

# Youth Advisory Board

*A part of the Utah Family Coalition*

We are a group of youth ages 16-26 that advocate for change in our social systems. Whether it be mental health, substance abuse, juvenile justice, physical disabilities, child welfare/foster care and siblings of these youth. We provide training and information for young adults focused on using their experiences and knowledge to change systems and communities.

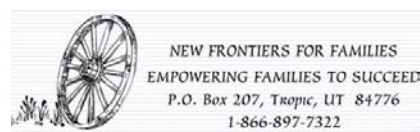
## How we do it...

- We hold and participate in events to reduce stigma & raise awareness for youth's issues
- We host meetings to talk about issues that are relevant to youth, while sharing our personal knowledge on a topic
- We host contests to get more youth involved
- We sit on boards and planning committees focused on improving public services for youth
- Plan and participate in leadership and advocacy training

## Why do we exist?

The Youth Advisory Board was created in 2013 to help provide structure & training to youth interested in getting involved with advocacy. We have been working under several grants with Utah Family Coalition and Utah Division of Substance Abuse & Mental Health to:

- increase effective youth advocacy throughout the state
- build a supportive youth network for advocates
- break down stigmas affecting youth through education and community involvement



## What are we working towards?

Currently, we are working to develop a Utah chapter of Youth Move National. This will allow us to apply for youth-specific grants, get involved with national youth advocacy and provide more leadership opportunities for board members.

Learn more about Youth Move National here:

<http://www.youthmovenational.org/mission-and-vision-statement>

While we are working on developing the Utah chapter, we are also planning and executing events to break down stigma and developing our social media pages.

## Who can be a Board member?

The Board includes youth in transition (ages 16-26) who have been involved with the mental health, substance abuse, foster care/child welfare, disabilities, or juvenile justice systems. Youth who want to be members should have experiences in these services through either public or private systems.

We also invite the participation of siblings of these youth who want to speak up for their brother or sister, support their recovery and develop their own advocacy skills.

Successful board members should be working on their recovery and able to talk about their experiences as a youth, maintain a positive and non-judgmental attitude toward other members, and focus on improving the systems.

To become a Board member, youth can begin the application process by sending an email expressing interest to [youthcouncil@namiut.org](mailto:youthcouncil@namiut.org)

**If you are interested in our youth planned activities but don't want to be a board member, we have other ways you can get involved:**

- ✓ Check out our NAMI-UT webpages:
- ✓ Follow the Youth Advisory Board's Blog: [www.ufcyab.weebly.com](http://www.ufcyab.weebly.com)
- ✓ Join our e-mailing list for youth planned contests and events by emailing: [utahyab@gmail.com](mailto:utahyab@gmail.com) with your name and email.

