



Canadian Mental Health Association
British Columbia



Provincial Health Services Authority
Province-wide solutions.
Better health.



BounceBack® Youth Advisor

Diverse opinions welcome. The BounceBack® team is looking for young people aged 15–24 to provide feedback on program curriculum and promotion strategies.

What is BounceBack®?

BounceBack® is a self-help program that teaches effective skills to help individuals (aged 15+) overcome symptoms of mild to moderate depression or anxiety, and improve their mental health. There are many ways to participate based on how you like to learn, including videos, workbooks with telephone or videoconference coaching, and an online self-guided program. Provided by the Canadian Mental Health Association, BounceBack is available for free across BC. You can learn more here. <http://www.bouncebackbc.ca/>

What will I have to do?

It's easy! As a team member you will need to:

- Participate in regular, province-wide conference calls with other youth members and co-led by a member of the CMHA team (there'll only be about 10-12 people on our team). Expect calls to be 1.5-hours in length and to happen once every two weeks starting the week of February 19th (Specific session dates will be decided based on when most team members can attend)
- Check out the ways in which Bounce Back is connecting with youth in BC via social media, and give your opinion on whether or not we are on the right track.
- Provide feedback on our upcoming ad campaign.
- Commit to participating for 8-sessions from February to May, 2018.

Am I eligible?

Are you living in BC and between the ages of 15-24? You're eligible! At CMHA we're all about fostering inclusive and safe spaces, youth from regions across BC and walks of life are welcome. You don't have to have past experience using Bounce Back, and those participating in a mental health advisory group for the first time are strongly encouraged to apply. Lived experience with mental illness is not required but absolutely welcome.

What's in it for me?

- In reviewing course materials, you'll pick up a bunch of great skills that research shows help people to beat stress and feel happier.
- Learn about and be involved in program evaluation as well as marketing and communications.
- You'll connect with other young people from across BC.
- You'll be connected to the Canadian Mental Health Association and may hear about other volunteer or paid opportunities.
- This is really good volunteer experience for your resume or for college and university applications.
- An honorarium of \$20 will be provided for each meeting you attend.

I'm interested! What do I do now?

Please save your completed form, attach it to an email and send it to Aidan at aidan.scott@cmha.bc.ca. You can also email him if you have any questions about the application.

Deadline February 14, 2018

About Bounce Back

Bounce Back® teaches effective skills to help individuals (aged 15+) overcome symptoms of mild to moderate depression or anxiety, and improve their mental health. Provided by the Canadian Mental Health Association, Bounce Back is available for free, by referral across BC. To learn more visit www.bouncebackbc.ca.

About the Canadian Mental Health Association

Canadian Mental Health Association, BC Division (CMHA BC) is part of one of Canada's oldest charities. Nationally, CMHA provides vital services and support to well over half a million Canadians every year. Last year, CMHA BC and 19 BC branches helped over 82,000 British Columbians. As the nation-wide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery from mental illness



Application Form

Don't forget to save this form and keep saving as you fill it out!

First Name

Last Name

Address

Email

Phone

Date of Birth

Gender

(Optional) For demographic reasons, please describe your ethnicity

Are you currently: A high school student (If so, list grade) A home study high school student (If so, list grade)
 A recent high school graduate None of the above, describe:

1. Why are you are applying to be a Bounce Back Youth Advisor?

2. Are you able to participate in all 8 sessions between February and May? Yes No

3. Have you ever been part of a youth team or panel before? Please describe

4. Are you comfortable taking part in group discussions at Youth Team meetings? Please describe

5. Are you willing to read through our materials in advance of meetings and give us feedback? Please describe.
(They're not very text-heavy and we'll give you enough time.)

6. Our meetings would be held from 5–6:30pm. Which day of the week would work best for you?

Monday

Tuesday

Wednesday

Thursday

References—we need the contact details of two people who can provide a reference for you.

Reference #1

Name

Relationship to you

Address

Email

Phone

Reference #2

Name

Relationship to you

Address

Email

Phone

Please save your completed form, attach it to an email and send it to Aidan at aidan.scott@cmha.bc.ca. You can also email him if you have any questions about the application.