



Meeting Summary CASA Youth Council February 16th, 2017

This meeting focused primarily on moving forward with issue #2 of *Unseen: Youth Mental Wellness Magazine*. Various logistics and other potential projects were also discussed. The main points from the meeting are detailed below.

CYC Terms of Reference. CYC members were provided with the completed Terms of Reference document. Members and facilitators signed off on the document. This official copy will be stored at CASA Downtown.

Mental Health First Aid training. As discussed at the January meeting, council members are highly interested in receiving Mental Health First Aid (MHFA) training and certification. This idea was approved by CASA's CEO. Facilitators contacted MHFA facilitators who are willing to come to CASA to train CYC members. A survey was then sent to all current CYC members in order to determine the interest in, format of, and dates for potential MHFA training. The survey will close on February 21st. All decisions about moving forward with MHFA training will be made using the information provided by CYC members in the survey.

CYC business card proof. The idea of creating generic business cards for CYC members was discussed at the January meeting. Using the ideas suggested by council members, the facilitators drafted a business card proof. The proof was distributed to council members for approval. The facilitators will move this project forward.

CASA Foundation film project. CASA Foundation has approached the youth council with the idea of working together to create a short film project for the annual CASA Carnival, taking place in May 2017. Ashlee (CASA Foundation) and Dylan (film maker) pitched this potential project to the CYC. Council members were provided the opportunity to hear the film project proposal and ask any questions they had regarding the project. CYC members were informed that the decision to engage in this project is entirely up to them, as the CYC strives to be driven by the council members in all project decisions. Council members will let Foundation know if they are interested in this project by February 23rd.

Unseen: Issue #2. CYC members are keen to continue their work on *Unseen: Youth Mental Wellness Magazine*. Ideas for potential new articles were discussed, including articles on:

- Eating disorders



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- Personality disorders
 - Genetic vs. developed mental illnesses
 - Mental health in the immigrant/refugee community or displacement-related depression
 - Mental health in LGBTQ community
 - PTSD support/therapy dogs
 - “*What I Wish Teachers/Schools Knew About Mental Health*”. It was suggested was to ask students to write down their responses to this prompt, and taking pictures of their responses to be included in an article.
 - Mental illness and stock photos
 - “*Suck it Up*”. Gender differences/stereotypes in mental health and mental illness
 - Substance abuse and mental illness (interview with a psychiatrist?)
 - Parents/families supporting children with mental health concerns
 - Photo spread
 - Sadness vs. depression

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 submitted to the facilitators by May 1st. Facilitators suggested holding another workshop day for council members to drop-in to work on their articles. No decision was made on whether or not to move forward with a full-day workshop.

Unseen Issue #1 distribution. Printed copies of *Unseen* have finally arrived and were ready for distribution! Each member was provided with 20 copies of *Unseen* to distribute as they see fit. Members were all invited to sign one another’s copies of the magazine.

Members expressed that school staff they are connected with would like multiple copies of *Unseen* to give out to students. CYC facilitators will contact our printer to learn what price points for different types of printing could be. Schools might be able to purchase some copies of *Unseen* if we can get the price low enough. The members agreed that it would be okay to print a less expensive version of *Unseen* on plain paper with glossy covers.

School presentations. Council members have repeatedly expressed interest in doing school presentations. To move forward with this idea, facilitators suggested holding a mini-workshop for all interested members to work together on developing this project. Facilitators suggested having a guest speaker with experience presenting to schools come in to speak with the CYC. Council members approved the mini-workshop and the guest speaker. Facilitators will explore potential workshop dates and connect with a potential guest speaker.
