



SANCTUARY YOUTH ADVISORY COUNCIL (YAC)

WHAT IS THE SANCTUARY YOUTH ADVISORY COUNCIL (YAC)?

The Sanctuary YAC is a group of passionate and faithful young Christians who want to raise mental health awareness and reduce stigma amongst youth in faith communities. Mental health challenges amongst young people are not new but now, COVID-19 is impacting the mental health, wellbeing, and resilience of young people—many of whom are in our churches—in unprecedented ways. We want to see young people better supported and cared for and we need your help.

We are currently recruiting eight volunteers to form our council. We believe young people are experts on young lives, so we will work with them to create unique resources that are meaningful, effective, and enduring. The YAC will be a key component of our research project. The project will engage youth and adult allies to identify the essential components in a mental health resource designed to support the mental health of young people in faith communities. The YAC will provide input on the research planning and data analysis and may be involved in the research itself. The YAC's input will directly impact the resources Sanctuary develops for youth leaders in church communities around the world, both Protestant and Catholic.

YAC members will receive documented volunteer hours for their involvement as well as a letter of commendation from Sanctuary Mental Health Ministries acknowledging their valuable input.

You should consider applying if you want to make a positive difference in the lives of thousands of young people in churches around the globe.

WHO IS SANCTUARY MENTAL HEALTH MINISTRIES?

Sanctuary Mental Health Ministries is a Christian non-profit that equips the Church to support mental health and wellbeing. Sanctuary envisions a future where the Church plays a vital role in supporting mental health and wellbeing in every community. We provide resources that meaningfully engage the topics of faith and mental health. Our content is developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges. These resources prepare communities of faith around the world to raise awareness, reduce stigma, support mental health, and promote mental wellbeing. You can learn more about Sanctuary [here](#).

WHAT'S INVOLVED?

- Four month time commitment (May - August 2021; with the possibility to extend into the resource development phase)
- Zoom meetings every two weeks with YAC and the lead youth researcher, Amy Deutscher
- Help review a survey for young people, parents, and church leaders
- Provide advice and feedback to the lead youth researcher
- Brainstorm creative solutions in response to research findings
- Potential training and opportunity to conduct online focus groups with other young people

WHAT SKILLS CAN I DEVELOP THROUGH THE YAC?

- Teamwork
- Communication
- Advocacy
- Problem solving
- Decision making
- Research

ELIGIBILITY

- Between 15 and 19 years of age (inclusive)
- Canadian resident
- Currently attend youth group and/or church at least twice a month
- Began attending church at or before 11 years of age
- Desirable: have experienced your own mental health challenges

HOW TO APPLY

- If this sounds like something you or someone you know would be interested in, please complete the following expression of interest form [here](#), and we'll be in contact soon!

APPLICATIONS DUE APRIL 30, 2021