



*Erika's Lighthouse*

*Youth Advisory Board*

## Information PPT

Derick Elkin  
Empowerment Club Coordinator  
[derick@erikaslighthouse.org](mailto:derick@erikaslighthouse.org)



# Presentation Goals



*Erika's Lighthouse*  
*Youth Advisory Board*

- Learn the Purpose of the Youth Advisory Board
- Learn the Requirements of the YAB
- Learn the Responsibilities of YAB
- Learn how to join the YAB



# Introduction

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.



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# Purpose

- 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.



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# Requirements



## *Erika's Lighthouse Youth Advisory Board*

- a) Be at least 13 years of age.
- b) Be a member of an Erika's Lighthouse Club. This can be either an Official or Affiliate Club.
- c) Be elected by your club to represent them and serve on the YAB.
- 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.



# Participation



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- 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.



# Communication



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- 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) Regularly check the Changemaker Network. The Changemaker Network will be the primary form of communication between members of the YAB.
- c) Post topics on Changemaker Network ahead of YAB meetings, so that other members may be prepared to talk about that topic.
- d) Communicate with one another professionally and politely.
- e) Keep the main channels of communication professional and on topic.



# Joining & Onboarding

- a) Complete the [YAB sign-up form](#).
- b) Complete the YAB parental permission form.
- c) Check their email for further onboarding and meeting information.



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# Conclusion

The dedication and commitment of our mental health leaders 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.



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