



The ACERS Youth Advisory Council is striving to end the stigma associated with mental health by educating the community and ourselves about the challenges youth face everyday.

What does ACERS mean?

Awareness

Of the challenges that we face.

Change

Attitudes towards challenged people.

Education

For ourselves and the community about our challenges.

Recognition

For our accomplishments.

Support

From the community in our efforts.

ACERS are a trailblazing group for Arizona youth who are part of the Behavioral Health System.

We are courageous, young people who take risks by telling our stories so that we can educate the Behavioral Health System and the Community about our challenges. We support each other and strive to inspire confidence and optimism in our lives and futures.

An estimated 26.2 % of Americans ages 18+ suffer from a diagnosable mental disorder in a given year.(2010)

On April 3rd, Helen Mercado participated in the Myfest Conference in Phoenix, Arizona. Myfest was a gathering of youth from all over Arizona.

Miguel participated in the NAMI (National Alliance of Mental Illness) walk. The NAMI walk raises money and awareness of mental illness.

Alexandra, Victoria, Kilby, Rene, and Christian had the opportunity to meet

George Castro owner and trainer from Boxing Inc North. He is a Pro MMA fighter who will be fighting for 2nd title belt April 24th. And got pictures and autograph posters with George.

Youth also are working on getting a trainer to talk to youth on nutrition and fitness for future youth council meeting.

Youth are currently working on getting a support group started, and are working on new ideas for locations to reach youth with in the community. Our ACERS youth council are also going to be tabling at the 10th annual recovery and wellness fair that will be held on May 22, 2010.

Have you been diagnosed with any of the following Mental or Behavioral Health Challenges?

Do you want to help make changes in the way our community views youth that have these challenges?

Would you like to make a difference?

If so, please join **The ACERS Youth Advisory Council!**

Current Members:

Ashley 18	Kilby 15
Alexandra 14	Megan 19
Christian 13	Na-il 17
Helen 16	Victoria 16
Jeremy 19	Yvette 15