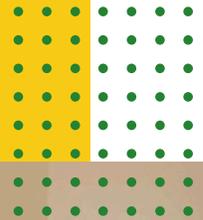


YOUTH AND YOUNG ADULT
ADVISORY COUNCIL

WELCOME PACKET



www.silencetheshame.com

**Silence
the ~~Shame~~**

Contact:

Jewell Gooding, Executive
Director at
jg@silencetheshame.com

WELCOME TO SILENCE THE SHAME'S YOUTH & YOUNG ADULT ADVISORY COUNCIL

Empowering voices, shaping futures: Welcome to the movement of tomorrow's leaders with our Youth & Young Adult Advisory Council



WHO IS SILENCE THE SHAME?

Silence the Shame's mission is to empower and educate communities on mental health and wellness. We work to redefine mental health beyond illnesses and how we care for ourselves. We curate programs, digital content, and resources to promote health equity and normalize behavioral health care. STS partners with professionals and subject matter experts to change how we think and discuss mental health to drive more people to care and recovery. STS creates platforms for individuals with lived experiences to share and encourage others to prioritize mental wellness.

WHY BE A PART OF THE YAC?

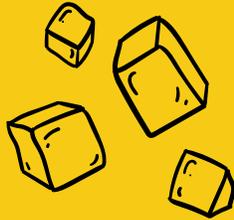
Silence the Shame is recruiting youth & young adults for our Advisory Board and STS Ambassadors! Youth & young adults can serve by providing their voice to educate and empower their peers, inform mental health initiatives, and support stigma reduction efforts to promote resiliency among youth and families nationally.

- Participate in leadership, public speaking, event planning, marketing, and community building
- Attend Monthly Advisory Council Meetings, stipends available based on participation
- Be trained in leadership and content creation
- Utilize your voice to improve mental health outcomes for peers
- Create “peer-to-peer” content for social media, podcast episodes, and webisodes for positive health messaging.
- Advocate and promote local resources
- Increase mental health awareness in your community
- Stipends available for specific services

YOUTH ADVISORY COUNCIL

Structure and Responsibilities

Leadership Responsibilities



Ice Breaker



Set the agenda



Develop goals



**Implementing/
whats next?**

YAC Structure

President

Leads meetings and serves as a point of contact for the Youth Advisory Council's work, sending out email reminders for meeting, events and important updates. Sending agenda to Leadership team.

Vice President

Assist President with setting the agenda, running the meetings, developing goals for YAC task and answering YAC questions.

Secretary

Documenting meeting notes, and sending out meeting recaps. Shares key messages with the members. Managing meetings.

Outreach Chair

Takes the lead on creating materials, activities, and events focused on serving the community and recruiting new members.

Communications Chair

Shares media and other content about the group on social media and other communication channels. Update group on local events.

MAKE A DIFFERENCE with your voice!

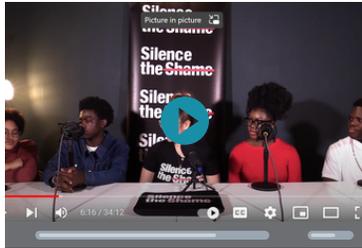


As a member, you will have the opportunity to empower and educate communities by sharing your personal experiences, creating mental health awareness content, and designing national mental wellness campaigns!

YOUTH-LED CONTENT

Speak on the STS podcast, moderate a Teen Chat during a Clinic, and collect stories from peers to highlight the importance of youth mental health! Check out some of the existing content led by youth leaders!

Podcast Episodes



**PODCAST -
IMPACT OF VIOLENCE ON
YOUTH MENTAL HEALTH**

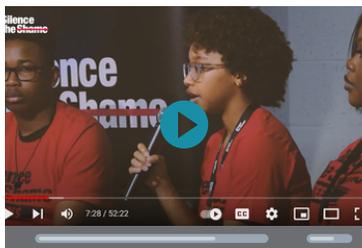


**LIVE PODCAST -
CERTIFIED SELF-LOVE**



**YAC CONTENT
CREATION PODCAST**

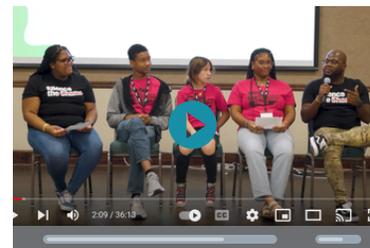
Mental Wellness Teen Chats



**MENTAL WELLNESS
TEEN CHAT**



**MENTAL WELLNESS
TEEN CHAT**



**MENTAL WELLNESS
TEEN CHAT**

Youth Mental Health Awareness



**HOW DO YOU
PRACTICE SELF-CARE**



**SUPPORTING YOUTH
MENTAL HEALTH**



**PROTECTING YOUR
MENTAL HEALTH**

BE A PART OF NATIONAL CAMPAIGNS!



