



Meeting Summary CASA Youth Council April 20th, 2017

This meeting focused on a variety of different topics and projects. The main points of discussion from the meeting have been detailed below.

Guidelines for Unseen articles

With issue #2 of *Unseen* on the horizon, the group reviewed/discussed the guidelines for the magazine articles and content. The *Unseen* article guidelines are as follows:

- Magazine content should centre around the themes of mental wellness, mental health advocacy, or mental health concerns but can take any form (ex. Photos, poetry, art, personal stories, research articles, resources etc.)
- Names: if you are interviewing someone for an article, ask them how they would like their name to appear in your article (ex. Just first name? No name? First and last names?). Ensure that people have consented to the use of their name.
- Bios: We will continue to label CYC member bios at the end of *Unseen* by first name only
- We cannot include any images of minors using drugs or alcohol
- We can definitely speak about concerns like abuse, suicidality, or self harm but we will *not* include any explicit/graphic descriptions or images of these concerns out of respect for the possible triggers of our group and our readers.
- When we make statements about research or non-common facts in our articles, we will provide citations for our sources. Article citations will be in APA style.

CYC members are invited to email Anna and Jillian with any additional ideas for guidelines as they arise.

At the end of this discussion, Anna handed out some information about APA citation style from Purdue University: <https://owl.english.purdue.edu/owl/resource/560/01/> . CYC members are invited to contact Anna and Jillian at any time if they would like support with finding article sources or creating citations.

Unseen Magazine

Distribution Map

The CYC members shared where they have distributed issues of *Unseen* thus far. The distribution web includes:

- Paul Kane High school, St. Albert (school library, presentation to class of students, presentation to staff)
- Superstore, St. Albert (provided to store staff)
- Save on Foods, St. Albert (provided to store staff)
- Enbridge, Downtown Edmonton
- Boyle Street, Downtown Edmonton
- ACCESS Canada Meeting-- Montreal staff and partner sites
- Psychologist's office, Downtown Edmonton
- Victoria Composite School
- Copy left on LRT
- AHS sites
- School mailouts (Jillian and Anna have a list)
- Hope Heels Service Dogs
- Family and Friends of CYC members

Ideas for Issue #2

The group discussed their article ideas for Issue # 2 of *Unseen*. Currently, CYC members are working on or proposing pieces in the following areas:

- Mental illness and gender-- the challenges men can face when showing emotions
- PTSD Service dogs
- Bullying in the workplace and the lack of legislation to stop it
- Going back to school
- Poetry
- Eating Disorders
- Recipes
- How mental health concerns impact relationships
- Photo challenge-- ex. We could pose a CASA CYC photo challenge and make a 1-2 page spread of the photos
- Two Chair exercise-- description of this therapeutic technique and personal experience of it.
- Living with "high functioning" anxiety
- Mental health and music

Reminder that all articles are due June 1, 2017 and that Council members are encouraged to invite other CYC members or Facilitators to edit their pieces before submission. CYC members can use the shared Gmail account to collaborate on articles in Google drive.

There will be an *Unseen Magazine* workshop on Tuesday May 23rd from 10-4 at CASA Centre. CYC members are invited to bring draft articles and work on writing, layout, editing, or brainstorming with the group.

Quick Logistics

Anna updated the group about a few logistics, including a plan to meet with the CASA Board to talk about ways CYC can get involved with speaking with political leaders.

Group members who felt comfortable were invited to be in a group photo to be used in the CASA Foundation Carnival video about CYC.

CYC group size

The CYC members had a discussion about the possibility of capping CYC membership to ensure that everyone feels safe and comfortable speaking in the group. We decided that the maximum group size should be between 15 and 20 people as in many cases not everyone can attend every meeting. If additional youth want to participate in CYC but the group is at the maximum size they could contribute by:

- Creating content for *Unseen*
- Participating in a CYC Facebook group where anyone could share their views
- Participating in specific CYC projects led by the council members

CYC suggested that if a large number of people came to a meeting we could break into two groups for discussions, one with each CYC facilitator, to make it comfortable for everyone to share their voice.

Feedback on New CASA Website

The CYC members viewed the new draft of the CASA Website and gave feedback.

We like:

The photos (seem more real, less stock photo-ish)

The simplicity, it is easy to find things and there are far fewer layers to click through than on the old site

The 3 main items

The "Get Help" button at the top

The social media links

The “share your story” idea

It looks like “by professionals, for families.”

Our suggestions for improvement:

Make the “Get Help” button bigger

Move the “Donate Now” somewhere else and less prominent

Change the language on “work with us”– this doesn’t necessarily evoke job postings, this could be a spot to put CYC and FAC.

Put social media buttons in just one spot, not on both the right and left side of the page