

Meeting Minutes 11.19.24
Behavioral Health Youth Advisory Board

Name	Attendance	In Person or Hybrid	Excused?	District
Stormee Burgan				District 1
Kiara Yates	X	In Person		District 2
Karisa Cinco				District 2
Lauren Herbelin				District 3
Radha Chauhan				District 3
Cloud 'Epiffany' Petersen	X	Hybrid		District 4
Natanya Kharat				District 4
Clara Armstrong	X	Hybrid		District 5

5:07 pm - Welcome and Introductions

- Board members announce their presence and roll call was conducted. Quorum was not set as 3 of the 8 members were present.

5:07 pm - Approval of Agenda

- Action Item: Board members were not able to vote to approve the agenda for 11.5.24 and were not able to approve the meeting minutes for 10.15.24 as quorum was not made.

5:08 pm - Public Comment

- Alex Sopp of Sac County BHS - Stated that Wind Youth will be the new providers for the Sacramento County BHYAB starting January 7th, 2025. Alex mentioned that Wind Youth will be working alongside PRO Youth and Families in the transition
- Erin of Wind Youth stated they wanted to introduce themselves and get involved in the work they have been doing at their building the past couple years.
- Lauren of Wind Youth introduced themselves and stated it's nice to get to meet and see everyone. Happy to introduce themselves to the board.

5:10 pm - Survey Debrief

- Board members were debriefed on the findings of their survey report so far. (A copy of the report can be found attached to this document)
- Board member Clara stated that questions 13 and 14 were surprising, seeing how split the numbers are.
- Board members also encouraged each other to share their surveys and continue doing outreach.

5:39 pm - 10 min Break

5:49 pm - Guest Presentation: Brian Lamson, Felix Tran - Sacramento County

Brian and Felix presented on the Youth Suicide Prevention Grant

- Brian and Alex presented on the findings of the YSPG.
- Grant funded through the California Department of Public Health, Funded as part of Governor Newsom's Children and Youth Behavioral Health Initiative.
- Suicide is the 3rd leading cause of death among youth ages 10 to 24.
- Suicide attempts are most frequent among youth.
- Most suicide attempts occur among female youth, but most suicide deaths occur among male youth.
- Youth ages 14-17 (i.e. high school/teenage) have the highest rates of attempted suicide.

- Fatal attempts (i.e. deaths) are most frequent among older youth (18-24 years old).
- The presenters mentioned being able to hopefully do a gap analysis and hear more from the youth voice perspective.
- Board Member Clara asked, "What did adults have to say about the findings?" While the answers they received is that adults believe youth are meeting these criterias because of political stress and other youth generalities, while youth are saying it is mostly due to grades and school.
- The presenters also want to make sure these findings get out to the appropriate sources for grant writing, community advocacy and more so if interested, please inquire.

6:20 pm - Board Activity Updates

Breaking Barriers Debrief:

- Board members shared and discussed how their past Breaking Barriers Symposium went.
- Board Members Clara and Cloud in conjunction agreed that, "It is very useful to get the everyday perspective of California people." on topics related to the integration of youth and adult leaders. They also both mentioned they loved the 'Utopian Society' activity where everyone was prompted to create their ideal community.
- "Community is Key, however spaces are not created." added Board Member Karisa, mentioning also that it was cool to see everyone's utopian society uniquely sound.

6:28 pm Meeting Adjourned