



Erika's Lighthouse *Youth Advisory Board*

Guidelines and Responsibilities

Erika's Lighthouse Youth Advisory Board

1. Introduction and Vision

Welcome to the Erika's Lighthouse Youth Advisory Board (YAB). YAB members share their voices and provide a youth perspective on topics related to mental health. They serve to help guide and influence the resources, programming, and training provided by Erika's Lighthouse. The Erika's Lighthouse YAB is operated by and through Erika's Lighthouse and is not a school activity.

The YAB is a national student leadership group comprised of middle and high school students from Erika's Lighthouse Clubs across the country. We welcome a diverse group of students from various regions to provide their perspectives and opinions on youth mental health and help us Get Depression Out of the Dark.

2. Purpose

The purpose of the Youth Advisory Board is to provide insights, feedback, and recommendations on mental health-related issues affecting youth. Among other things, the YAB will help Erika's Lighthouse:

- a) provide input regarding our developing and existing youth mental health resources.
- b) identify emerging trends, needs, and challenges that our youth are facing.
- c) enhance our outreach and awareness efforts to reduce the stigma surrounding mental health.

3. Requirements

To be a member of the Erika's Lighthouse Youth Advisory Board, you must meet the following requirements:

- a) Be at least 13 years of age.
- b) Be a member of an Erika's Lighthouse Club OR work towards starting an Empowerment Club in your school. This can be either an Official or Affiliate Club. (If your school does not have an Erika's Lighthouse Club, contact derick@erikaslighthouse.org to learn about how to start a club at your school).
- c) Be elected by your club to represent them and serve on the YAB. Two members per school may join the YAB, provided they are in different grade levels.
- d) Be prepared to commit to serving on the YAB for one school year, with terms going from August until June the following year. There will be four YAB meetings per term.
- e) Have parent/guardian permission to serve on the YAB.



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4. Joining and Onboarding

To join the Erika's Lighthouse Youth Advisory Board, members meet the requirements outlined above, and then take the following steps before being admitted to the YAB:

- a) Complete the [YAB sign-up form](#).
- b) Complete the YAB parental permission form. This will be emailed to you when you fill out the sign-up form.
- c) Check their email for further onboarding and meeting information.

5. Responsibilities

Erika's Lighthouse Youth Advisory Board members will have to make sure to meet certain responsibilities. The main responsibilities of YAB members are outlined below. The categories of responsibilities are Active Participation, Communication, Education, and Conduct.

I. Active Participation

Members of the Youth Advisory Board should actively take part in YAB activity. For the YAB to function effectively, all members will be expected to:

- a) Attend scheduled meetings. There will be four meetings per school year, and these meetings will be hosted online.
- b) Contribute ideas, perspectives, and suggestions for mental health initiatives.
- c) Collaborate with other YAB members, Erika's Lighthouse Staff, and other stakeholders.
- d) Provide constructive feedback on Erika's Lighthouse programming and initiatives.

II. Communication

Effective communication will be important for the Youth Advisory Board to stay up-to-date and best prepared. YAB members will be expected to:

- a) Regularly check their email for communication about the YAB. Email will be the primary form of communication between Erika's Lighthouse and the YAB members.
- b) Communicate with one another professionally and politely.
- c) Keep the main channels of communication professional and on topic.



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III. Education

Members of the Youth Advisory Board are mental health leaders. As leaders, YAB members should aim to be well-educated on the topic of mental health, and keep educating themselves. Erika's Lighthouse provides many tools and resources on our Resource Portal that YAB members are encouraged to use, however, they should not feel limited to only using Erika's Lighthouse resources. Ways to stay educated in mental health will include, but are not limited to:

- a) Take advantage of opportunities for training, workshops, or educational sessions related to mental health and mental health advocacy.
- b) Talk to mental health professionals. You may have some mental health professionals in your life who can give you great information. Mental health professionals can be counselors, doctors, nurses, social workers, psychiatrists, and more.
- c) Share acquired knowledge and skills with fellow YAB members.

IV. Conduct

Youth Advisory Board members should conduct themselves both professionally and respectfully. This is not an exhaustive list of how to maintain good conduct and should be considered a basic outline for foundations of good conduct. Some expectations of conduct will include:

- a) Treat fellow YAB members, Erika's Lighthouse Staff, community members, and other stakeholders with respect and empathy, regardless of differences in opinions or backgrounds.
- b) Respect the confidentiality of sensitive information discussed during board meetings or related activities.
- c) Act with integrity during interactions.
- d) Respect diversity and promote inclusivity within the board and the community.

6. Conclusion

As members of the Erika's Lighthouse Youth Advisory Board, your dedication and commitment are crucial in improving youth mental wellness and raising mental health awareness. By working together, we can make a positive impact on the lives of young people in our community. Thank you for your contribution and commitment to this important cause.

Sincerely,
Derick Elkin
Erika's Lighthouse Empowerment Club Coordinator