

Creating community-based self-help strategies to improve mental health for all

Call for Volunteers: BounceBack Youth Advisory Committee

Be part of a provincial team taking BounceBack[®] to help ensure all youth are in the know when it comes to this valuable mental health resource. BounceBack[®] teaches effective skills to help individuals (aged 15+) overcome symptoms of mild to moderate depression or anxiety, and improve their mental health. Provided by the Canadian Mental Health Association, Bounce Back is available for free across BC (<http://www.bouncebackbc.ca/>). Youth have been deeply involved in the development of BounceBack[®], originally supporting the transition of the adult materials into what has now become BounceBack[®] Youth. Our youth advisors will provide feedback on how to promote BounceBack[®] on social media and in community, and to develop an outreach and promotions Toolkit that will be inclusive to all for use across BC.

We're seeking youth aged, 14-24 with a goal of equal representation from across the province. Our team, like all of CMHA is an inclusive space and we encourage perspectives of Indigenous youth, people of colour, and those who identify as LGBTQ2S+. Experience with BounceBack[®] is an asset – but youth without experience with the program and joining the mental health discussion and offering a fresh perspective are also welcome.

What will I have to do?

- Participate in monthly province-wide conference calls with other youth members and co-led by a member of the CMHA team. First meeting to be held at 6:00pm-7:30pm PST Monday August 30.
- Review current outreach and promotional materials and offer feedback and suggestions to improve and increase our inclusivity.
- Develop a Toolkit for outreach and promotion of BounceBack[®] Youth to youth across BC and for referring practitioners (e.g. school counsellors, doctors, nurses, etc.)
- Commit to participating for 6 months from August 2021 to February 2022

What can I expect from participating?

- Receive a \$25 honorarium for each monthly meeting you attend and a \$25 honorarium for each 30-minute peer education discussions you host.
- Learn about youth engagement, facilitation, public speaking, program coordination, program design, evaluation, marketing, and communication
- Have access to a space where you can interact in ways that work for you. We are super flexible in our approach and are committed to co-creating a YAC environment that allows everyone to participate safely. If you need accommodations to take part in the YAC, please just ask.
- Learn about mental health in BC and Canada, hear from guest speakers, and learn about the work that CMHA BC does in policy, research, and programs.
- Hear about other opportunities to engage in the field of mental health in BC or Canada.
- Connect with youth across the province and be a part of a fun team that hopes to have a positive impact on your wellbeing.
- Have access to mentorship opportunities from our facilitators and BounceBack team members.

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How can I apply?

Submit an online application at the link below:

https://www.research.net/r/BounceBack_YAC21-22_Application

We will be selecting 15-20 youth to participate in the Advisory committee and notifying selected applicants in early August. The first meeting will occur on Monday August 30.

Have Questions? Contact Alli Cano, Special Projects and Engagement Coordinator for BounceBack® at allison.cano@cmha.bc.ca