



## Terms of Reference

# **CASA Youth Council**

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### **Purpose**

The **CASA Youth Council** is a mental health action group. We meet monthly to discuss creative ways to make a difference in youth mental health. Council Members work together to transform ideas into actions. Council projects focus on increasing awareness, reducing stigma, and sharing youth voices in the community.

Membership in the Youth Council is open to any young people aged 13-25 with an interest in or experience with mental health. Please note that the Youth Council is not a therapy group and Youth Council Facilitators cannot offer any mental health advice.

### **Decisions**

Decisions about the direction of the Youth Council, the major projects undertaken, and the Council's identity in the community are made by consensus during group meetings.

### **Roles and Expectations: CASA Youth Council Members**

#### ***Values***

CASA Youth Council Members know that the work they do is impactful, as this is work that has impacted them.

CASA Youth Council Members work together and encourage unity.

CASA Youth Council is a safe space, where Council Members feel comfortable sharing and talking about a wide range of topics and experiences.

CASA Youth Council Members respect the confidentiality and privacy of their fellow Council Members, and will not repeat the stories shared at meetings outside of the Council.

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CASA Youth Council Members understand and are aware of their own boundaries, and are mindful of these boundaries when committing to CYC projects.

### ***Logistics***

CASA Youth Council Members are responsible for the work that they take on, and are expected to follow through with any projects they commit to.

CASA Youth Council Members will communicate with a Council Facilitator or other Council Members if they need help or support with any work they have taken on.

CASA Youth Council Members will touch base with a CASA Youth Council Facilitator if they are no longer able to commit to a project.

Potential CASA Youth Council Members are welcome to attend a meeting without committing to joining the Council, to help them decide if they are interested in joining.

Council Members are responsible for ensuring that they can get to and from Council meetings safely. CYC Facilitators do not have the ability to provide transportation.

Council Members are responsible for communicating with CYC Facilitators on their own behalf. Parents or caregivers are welcome to contact CYC Facilitators with general inquires or concerns but Council matters are communicated directly between Council Members and Facilitators.

## **Roles and Expectations: CASA Youth Council Facilitators**

### ***Values***

CASA Youth Council Facilitators support youth to create and action meaningful projects.

CASA Youth Council Facilitators work together with the Council Members to encourage unity.

CASA Youth Council Facilitators work to create a safe space, where Council Members feel comfortable sharing and talking about a wide range of topics and experiences.

CASA Youth Council Facilitators respect the confidentiality and privacy of Council Members, and will not repeat the stories shared at meetings outside of the Council.

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CASA Youth Council Facilitators respect and appreciate the contributions of each Council Member and support Council Members to contribute to Council activities in a way that best works for them.

CASA Youth Council Facilitators strive to ensure that all Council Members feel their voice is represented in both Council meetings and in Council projects.

CASA Youth Council Facilitators encourage the participation of diverse individuals and voices in Council activities.

CASA Youth Council Facilitators are transparent about how decisions affecting the Youth Council that—for whatever reason, cannot be made by the Youth Council—are made.

### ***Logistics***

CASA Youth Council Facilitators are responsible for supporting Council Members to achieve their project goals.

CASA Youth Council Facilitators are not mental health therapists and are therefore unable to offer professional mental health advice or therapeutic services.

If CASA Youth Council Facilitators are concerned that a Council Member is at risk of harming themselves or someone else or learn that a minor (person under 18) has been harmed, they have a duty to report this information to the CASA CEO who will follow-up with the Council Member.

CASA Youth Council Facilitators will communicate with Council Members to offer support or encouragement with any work Members have taken on.

CASA Youth Council Facilitators respect and understand if a Council Member is no longer able to commit to a project.

CASA Youth Council Facilitators cannot provide transportation for Council Members to or from Council meetings.

CASA Youth Council Facilitators communicate directly with Council Members. Facilitators are happy to communicate with parents and caregivers about general inquiries or concerns, but Council matters are discussed directly between Council Members and Facilitators.

CASA Youth Council Facilitators strive to offer equal opportunities for Council Members to participate in Youth Council or wider CASA projects. At times, the specific circumstances of an event/project may mean that not all interested Members are chosen to participate.

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