

# Behavioral Health YOUTH ADVISORY BOARD

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



## July News

On July 16, Jill Lopez-Rabin, Senior Project Manager for the Licensed Physicians from Mexico Pilot Program (LPMPP) and Interdisciplinary Collaboration and Cultural Transformation Model - Learning Collaborative (ICCTM-LC) of UC Davis, presented an overview of the **ICCTM Innovation Project** and a Culturally and Linguistically Appropriate Services (CLAS) **standards training for board members**.

This innovation project based in Solano County saw to the collaboration of Filipino American, Latino and LGBTQ+ communities **increasing access to mental health care and utilization of services**.

### *Innovation Project Outcomes*

106% increase Asian-American callers to Access Line  
 525% increase of callers who identified as a gender other than 'male' or 'female'  
 765% increase of callers who identified their sexual orientation as something other than "heterosexual"

## FEATURED

Meeting News  
 Upcoming Meetings  
 Progress Report  
 Board Vacancies  
 Board Instagram

This newsletter is  
brought to you by:



# Recommendations Progress Report

*In May of 2023, the BHYAB presented recommendations to Sacramento County's Board of Supervisors regarding Mental Health Resource Accessibility and Sustainability. We are pleased to report on the progress that has been made to address resource access and sustainability.*

2022

Sacramento County Office of Education (SCOE) experienced challenges in placing practitioners on school sites due to the shortage in the mental health workforce. Since 2021, SCOE had placed **33 practitioners** on school campuses.

2023

The BHYAB recommended the Board of Supervisors: Support county collaboration with the office of education in the recruitment of mental health practitioners on school campuses and promotion of schools as centers of wellness and restoration.

Sacramento County Office of Education collaborates with the county's Department of Health Services to increase the flow of mental health practitioners onto school campuses.

2024

Moreover, **58 clinicians and 15 graduate clinical interns**, of which ten are peer specialists, or youth who earn stipends for working with high school students, have been placed on campuses. This number also includes six family navigators, assigned to a cluster of schools to support families with younger children accessing preventive care.

2025

About 125 people are expected to be in this pipeline by 2025.



# Recommendations Progress Report

The BHYAB recommended the Board of Supervisors: Support county collaboration with the state in the development and advertisement of telehealth programs, where students can connect with mental health professionals and clinicians online.

The Behavioral Health Youth Advisory Board Members participated in a focus group for the California Department of Health Care Services. This allowed members to advise on the development of telehealth programs. There are two active telehealth services available throughout the state.



Bright Life Kids offers families (with children 12 and under) free access to parent coaches and free or reduced cost services in your area, such as therapy, healthcare, food, legal assistance, and more.

Soluna is California's free mental health app for youths 13 to 25 years old. Soluna has interactive tools, engaging forums, and coaches readily available to discuss non-emergent events.



*The development and accessibility of these applications is a great feat and deserve celebration. The board acknowledges that the next step is to properly advertise these resources in youth friendly venues. We encourage educators, community based partners, and youth advocates to accelerate these resources among our youth.*



# 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.



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**@SacCountyBHYAB**

The Behavioral Health Youth Advisory Board members post youth-friendly content on Instagram. Come find us on IG!



Now more than ever, advocacy plays a crucial role in representing communities. This month, we're focusing on empowering disabled voices by providing valuable advocacy resources.

