

YOUTH ADVISORY COUNCIL LETTER OF AGREEMENT



By accepting membership in the Youth Advisory Council (YAC), you agree to certain expectations and guidelines as an active member.

EXPECTATIONS



As a member of the YAC...

1. I agree to read all the YAC Guidelines and share any questions and thoughts about them with the Transition Specialist.
2. I agree to attend at least one meeting per year unless otherwise excused by the Transition Specialist.
3. I agree to notify the Transition Specialist and/or Adult Navigator of my absence at a scheduled meeting at least 48 hours prior.
4. I agree to commit to a one-year membership in the YAC and to spend two hours of my time at its quarterly meetings.
5. I agree to complete an annual survey about my work in the YAC and my feelings as a member.

GROUP ROLE



As a YAC member, I play a vital role in representing youth like me. I understand the YAC's purpose is to help DSCC develop more youth-focused ways to help the transition to adulthood. I will also help develop various resources, tools, and better communication strategies for other youth like me and their families.

I agree to share my thoughts about the areas of employment, education, health care, independence, and quality of life-related to my transition to adulthood. I agree to participate in other YAC projects as allowed.

If I choose, I can participate in a leadership role such as chair or secretary. I understand these roles may need more of a time commitment.

GROUP ROLE (continued)

I understand that the information I share in the group will be kept confidential. There are, however, important exceptions to this rule. Disclosures of information will be consistent with applicable state and federal laws, regulations, and DSCC policies. In some situations, the law requires that DSCC staff must disclose information whether or not we have your permission.



Some of these special situations include:

- Sharing that you plan to cause serious harm or death to yourself or someone else.
- Sharing that you are doing things that could cause serious harm to you or someone else, even if you do not intend to harm yourself or another person.
- Sharing that you are being abused – physically, sexually, or emotionally – or that someone has abused you in the past. In this situation, the law says DSCC staff must report the abuse to the Department of Children and Family Services (DCFS).

Please see page 3 if you are having thoughts of suicide or experiencing a mental health or substance use crisis.

Printed Name of Youth Advisory Member

Date

Signature of Youth Advisory Member

Date



**Division of Specialized
Care for Children**

If you are having thoughts of suicide or experiencing a mental health or substance use crisis, please contact:

988 Suicide and Crisis Lifeline

Call or text 988 or chat at <https://988lifeline.org/talk-to-someone-now/>

What is 988?

- 988 is confidential, free, and available 24/7
- It is a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress, including family, friends, and/or caregivers.

Non-Emergency Mental Health Services

To find a non-crisis mental health provider near you, go to www.dhs.state.il.us/page.aspx?module=12&officetype=&county=

Illinois Warm Line Call (866) 359-7953

- Free phone support for anyone living in Illinois to include emotional support, recovery education, self-advocacy support, and referrals.
- Certified Recovery Support Specialists (CRSS) staff the Warm Line.
- Not a crisis line but rather works with callers to address aspects of their wellness by identifying triggers, developing action plans, and learning what is necessary to maintain wellness.
- Free and available Monday through Saturday, 8 a.m. to 8 p.m.

OTHER PROGRAMS

National Alliance on Mental Illness (NAMI) Illinois

NAMI Illinois provides training and educational materials for families, persons with mental illness, and professionals. It also advocates on behalf of persons with mental illness and provides family-to-family and consumer-to-consumer support and interaction through support group meetings. For more information, visit <https://namiillinois.org/>.

- NAMI National Helpline: (800) 950-NAMI (6264)
- For information about local NAMI affiliates, support groups, education programs, or advocacy, call (217) 522-1403.

StrengthofUs.org is NAMI's online resource center and social networking website for young adults (ages 18 to 30) living with mental health conditions.