



Meeting Summary CASA Youth Council September 15th, 2016

This meeting focused on various council logistics, as well as a discussion about how to move the CASA Youth Council mental health magazine project forward. The major ideas have been detailed below.

Extending CYC meetings. It was proposed that CASA Youth Council meetings be extended an extra 30 minutes. The council often runs out of time during meetings, and are unable to discuss all the agenda items. Council members approved extending the meetings. Moving forward, CYC meetings will now be held from **5:30pm to 7:30pm**.

Funder letter. A letter was drafted by the co-facilitator to be sent to the CYC's funder, in order to thank him for his generous donation. The letter was approved by the council members to be signed off on and shared with the funder.

The role of CASA Youth Council members. Facilitators invited the council members to work together to define the role and expectations of CYC members. Information about these roles and expectations will be shared with youth who are considering joining the council. The council members outlined the following roles and expectations:

- 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 free to share and talk about various topics comfortably and safely.
 - CASA Youth Council members respect the confidentiality and privacy of their fellow council members, and will not repeat the stories shared at meetings outside the Council.
 - CASA Youth Council members understand and are aware of their own boundaries, and are mindful of these boundaries when committing to CYC projects.
 - 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 other council members or a council facilitator if they need help or support with any work they have taken on.
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- 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 invited to come to a meeting without committing to joining the Council, to help them decide if they are interested in joining.

CASA Youth Council YouTube channel. There is continued interest in developing a CASA Youth Council YouTube channel. Potential ideas for the YouTube channel included council members developing videos to share their stories and experiences, with participants having the option of remaining anonymous. Some council members have video producing and editing software, and have volunteered to make these resources available to any interested CYC members. The CASA Youth Council has also purchased a membership to WeVideo, a cloud-based video editing software. The login and account information will be shared with council members.

Miscellaneous ideas. Ideas for other projects were brought up. Some of these ideas included doing school presentations, holding social events with meetup information being posted on the CASA website, and hosting a CASA Youth Council workshop to reach people with different creative interests.

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:

- *Magazine distribution.* Where could the magazine potentially be shared? Ex; bus stops, libraries, CASA waiting rooms, schools, etc.
 - *Editing articles.* Members can feel free to collaborate on drafting and editing articles.
 - *Magazine name.* This project has yet to be named. Council members are invited to share any ideas they may have for the title of the magazine. The potential of including YEG or Edmonton in the title was discussed, in order to keep the magazine feeling local and community-based.
 - *Publication timeline.* 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 their articles sent to the facilitators by November.
 - *Biyearly publication.* The magazine will be published twice per year, once in winter (January) and once in summer (June).
 - *Article layout.* Once articles are completed, council members will send their articles to the co-facilitator and a volunteer CYC member so that articles can be laid out in Pages, a Mac program.
 - *New article ideas.* Members brought forward new ideas for articles. Ideas included:
 - “What to Know When Supporting Someone with Mental Illness”.
 - ‘I’m going to do this to help you vs. what do you need me to do?’
 - The growth of caregivers in supporting their youth through mental health concerns.
 - Component of healing is the relationship with the caregiver.
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- Poetry/creative expression.
 - The difference between depression and sadness.