new articles were discussed, including articles on:
  - Comparing mental health with physical health. Ex. how mental health is treated in hospitals vs. how physical health is treated.
  - How to approach someone that you might be concerned about.
  - Brain injuries and mental health.
  - Looking for the signs of mental illness.
  - “What I Wish \_\_\_\_\_ Knew About Mental Health”. Continuing with this series started in Issue #1. A potential idea suggested was to ask members of various community groups (ex; schools) to write down their responses to this prompt, and then taking pictures of their responses to be included in an article.
  - Supporting employee mental health in the workplace. Ex. Starbucks has recently launched several employee mental wellness programs. Article to explore the impact of these programs.
  - Eating disorders.
  - Interviewing a parent who is supporting a child with mental health concerns.
- The Council aims to have the second issue of *Unseen* ready for publication by June 30th, 2017. With that publication deadline in mind, CYC members must have all content in to the Council Facilitators by May 1st.
- In preparation for creating a second issue, members have been invited to partner up with one another to review and edit each other’s work. This will help to provide more eyes on all articles, and allow council members to give support and feedback to one another.
- It was discussed with council members that there may not be funds available to print the second issue of *Unseen*. CYC members suggested working to fundraise in order to cover the costs of printing the second issue. Facilitators will discuss this idea with CASA Foundation.

### *Community engagement/events*

- CYC members are eager to begin work on engaging the Edmonton community, and to get the word out about the council. Hosting and organizing community engagement events was brought forward as a potential new project. Event suggestions included;
    - A community barbecue.
    - Mental health workshops/ conference
    - A de-stress event.
    - Pop-up paint night.
    - Exercise/yoga events that create a safe space.
    - Social hangouts, ex. hosting events for youth who just want to come hang out in a safe and supportive environment.
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### *Video projects*

- CYC members expressed their interest in working on various video projects for the CASA Youth Council YouTube channel. Some ideas for potential videos projects included:
  - “What I Wish \_\_\_\_\_ Knew About Mental Health”. This would be the video version of the article series with the same name. Council members brought forward the idea of interviewing community members and creating a video of the various responses. Facilitators will create video consent forms to be used for this project.
  - CASA Youth Council cooking channel/tutorials.
  - CYC Facilitators will send out the information about the log-in for the WeVideo online program.

### *CYC team building activities*

- CYC members expressed their interest in having team building opportunities and activities to connect with one another in forums other than CYC meetings.

### *Connecting with CASA House*

- The idea of speaking to youth at CASA House was suggested. CYC members are interested in sharing their stories with the youth at CASA House, as well as sharing information about how to connect with Youth Council after discharge. Facilitators will connect with CASA House and ADP about possible opportunities.

### *Mental Health First Aid for CYC members*

- Council members are highly interested in receiving Mental Health First Aid training and certification. Facilitators will work to explore if this could be offered to members who are interested.

### **Ways to start working on our projects**

The council members discussed ways to enhance our communication with each other and the venues we might use to work on our projects:

#### *Mini workshops*

- Facilitators proposed the idea of offering mini workshops to council members. The purpose of these mini workshops would be to provide sessions targeted towards specific interests of group members. Ex. hosting a workshop on how to do academic citations, public speaking, photography, etc. Members are welcome to suggest areas of interests for any potential workshops.

#### *Private Facebook group.*

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- Council members brought up having a private Facebook group created for the CYC. It was expressed that this could be a great way for all council members to stay in touch with one another about CYC projects between council meetings. Council facilitators will confirm that this is doable. If yes, facilitators will create the group and send an invite to all interested council members.

Other meeting points included:

**Business cards.** The idea of creating generic business cards for CYC members was discussed. These business cards would include information on how to get connected with the CYC (website information, YouTube channel information, etc). Council members approved this idea. Facilitators will look into getting CYC business cards.

**General CASA information.** Facilitators handed out CASA program postcards to council members in order to provide members with general information on the services that CASA offers.

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