Silence the Shame

MENTAL HEALTH IS NOT A LUXURY; IT'S A PRIORITY

TAKE TIME, SAVE A LIFE, AND SILENCE THE SHAME. VISIT US AT WWW.SILENCETHESHAME.COM

   @SILENCETHESHAME

OVER 3 MILLION
Impressions nationally!

Silence the Shame has launched impactful Youth Mental Wellness Marketing Campaigns since August 2023! The campaign emphasized that mental health should not be seen as a luxury but rather a priority. Its objective recognized the significance of mental wellbeing at every stage of life, foster a sense of overall wellness, and eliminate the negative perception surrounding mental illness. **You could create important campaigns like this!**



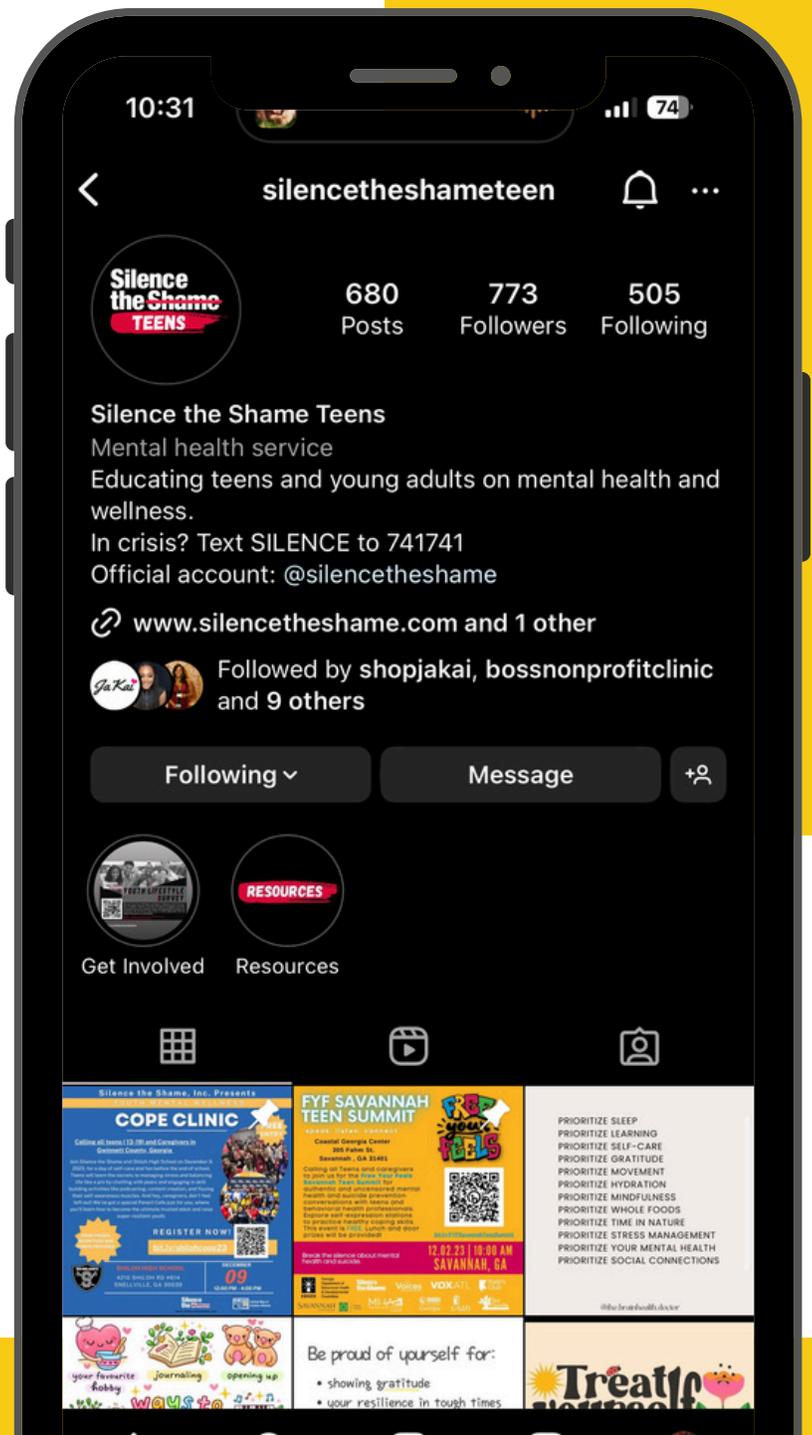
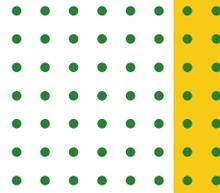
@SILENCETHESHAMETEEN

CREATE SOCIAL MEDIA CONTENT

Help spread awareness by creating content across social media platforms! Members are encouraged to create Reels/Tik Tok Videos, infographics, and webisodes to educate youth and young adults about mental wellness and mental illness!

