

# Behavioral Health YOUTH ADVISORY BOARD

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



## November News

On **November 5th**, board members received a presentation from **Alexander Sopp, Sacramento County BHS on budgeting and an overview of the RFA/RFP Process**. The board also received a training on **'How to detect burnout and the importance of avoiding burnout'** by the board coordinator. Board members were also informed of a transition of providers which will be occurring in January 2025!

On **November 19th**, the board held their general meeting and had a guest presentation from **Sacramento County BHS** on the findings of the **Youth Suicide Prevention Grant**. The board was presented on facts and findings around how various zip codes throughout Sacramento County have exponentially higher rates of fatal and non-fatal suicide attempts.

## FEATURED

Meeting News

Breaking Barriers

Surveying Sacramento

Resources

*This newsletter is  
brought to you by:*



# Breaking Barriers

## WHAT IS BREAKING BARRIERS?

Breaking Barriers is a collaborative of leaders from across child-serving systems throughout California who are united by the conviction that only through collaborative planning and problem solving can we ensure the educational, social, emotional, and behavioral wellbeing of California's children and youth.



## HOW DID THE BHYAB INTERACT?

The BHYAB played instrumental parts from having 'Youth Leaders' who helped shape and implement the agenda on the youth day - to participating as presenters to all 450+ professionals from across California!



## WANT TO LEARN MORE?

Here, you can find out more about all of the activities which composed of the three day symposium!



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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!



# Sacramento Youth Experiences at School: Substance Use and Mental Wellness

## Substance Use

**47%** of youth indicated knowing *little* to *none* about the day-to-day health effects of substance misuse



of youth indicated a lack of *information* from their school on the health effects of substance misuse



of youth indicated a lack of *resources* from their school on the health effects of substance misuse

Over the past 30 days...



3 out of 4 youth had a *poor mental health day*



4 out of 5 youth experienced *burnout* or *emotional exhaustion*

## Mental Wellness

**46%** of youth indicated there *are not enough services* at their school to support students' mental health

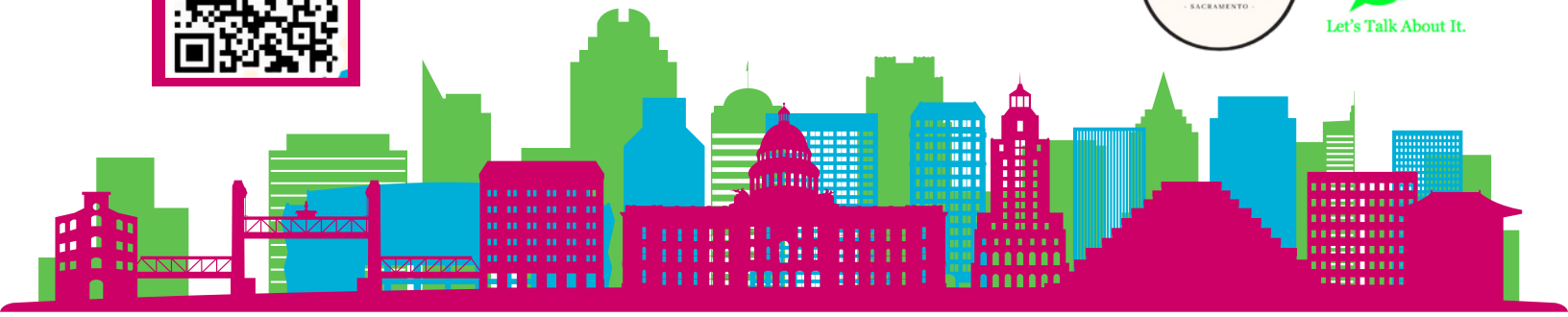
### Top Stressors at School

- ★ School violence (26%)
- ★ Lack of support (26%)
- ★ Peer pressure (17%)
- ★ Bullying/cyberbullying (13%)

### Top Suggestions for School Staff

- ★ *Welcoming* environment (52%)
- ★ *Listen* to concerns/problems (46%)
- ★ Encourage *mindfulness* (43%)
- ★ Offer *safe spaces* (37%)

**30%** of youth indicated there are *barriers preventing them* from using a support service offered on campus  
 ("I don't know where to go," "Stigma," "There's not enough")



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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!

**Alexander Sopp, Brian Lamson and Felix Tran** of the Sacramento County BHS!

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

