



## Meeting Summary CASA Youth Council October 20th, 2016

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**This meeting focused primarily on continuing the work to move the CASA Youth Council mental health magazine project forward.** Council members also discussed proposals that have been brought forward for consideration to the CYC. The major ideas covered during the meeting have been detailed below.

**Speaking to the CASA board.** It was suggested to the facilitators that the CASA Youth Council present to the CASA board, in order to share what the CASA Youth Council has been up to. This idea was brought forward to the council at the meeting. The CYC agreed that this was a good idea, with two CYC members volunteering to speak to the board.

**Writing a post for CASA Connect.** It was suggested to the facilitators that the CASA Youth Council write a post for the CASA intranet (CASA Connect). The purpose of this post would be to further inform CASA staff about the CASA Youth Council. CYC members proposed that they write a collaborative post outlining the basics of what the council has been up to, featuring direct quotes from members regarding the impact the council has had.

**Artwork for CASA Foundation.** CASA Foundation has invited youth council members to create and submit artwork for the foundation. The artwork would be used to create thank-you cards. This idea was brought forward to the CYC. The majority of CYC members present expressed that they did not consider themselves visual artists, and therefore declined. One member was curious as to whether or not digital art could be submitted. The facilitators will bring this question to CASA Foundation.

**CASA Youth Council mental health magazine.** The majority of the meeting focused on the mental health magazine project. CYC members worked together to explore various magazine logistics, including:

- *What have CYC members been working on?* Council members shared with one another the content and articles that they have been working on over the last month. Content discussed included articles on self-regulation, the mental health act, mental health phone apps, information on the CASA Youth Council, and poetry.
  - *Editing articles.* Members can feel free to collaborate on drafting and editing articles.
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- *Article/content deadlines.* The council aims to have the magazine published and ready for distribution for January. In order to make this work, **council members are required to have the first draft of their articles sent to the facilitators by November 17th.** Final versions of articles are due to facilitators by November 30th.
  - *New article ideas.* Members brought forward new ideas for articles. Ideas included:
    - Generational mental health - an interview piece on the difference mental health support could have made had it been more prevalent in the past, and the difference that mental health support has made now.
    - Opinion article on mental health being taught in high school as a component of biology class.
    - “What I Wish \_\_\_\_\_ Knew About Mental Health” - a recurring series made up of short quotes from CYC and community members, directed to a specific audience. Example; “What I Wish My Teacher Knew About Mental Health”, “What I Wish I Had Known About Mental Health”, “What I Wish My Friends Knew About Mental Health”, etc etc.

**Full-day workshop.** CASA Youth Council members expressed a high interest in holding another full-day workshop. Members shared that they found the workshop day to be extremely beneficial, and feel as though holding another one would help in finishing and finalizing the content for the CASA Youth Council magazine. Facilitators will explore if this is a possibility, and if so, will determine a date for the workshop.

**School presentations.** CASA Youth Council members have long expressed interest in doing school presentations. This has been a recurring topic at CYC meetings. One CYC member shared that a family member working in the school system has indicated that she would be highly interested in having a mental health presentation from the CASA Youth Council. Another council member shared that her school had also expressed interest in a presentation. The logistics of making this work will be explored further by the facilitators.

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