

**Meeting Minutes 08.6.24**  
**Behavioral Health Youth Advisory Board**

<b>Name</b>	<b>Attendance</b>	<b>In Person or Hybrid</b>
Jordan Kaitapu		
Natanya Kharat	X	In Person
Stormee Burgan	X	In Person
Radha Chauhan	X	In Person
Cloud 'Epiffany' Petersen	X	Hybrid

**5:02 pm - Welcome and Introductions**

- Board members announce their presence and roll call was conducted. Quorum is set as 4 of the 5 members were present.
- Ice Breaker: Board members played a game of 'Never have I ever'.

**5:09 pm - Approval of Agenda**

- Action Item: Board members were able to vote to approve the agenda for 6.18.24, 7.16.24, & 8.6.24 and were able to approve the meeting minutes for 6.4.24, 6.18.24, and 7.16.24 as quorum was made.

<b>Yes</b>	<b>No</b>	<b>Abstain</b>
4	0	0

**5:14 pm - Public Comment**

- Angela Zuniga, guest presenter, announced their presence and that they are ready to present to the board.

## **5:15 pm - Guest Presentation**

- Angela Zuniga from Wondros presented on their project of the 'Certified Wellness Coach' career pathway and what the career is.
  - Presentation included an overview of what a certified wellness coach is.
    - A Certified Wellness Coach (CWC) is a new, certified position in California designed to increase the state's capacity to support the growing behavioral health needs of youth. CWCs engage directly with young people in various settings, such as schools and community-based organizations, to provide prevention and early intervention services that support overall physical, emotional, and mental well-being
  - Angela stated there are two ways to get into this field.
    - Education Pathway
      - The Education Pathway is for prospective applicants that have recently graduated. They need to have an associate's or bachelor's degree in human services, social work, or addiction studies.
    - Workforce Pathway
      - The Workforce Pathway is for those currently working in mental health, substance use/addiction, social work, or child welfare. They also need to have an associate's or bachelor's degree in a related field.
    - Core Services include
      - Wellness promotion and education
      - Screening
      - Care coordination and extension
      - Individual support
      - Group support
      - Crisis referral
  - Board members inquired about the age ranges of youth served and if you get to choose the age range of youth you work with. The board was informed that the age ranges go up to 25 years old, and the age ranges you work with are based on the organization you work for.

### **5:30 pm - Adult Ally Interview Update**

- Board members discussed the progress on their adult ally interviews.
  - BM Radha notified the board that they have done outreach to Mr. Kyle from Stanford University in regards to hosting a presentation on how climate change is affecting mental health. They have also spoken to Dr. Vicky and Dr. Shashank on a potential collaboration with hopes to bring Allcove to Sacramento. They have also reached out to Toby Ewing from MHSOAC and had a meeting canceled with him.
  - BM Cloud updated the board about their interview they hosted with PRO Youth and Families LEAD program coordinator Jordan Black around how PRO does youth programming when it comes to substance misuse, less of a scare program and more informative and insightful. They also stated that the advertising of the programs and services are an area of need.
- BM Natanya posed the question of “What is our focus at this point in time”?
  - The board was briefed again of the following:
    - In March 2024, the board voted on their 3 top priorities, their top being Substance Misuse.
    - While most of our efforts recently have been concentrated on the Mental Health Resource Accessibility and Sustainability report, the board have now found themselves back to this topic.
  - BM Radha offered the suggestion that at this time our priority may be too broad or general and that we may need to focus on a specific area within Substance Misuse.
  - The board members discussed that they will turn to the community for input by hosting a listening session and creating a survey to identify a need around substance misuse within the community.
- Board members were posed with the question of “Who are adult allies we can reach out to now with our focused effort”?
  - Board members answered Lori Miller, school districts, MH clinicians, and Judith from SCOE fellows.

**6:20 pm Board Activity**

- Board members discussed and provided feedback and edits on their Board of Supervisors Retreat presentation. Board members were then posed with the task of highlighting “What changes do they want to see in the BHYAB” and “What are some challenges”?
  - BM Natanya stated that the board has a good scope, but wishes the board had more of a presence and show the young people that we are here to represent them.
  - BM Radha stated we need a way to put the board out there. “We exist, we represent you, how do you want to be represented?” They also stated that the application process is very drawn out and even complicated for some to apply.
  - BM Cloud stated that they want the board to be advertised more throughout the County outlets and public optics in general because for them, they learned through PRO Youth and Families.
  - BM Storm stated that the advertisement is a big piece, “No one knows we exist”.
- Action Item: Board members voted to Table the “Board Activity - BHYAB Bylaw workshop session” to our next meeting for discussion.

<b>Yes</b>	<b>No</b>	<b>Abstain</b>
4	0	0

**6:57 pm Meeting Adjourned**