

## **Youth Leadership Council (YLC) Rules & Responsibilities**

**Purpose:** The Youth Leadership Council (YLC) leverages leadership and peer experiences to improve youth programming addressing mental health topics. Advisory council members shall be appointed by the Programs department or designate. The YLC provides updates and support as requested by the Board of Directors.

**Description:** The Youth Leadership Council is composed of youth leaders with a drive for advocacy, leadership, education, and awareness in mental health and mental illness. Council members provide a youth perspective and awareness of current mental health topics, including successes, challenges, and needed resources for youth ages 15-25.

Youth Leadership Council members will also develop skills and experiences such as leadership, teamwork, networking, and project planning. Through monthly meetings via remote methods, members build professional relationships with their peers, facilitate and create youth mental health reports and community projects alongside NAMI CA staff, and learn skills to best advance their professional careers and support their communities.

### **Oversight**

NAMI California believes in transparency and standardized oversight for the Youth Leadership Council. Oversight will include both standard policies and procedures along with accurate and accountable reporting for both funded and non-funded activities.

### **Outcome Measurement**

NAMI California recognizes the need for effective youth mental health programs and supports developed with direct input from youth. Advisory participation should produce outcomes which reduce stigma and encourage early intervention for youth and families affected by mental illness.

### **Membership**

The Youth Leadership Council (YLC) will consist of at least six members and a max of eight members. Council members will be between 15-25 years old and should live in California.

## **Council Member Responsibilities**

Council members will:

- Commit to serving on the council for the whole school year
- Attend meetings hosted by NAMI California monthly and will review meeting notes when unable to attend
- Conduct research and provide feedback on NAMI California initiatives, policies, and content
- Participate in the planning and implementation of youth-focused events, programs, and resources
- Contribute to NAMI California's social media content and publications
- Attend youth events (if feasible)

## **Council Member Good Standing**

In order for a council member remain in good standing, they must:

- Complete application with permission from parent if under 18 years of age
  - NAMI California will review and determine if the application will be accepted
- Commit to sitting on the council for one year
  - A renewal application is required for continuation for a maximum of two years on the council
  - NAMI California will review and determine if the application will be accepted
- Inform NAMI California if they cannot attend a meeting
  - NAMI California understands that student schedules can get very busy, however if a member misses meetings too frequently, they may be asked to leave the council and reapply when their schedule is more flexible

## **NAMI California Responsibilities:**

- NAMI California will host 1–2-hour meetings for NAMI California Youth Leadership Council every month to discuss youth-focused projects
- NAMI California will provide guidance and information to council members to assist them in their research or projects