



## Meeting Summary CASA Youth Council December 15th, 2016

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The majority of this meeting consisted of finalizing the details of *Unseen: Youth Mental Wellness Magazine*. Various logistics were also discussed. The major ideas have been detailed below.

**Emergency Contact Forms and Expressions of Interest.** CYC members who had not yet had the opportunity were asked to complete an Emergency Contact form and an Expression of Interest form.

**Terms of Reference.** CYC facilitators brought forward a final draft of the Terms of Reference for approval from council members. This document has been created to provide a clear outline of the values and expectations of the council, CYC members, and CYC facilitators. As the council is driven by the input and ideas of council members, all CYC members had been previously invited to share their feedback and suggestions for the Terms of Reference. Members approved the final version of the Terms of Reference.

**Unseen: Youth Mental Wellness Magazine.** The remainder of the meeting focused on *Unseen*. The magazine will be going to print in the next week in order to be ready for distribution in January.

**Unseen Branding.** CYC members considered a list of possible ways to present the title of the magazine. Four options were brought forward (*Unseen*, *UNSEEN*, *unSEEN*, and *UnSeen*) for consideration. Council members decided the the magazine title will be written as *UNSEEN* on the cover, and will be written as *Unseen* when being referred to in articles.

**Review of Feature Article.** Using the input provided by the council members at the November 17th meeting, the CYC facilitators drafted the feature article on the CYC. The feature article was brought forward to and approved by the council members.

**Unseen Cover.** Two potential magazine covers were brought forward as options for *Unseen's* cover. Members discussed both options, and decided on a cover for publication.

**Unseen Storyboard.** CYC members and facilitators worked together to determine the order of articles to be used in *Unseen*. As determined by the council, the order will be:

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*Front Cover*

*Table of Contents/Letter from the Editor*

1. Stay Calm, Relaxed and Refreshed (one page)
2. Seen: The Journey of the CASA Youth Council (two pages)
3. Fostering Animals (two pages)
4. Evolution's Spin on Mental Illness (four pages)
5. What I Wish I Had Known About Mental Health (three pages)
6. My Story (two pages)
7. Welcome to Your Brain: the Amygdala (one page)
8. Mental Health Medication: Your Body, Your Mind, Your Choice (three pages)
9. Understanding Schizophrenia (three pages)
10. Mind Over Matter. Moving Forward, One Foot in Front of the Other, One Paw at a Time (three pages)
11. Therapy and Companion Dogs (two pages)
12. Mental Health in Schools (two pages)
13. Supports and Opportunities for Prospective Post-Secondary Students (two pages)
14. Working in Retail is Helping My Social Anxiety (two pages)
15. I Am Not My PTSD (one page)
16. This is Your Brain on Depression (two pages)
17. I Know I'm Not Better, but I'm Getting There (two pages)
18. Your Oxygen Mask: Self-Care While Supporting a Friend (one page)
19. Mental Health Apps (one page)
20. CASA Youth Council Official YouTube Channel (one page)
21. Mental Health Support in YEG (two pages)
22. Mandalas (two pages)
23. Contributor's page (two pages)

**Celebrating the Successes of 2016!** The CASA Youth Council has achieved many incredible things this year. From ideas to action, the work that has been accomplished is absolutely astounding. Thank you to every member of the CYC for an amazing year!

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