

BHYAB NEWSLETTER

Brought to you by Sacramento County's Behavioral Health Youth Advisory Board



There is no health, without mental health.

Newsletter Highlights

Board News

Meet Our New Members

This newsletter is brought to you by:

November Activity

Resources



BOARD NEWS

On November 7th, the board learned about Sacramento County's behavioral health continuum. This allowed board members to better understand what services fall under the scope of behavioral health. The BHYAB will specify which sectors of behavioral health they want to focus their advising efforts on for 2024 and begin scheduling meetings with service providers.

On November 21st, members received a mental health literacy training from UC Davis Health's Dr. Aguilar. The youths not only received extensive resource information but were also debriefed on mental wellness practices.

Upcoming Board Meeting
Tuesday, December 5th

Join Us!

Sacramento City's Youth Commission informed the BHYAB that the city council is currently debating to redact their resolution to establish a youth advisory position. Sacramento is believed to be the first city in the nation to establish a youth position who will inform Council decisions.

City council will discuss the value of having a youth advisory role at their next meeting on December 12th, 5:00 PM at the City Hall Complex 915 I Street, Sacramento, CA 95814. Join the BHYAB and tell our local leaders why youth voice matters!

If you or someone you know would like to present to the BHYAB, please contact sydneys@proyouthandfamilies.org.



MEET OUR NEW MEMBER

We are pleased to welcome Zaunamaat Nuru-Bates to the Behavioral Health Youth Advisory Board, representing Supervisor Kennedy of **Sacramento County District 2.**

Thank you, Zauana, for consciously choosing to dedicate your time and efforts to the youth of Sacramento.



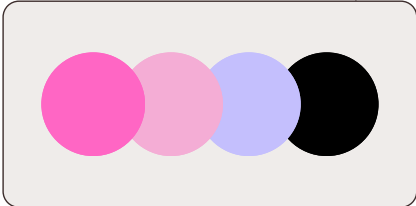
HELLO, I AM
Zaunamaat Nuru-Bates

Zodiac Sign: Cancer
Hometown: Sacramento
Pronouns: They/them/theirs

ABOUT ME

You can call me Zauna, I'm 23 years old and representing District 2. I'm a Certified Peer Support Specialist focusing on TAY for Cal Voices. I wanted to join the BHYAB because I have a unique perspective to add to the group. I identify as both a consumer and a family member, I'm a person of color, a part of the LGBTQ+ community, and have a lot of lived experience and professional experience with behavioral health.

FAVORITE COLORS



FUN FACTS

I love Sanrio, horror movies, and my communities. My favorite things to do are take naps, spend time with loved ones, and listen to podcasts. I love my job and I love working in my communities. My passions are activism, advocacy, and education. In the future I hope to have more opportunities like this to learn and grow.



RESOURCES

Current BHYAB Openings

Board member seats are going fast!

- District 3 - One Seat Available
- District 4 - One Seat Available
- District 5 - One Seat Available

APPLY NOW

The Behavioral Health Youth Advisory Board is a governing body that offers youth perspective on mental health and substance misuse goals and objectives for Sacramento County. No experience is needed! All we ask is that you are passionate about mental health or substance misuse, and we will teach you along the way.

Other Resources

Sacramento County has a behavioral health services webpage just for youth.

VIEW MORE SERVICES

In California, those 12 years of age or older may consent to mental health treatment or counseling services if, in the opinion of the attending professional person, the minor is mature enough to participate intelligently in the mental health treatment or counseling services (Health & Safety Code § 124260).

Learn more about your rights. Knowledgeable youth are empowered youth.

Special thanks to the BHYAB Partners:

