



VT RAYS
Raise Awareness for Youth Services

The **VT RAYS** (*Raising Awareness for Youth Services*) is a group of young people in the state of Vermont who serve as an advisory council to the Vermont Child Health Improvement Program Youth Health Initiative. The VT RAYS offer youth perspectives on issues that affect adolescent health care.

Opportunities through the VT RAYS:

- Impact adolescent healthcare in Vermont by providing insights and suggestions to health care professionals.
- Gain knowledge relating to youth related health issues (such as drug use, confidentiality, mental health, etc.) through training sessions.
- Visit health care practices and help them in making their practice more adolescent-friendly and functional meetings in which we meet with, and aid health care professionals.

By joining the Vermont RAYS, you would:

- Attend and participate in two monthly meetings to connect with other participants, facilitators, and receive training to support and enrich my participation. Meetings are set every other Wednesday, from 3:30-5:00 PM. **Meeting location is 1 So. Prospect St., Burlington.**
- Be respectful to yourself, fellow participants, faculty members, and others involved in the program.
- Be open, honest, and accepting to all opinions and views that are represented.
- Be active and present during meetings and events, helping to build community where all participants feel safe and comfortable.
- Maintain confidentiality of members and discussions that take place during meetings.

This council is youth driven and youth led, under the guidance of our faculty advisors. Faculty advisors will be available at every meeting and will serve the following functions:

- Promote community and create safe environment for learning and building skills.
- Provide meeting space and materials.
- Arrange ongoing training to build skills and promote learning opportunities.
- Arrange any off-site activities (i.e. Youth Led Clinical Assessments)
- Provide guidance and help overcome barriers