

ASPIRE ADVOCATES FOR BEHAVIORAL HEALTH

Youth Advisory Board



Aspire Advocates for Behavioral Health is a volunteer-led grassroots movement. We represent the families, friends, and individuals whose lives have been impacted by mental illness or substance use disorder of someone 26 or younger.

Together, we advocate for excellence in the identification and treatment of behavioral health disorders. Our goal is for children, teens, and young adults to have access to high quality behavioral healthcare services that are covered in-network by insurers. Our organization works with educators, medical professionals, advocacy groups, and legislators to improve the quality of life of young people with behavioral health disorders.

What is the Youth Advisory Board?

The mission of the Youth Advisory Board (YAB) is to empower young people ages 14-26 to actively engage in shaping the policies, programs, and services that affect their wellbeing and their community. We aim to be a collective voice of youth in advocating for:

- Improved mental healthcare resources
- Reducing stigma around mental health challenges
- Better access to high-quality, affordable, youth-centered care.

Through collaboration, education, and advocacy, we strive to ensure that the unique perspectives and needs of young people are heard and prioritized in the decision-making processes of organizations, communities, and policymakers.

The YAB will work on various community projects, including the development of Missouri's first Recovery High School (RHS). Members of the YAB will attend monthly meetings with Aspire representatives to formulate actionable efforts and gain experience. They will have the opportunity to connect with legislators and elevate the voices of youth in Missouri to meet the diverse needs of the community.

We're looking for young people aged 14-26 who are passionate about mental health, advocacy, and making a difference. Through this board, members will gain valuable experience in leadership, public speaking, and policy development. Join us and be a part of this exciting opportunity to shape the future of behavioral health in Missouri!

To apply, please contact **Jamie Vollmer** at jamie@ebistl.com.