BECOME A CONTENT CREATOR

get paid for your content!



Silence the Shame

COPE CLINIC
Callina at Home | 13.5hr and Coaches in
Dorset, County, Dorset.

FYF SAVANNAH TEEN SUMMIT
Central Georgia Center
300 Feltus St.
Savannah, GA 31401

PRIORITIZE SLEEP
PRIORITIZE LEARNING
PRIORITIZE SELF-CARE
PRIORITIZE GRATITUDE
PRIORITIZE MOVEMENT
PRIORITIZE HYDRATION
PRIORITIZE MINDFULNESS
PRIORITIZE WHOLE FOODS
PRIORITIZE TIME IN NATURE
PRIORITIZE STRESS MANAGEMENT
PRIORITIZE YOUR MENTAL HEALTH
PRIORITIZE SOCIAL CONNECTIONS

Be proud of yourself for:
• showing gratitude
• your resilience in tough times

Treat Yourself

CONTENT STIPEND

Stipends will be provided at the beginning of each month (for any service provided or activity during the previous month) and are available via gift card. If you receive \$600 or more in stipends from STS in a calendar year, we will file a 1099 document for your tax purposes. If this applies to you, we will be in touch with additional paperwork for you to complete later in the year.



Advisory Member - \$25

- Attendance and participation in scheduled meetings and activities.
- Guidance and feedback on program activities, initiatives or content
- Development of promotional flyers or resources for activities.



Content Creator - \$20

- 3-5 Short written pieces, including but not limited to:
 - Self-care tips, advice columns*, mental health articles
 - Written content curation from seminars or expression stations
- 5-10 Social media static images of positive messages, wellness tips, or data.
- 1-2 Edited digital media for social media, including educational videos, testimonies, and lived experience stories of up to 90 seconds



Content Creator Pro - \$50

- Video editors have two hours to create content up to five minutes. Creators will be compensated \$25/hr after the first two hours.
- 1-2 Edited digital media for social media, including educational videos, testimonies, and lived experience stories of up to five minutes
- Webisode series on mental health and wellness topics for social media



Speaker, Panelist, Facilitator - \$100

- Facilitator for a seminar includes taking the lead on agenda creation and content curation / communicating vision for content.
- Speaking on a panel, podcast, or chat for events on behalf of STS and promoting content to peers.



Emcee / Event Host - \$250

- Emcee for a youth event for four hours including introducing, guiding, and closing out the program.
- Hypes the crowd and introduce segments of the program.

MEMBER EXPECTATIONS

you get what you put in...



Attending Meetings & Engagement

Members are expected to participate in at least five trainings, attend monthly meetings per year, and contribute to our May Mental Health Awareness Month Project. The council is expected to complete four outreach projects per year.

Recruitment

Bring a friend to a training or an event who may be interested in mental health or leadership opportunities. We onboard new members twice a year.

Leadership

Develop your leadership skills and elevate youth voices. Volunteer for a speaker role, participate in a podcast episode, or create digital content for your peers

Compensation

Training, content and resources will be compensated for time and contribution.

Impact

Connect with peers and normalize mental health with community events, digital campaigns, and advocacy.



For our members who are 18 and older, you will have to complete a W-9 as well as a Bill.com account in order to receive payments.

YOUTH MENTAL HEALTH & CRISIS SUPPORT

You're Not Alone – It's Okay to Ask for Help

Being a young person today can feel overwhelming, stressful, or lonely. Everyone has tough moments, and it's okay to talk about your feelings. No problem is too big or too small. These resources are here to help, any time you need support.

24/7 Crisis & Support Hotlines.

- **988 Suicide & Crisis Lifeline:** Get confidential, free support for any mental health crisis, not just suicide. Call or Text: 988 / Chat: 988lifeline.org/chat
- **Crisis Text Line:** Text: SILENCE to 741741 | Free, confidential support from a trained counselor via text, anytime.
- **The Trevor Project (LGBTQ+ Youth):** For LGBTQ+ youth feeling overwhelmed or alone. Call 1-866-488-7386 | Text: START to 678678 | Chat: thetrevorproject.org/get-help.
- **National Runaway Safeline:** Support if you are thinking of running away, have already left, or need someone to talk to. Call: 1-800-RUNAWAY (1-800-786-2929) | Chat: 1800runaway.org