

**Meeting Minutes 08.20.24**  
**Behavioral Health Youth Advisory Board**

<b>Name</b>	<b>Attendance</b>	<b>In Person or Hybrid</b>	<b>Excused?</b>	<b>District</b>
Stormee Burgan				District 1
Karisa Cinco	X	In person		District 2
Lauren Herbelin				District 3
Radha Chauhan	X	Hybrid		District 3
Cloud 'Epiffany' Petersen	X	In person		District 4
Natanya Kharat	X	Hybrid		District 4
Jordan Kaitapu				District 5

**5:08 pm - Welcome and Introductions**

- Board members announce their presence and roll call was conducted. Quorum is set as 4 of the 7 members were present.

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

- Action Item: Board members were able to vote to approve the agenda for 8.20.24 and were able to approve the meeting minutes for 8.6.24 as quorum was made.

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

**5:10 pm - Vote to Approve**

- Board members voted to table their discussion around an agenda item last meeting regarding revising their bylaws and amending them.
- Action item: Board members will vote to Table “Board Activity – Bylaw Session” to the next board meeting due to time constraints of this meeting.

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

**5:11 pm - Public Comment**

- No public comments were made at this time.

**5:13 pm - Guest Presentation**

- Syeda along with their guest presenters from the International Rescue Committee presented on Afghan Culture & Community Survey Presentation
- Presentation included an overview of their organization and their culture.
  - Many of their individuals are deeply rooted in culture and tradition
  - The youth council shared about the cultural differences between their origin and the Americas, as well as the language barrier.
  - Presenters shared out tips on how to engage the Afghan Community including:
    - Learning basic language
    - Respecting Traditions
    - Understanding cultural beliefs
  - The presenters shared survey results from 219 in their direct communities including but not limited to:
    - 71% believe there are drug and alcohol uses within their community, however only 45% of those people talk about the alcohol and drugs.

- 57% of the results believe 'vaping' and 'smoking' are the same thing.
  - 88% of the Afghan community fears of getting judged by others for their drug and alcohol use.
  - "How does your community help people with drug/ alcohol abuse problems?" 47% admit that their community does not help others with these challenges.
- The question of "Why do people in the community use"
  - 72% stress
  - 68% peer pressure
  - 62% curiosity
- What are the next steps?
  - Spread more awareness through presentations, events, school and social media.
  - Reduce stigma
- Board members shared about how beneficial it is to receive presentations from impacted communities directly. Board members will

### **5:37 pm - Survey Development**

- Board members will engage in conversation to begin to brainstorm and map out their outcomes of this survey.
- 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.
- BM Natanya formulated 3 purposes of the survey and they are as follows:
  - 'To increase awareness of substance misuse and prevention on school campuses'
  - 'To de-stigmatize conversations around substance misuse and prevention on school campuses'
  - 'To encourage restorative practices toward substance abuse, misuse, and prevention on school campuses'
  - Board members discussed these mission statements for which one will best apply to shape their survey development.
- Board members discussed that 'wellness community center' may be the purpose of the survey so that they may repurpose it into a policy brief for future purposes. Board members also discussed hosting

listening sessions to share out their survey results and receive feedback.

- Board members decided that 'To encourage restorative practices toward substance abuse, misuse, and prevention on school campuses' will be their mission statement. Board members then began formulating and drafting potential questions for the survey around substance misuse and abuse.

### **6:26 pm Board Activity**

- Board members conducted matters of business for the board.
  - Completed the SurveyMonkey for the rename of CSEC.
  - Review of social media content for month of September 2024
  - Board members explored
  - BM Storm stated that the advertisement is a big piece, "No one knows we exist".

### **6:57 pm Meeting Adjourned**