

Meeting Minutes 1.21.25
Behavioral Health Youth Advisory Board

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

5:06 pm - Welcome and Introductions

- Board members announce their presence and roll call was conducted. Quorum was set as 5 of the 7 members were present.

5:10 pm - Approval of Agenda

- Action Item: Board members vote to approve the amended agenda for 1.21.25, which adds a second Guest Presentation to the agenda and approve the meeting minutes for 1.7.25.

| Yes | No | Abstain |
|------------|-----------|----------------|
| 5 | 0 | 0 |

5:11 pm - Public Comment

- No public comments were made at this time.

5:12 pm - Guest Presentation: Celeste Walley - California Alliance of Child and Family Services

Celeste presented on the California Alliance of Child and Family Services YAB

- The CACFS YAB is currently composed of high school students around the state of California.
- They are currently planning on several projects spread throughout California and attempting to build professional networks and capacity.
- A large focus of their board at this point is building and strengthening internal and external partnerships.
- Hoping to collaborate in the future with our board, and contacts have been exchanged.

5:26 pm - Guest Presentation: Sydney Saiya and Nick Soliz - PRO Youth and Families

Sydney and Nick presented a session on 'Policy vs. Programming Training' and led a 'Policy Workshop.'

- First, Nick started by presenting the 'Golden Rules of Policymaking'.
 - Ask questions such as "What needs to be changed?" or "What does the community need right now?"
 - Clearly articulate the 'why' behind the proposed change and explain its benefits.
 - Provide research and evidence to support the policy.
 - Consider costs and outline plans for funding.
 - Maintain a specific focus throughout the process.
 - Frame the policy as a SMART goal (Specific, Measurable, Achievable, Relevant, Time-bound).
- Next, Sydney presented on 'Policy vs. Programming'.
 - Programs are short term interventions that create temporary improvements.
 - Policies are covenants we collectively choose to live by, as articulated in legislation and regulation.
 - How do you draft a brief?
 - Consider who you are presenting it to.

- Consider prioritizing data and findings catered towards your audience.
 - Are there any allies or barriers?
 - What are the components of a brief?
 - The Need.
 - The Challenge.
 - The Strength.
 - The Recommendation.
 - Making sure your information is succinct, action oriented language is used, and your expectations are clearly stated.
 - Consider having recommendations broad enough that a local leader could engage their staff to follow through in enacting a policy & formulate procedures to meet their needs.
- Board members began workshopping potential policy ideas regarding 'Mental Wellness' and 'Substance Use' . Board members began drafting up ideas and visions as well as identifying allies and potential barriers. Several ideas included:
 - Engaging the county in supporting county-wide engagement tactics such as youth-led prevention assemblies.
 - Providing awareness information/education to parents through PTA, school based events, forums, training etc.

6:57 pm - Board Member Updates

- Board members Radha updated the board that she has been accepted into Stanford University this upcoming Fall Semester, therefore she will be vacating her 'Chair' position voluntarily around March-April to allow a transition period and mentoring if needed to the next 'Chair'.
- Board members Natanya, Radha and Clara will be representing the BHYAB and Sacramento County DHS at the allCove convening in San Francisco. This 3 day conference is an all expenses-paid trip for our board members.

7:04 pm Meeting Adjourned