

# Behavioral Health YOUTH ADVISORY BOARD

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



## October News

On **October 1st**, board members met in their general meeting to discuss outreach methods for their **Sacramento School Substance Use and Wellness Survey**. Board members will be utilizing their personal outlets and network alongside sharing amongst their professional networks. Look for the survey results coming soon!

On **October 15th**, the board held their general meeting and had a guest presentation from **Stanford: The CIRCLE team** on the correlation between **climate change** and **mental health**. The board was presented facts of how climate change affects several domains including but not limited to: Ecosystem deterioration, Undernutrition, and Physical and Respiratory Diseases.

## FEATURED

Meeting News

Surveying Sacramento

Board Instagram

Meet the Board

Resources

*This newsletter is  
brought to you by:*



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## Surveying Sacramento

The board designed the **Sacramento School Substance Use and Wellness Survey** in collaboration with the Sacramento Teen Mental Health Group.

Before designing the survey, members were trained in essential topics including the differences between **quantitative** and **qualitative data**, understanding the **target audience**, effective **writing techniques**, varying question **styles**, avoiding **leading** questions, determining optimal survey **length**, and survey **structure**.

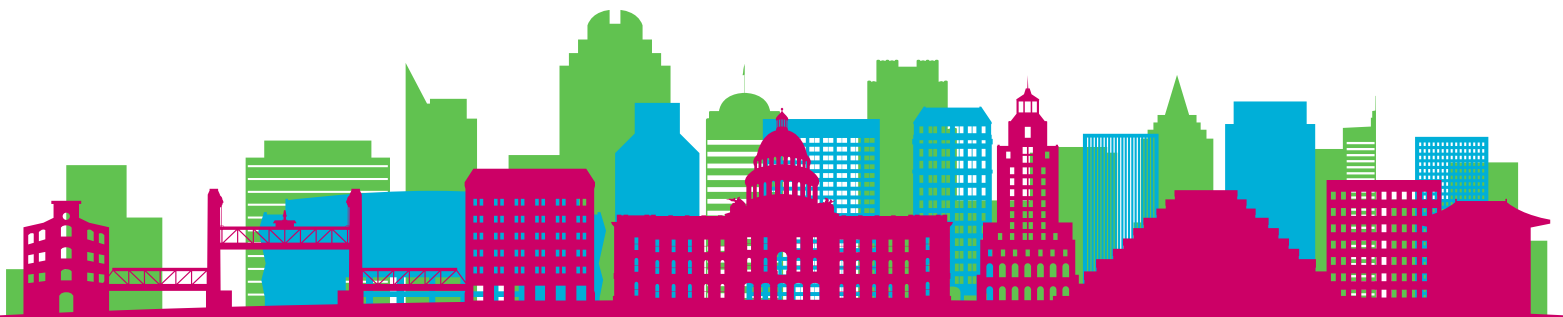
*This survey aims to learn more about the youth's perspective of **mental health resources** and **accessibility**, as well as **substance use** on campuses throughout the county.*



Scan Here!



Now, the board is currently conducting outreach to youths **14-24 years old**. Please assist us with distributing our survey content among youth communities!

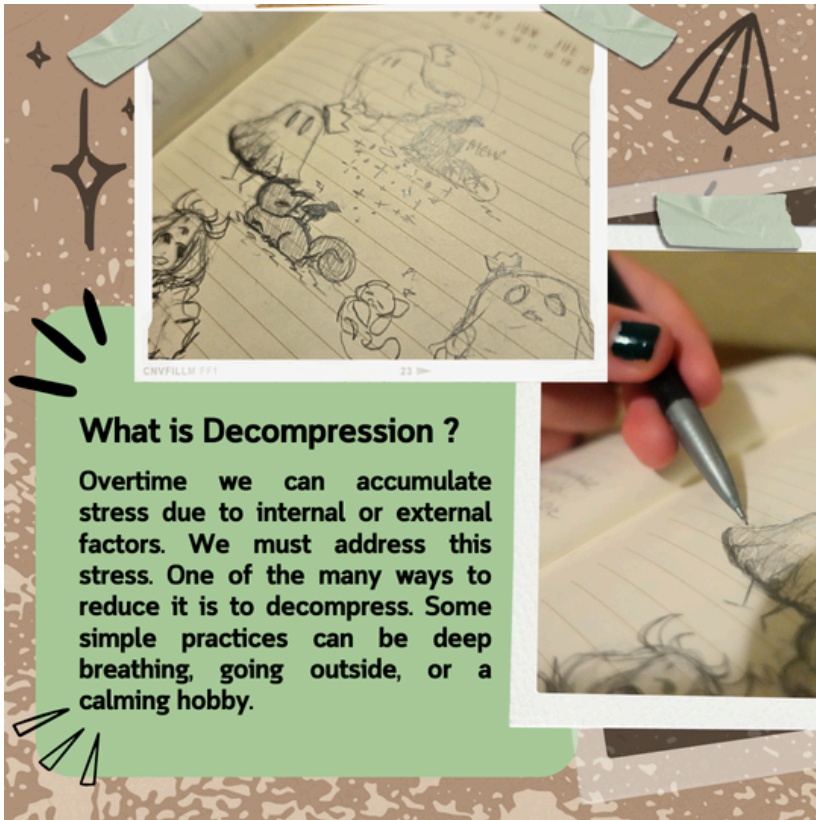




## BHYAB On Instagram

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You can now find the BHYAB on Instagram  
@SacCountyBHYAB



### What is Decompression ?

Overtime we can accumulate stress due to internal or external factors. We must address this stress. One of the many ways to reduce it is to decompress. Some simple practices can be deep breathing, going outside, or a calming hobby.

We are dedicating our time to educating youth within **virtual spaces they frequent**. Encourage your youths to follow us today!

Interested in promoting your resources and services through our media platform?

Please contact  
**dextern@**  
**proyouthandfamilies.org**

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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](#)

## BOARD RESOURCES

- [Agenda](#)
- [Application](#)

## Special Thanks...

We would like to recognize the supporters of the BHYAB:

**Sac Youth Mental Health Group**, for collaborating with our board on survey content and outreach!

**Kyle Lane-McKinley** and **Dr. Debra Safer** of the Stanford CIRCLE Team!

If you or someone you know would like to present to the BHYAB, please contact [dextern@proyouthandfamilies.org](mailto:dextern@proyouthandfamilies.org).

