



## **APPLICATION for Teen Advisory Council**

### **CHAC's Teen Advisory Council Member Agreement**

The purpose of this agreement is to understand the guidelines proposed for student participation in scheduled Teen Advisory Council (TAC) meetings and other events planned by TAC.

#### Purpose

We aspire to educate the community on mental health, available resources, and de-stressing methods for the youth. Additionally, we will provide a safe space where mental illnesses can be destigmatized and discussed. Through this council, we plan to introduce lifelong coping skills to minimize stress, anxiety, and maintain mental wellness throughout the community.

#### Mission Statement

To promote, destigmatize, and advocate for the mental health of the communities' youth while unifying youth and adult perspectives on mental health.

#### TAC goals

- Connect high school students in the community with the shared goal of destigmatizing teen mental health and promoting healthy coping skills.
- Share teen mental health experience with CHAC and community to help adults better understand how they can help teens in the community.
- Gain a better understanding of mental health as it pertains to high school students
  - Partner with other high school led groups to learn about teen mental health from a myriad of student perspectives.
- Hold one TAC event to educate teens about mental health.

As an official member of CHAC's Teen Advisory Council, I will agree to the following:

- Attend meetings twice a month and notify Shannon if I am unable to attend. I understand that is a requirement to attend meeting regularly (80% of meetings) to be a TAC member.
- Plan and participate in TAC events to educate teens about mental health.
- Collaborate with CHAC to help educate CHAC staff and community members about mental health issues concerning teens.
- Collaborate with CHAC to help educate teens in the community about mental illness and healthy ways to cope with mental illness.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_