

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

Call for Volunteers: BounceBack Advisory Group

Be part of a provincial advisory group to help make BounceBack more accessible to everyone in BC, particularly those who have been underrepresented and underserved. 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, BounceBack is available for free across BC (<http://www.bouncebackbc.ca/>).

We recognize that many people in BC are underserved and underrepresented in mental health services, and we hope to identify ways we can address barriers and challenges to make BounceBack a more accessible service for these populations. The Advisory Group will give the BounceBack team feedback on outreach and promotions and access to the program (e.g. how people are referred to the program, the registration process, and barriers to access). The feedback will be used to create recommendations for program updates.

Who can apply?

- People with **lived/living experience with mental health challenges and**
- People who **have been underrepresented or underserved in services**. This may include those represented by race, ancestry, place of origin, religion, physical or mental ability, sex, gender identity, gender expression, sexual orientation and financial ability, and Indigenous Peoples, Black Peoples, and People(s) of Colour.
- Anyone who currently **lives in BC** (you do not need to be a citizen or permanent resident of Canada).
- People who are **age 18 and above**.
- **No experience or knowledge of BounceBack or Canadian Mental Health Association (CMHA) programs is required.**

What will I have to do?

- Participate in four monthly online meetings (using Zoom). Meeting dates are:
 - Thursday, June 30, 6:00pm-7:30pm PST
 - Thursday, July 28, 6:00pm-7:30pm PST
 - Thursday, August 25, 6:00pm-7:30pm PST
 - Thursday, September 29, 6:00pm-7:30pm PST
- Have access to a computer with reliable internet, or a phone to call in to zoom meetings. If you have other access needs, please let us know in your application, and we will do our best to help.
- No more than 15-20 minutes of preparation (reading materials or reviewing notes) before meetings. You will have at least a week before every meeting to prepare.
- Participate in conversations about accessing mental health services and the BounceBack program. **You will never have to share anything you are not comfortable with.**

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What can I expect from participating?

- **Receive a \$25 honorarium for each monthly meeting you attend.**
- Help create a set of recommendations for short-term and long-term actions that will help make BounceBack a more inclusive and accessible program.
- 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 an environment that allows everyone to participate safely. If you need accommodations to take part in the Advisory Group, please let us know.
- Learn about mental health in BC and Canada, hear from people with diverse perspectives and experiences, and learn about the work BounceBack is doing in BC.
- Hear about other opportunities to engage in the field of mental health in BC or Canada.

How can I apply?

- Submit an online application at the link below:
- https://www.research.net/r/BBAG_2022Application
- **Submit your application by Sunday, June 5 at 11:59pm PST**

What if my application is not accepted?

- While we would love to include everyone who applies, the Advisory Group is limited to 15 people at most. Our hope is that the Advisory Group will include people from all five different Health Authority regions in BC, of all ages, and who bring a range of diverse perspectives from their particular lived experiences.
- If we are not able to accept your application for the 2022 Advisory Group, we can let you know of any other opportunities to be involved with CMHA, and keep your contact information and application information for any future opportunities that might come up.

About us:

- The Advisory Group will be led by Alli Cano, Special Projects and Engagement Coordinator for BounceBack. Alli is a white settler living on the traditional unceded lands of the x^wməθk^wəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and səliwətaʔt (Tsleil-Waututh) Nations. Alli's pronouns are she/her/hers, and has lived/living experience with mental health challenges.
- **Have Questions? Contact Alli Cano at allison.cano@cmha.bc.ca**