

Behavioral Health YOUTH ADVISORY BOARD

A MONTHLY NEWSLETTER BROUGHT TO YOU BY THE MEMBERS OF THE BHYAB



June News

On the meeting of June 4th, Lori Miller, Division Manager for Sacramento County Substance Use Prevention and Treatment Division of Behavioral Health Services reviewed the Youth Social Media Project with intent to utilize insight from BHYAB members on project operations.

The Social Media Project will empower Sacramento County's youth to thrive through education, awareness, and the exchange of ideas regarding substance use, mental health and overall well-being.

Board members also discussed how they can conduct outreach and interview local leaders around substance misuse information, prevention, and stigma reduction.

Are **YOU** willing to be an adult ally for BHYAB and discuss substance misuse? Contact dextern@proyouthandfamilies.org

FEATURED

Meeting News

Upcoming Meetings

Board Vacancies

BHYAB Instagram!

Board Resources

This newsletter is
brought to you by:





Upcoming Meetings

The BHYAB meets on the first and third Tuesday of each month at 4:30 PM. Thank you, Wind Youth Services, for dedicating your space for BHYAB activity.

July 2nd	Canceled for holiday
July 16th	Presentation from UC Davis
August 6th	Open for collaboration!
August 20th	Presentation from IRC
September 3rd	Open for collaboration!
September 16th	Open for collaboration!

Do you need youth voice implemented into your initiatives?

Are you interested in **collaborating** with the BHYAB?

Please contact dextern@proyouthandfamilies.org

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BOARD VACANCIES

The BHYAB needs your help!

We would love to have all the seats filled for our board.

If you know of a young adult that is passionate about behavioral health, please send us their contact information. We will reach out and support them in applying for a position on the Behavioral Health Youth Advisory Board.

The board vacancies are as follows:

- District 1 - One Seat Available
- District 2 - One Seat Available
- District 3 - One Seat Available
- District 5 - One Seat Available

APPLY NOW

Here's How the BHYAB Members Are Selected



DID YOU KNOW?

The PRO Youth & Families staff is responsible for recruitment, and often assist interested youths in filing their applications.

Then, applicants send their applications to Sacramento County's Board Clerks who distribute them to the proper district office. From there the varying county district offices are required to interview all applicants prior to appointing members to represent their district.

Following interviews, the Supervisors make their appointment recommendations during their formal Board of Supervisor meetings.





Social Media Page

On June 1st, the BHYAB will officially launch their social media page on Instagram!

If you have an Instagram, give the board a follow to stay in touch with them. There, the board will be able to post content where they can better educate their peers in behavioral health and update the community on board activity and community events.



@SacCountyBHYAB

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Join the Board!

The Behavioral Health Youth Advisory Board is a governing body that offers youth perspectives 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.

APPLY NOW

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.

