

Behavioral Health YOUTH ADVISORY BOARD

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



January News

On **January 7th**, Adrienne Shilton from the California Alliance of Child and Family Services presented on **AB 2711, a new bill requiring schools to adopt a public health framework for addressing youth substance use and revising suspension policies to support students rather than penalize them.** The board expressed strong interest in collaborating with CACFS's Youth Advisory Board on this initiative. Key action items included **approving revised bylaws**, which now clarify hybrid attendance policies, officer reapplication limits, and AI's role in meetings. The board also **approved a transition outline** for working with PRO and Wind Youth during the provider shift and **established a "Listening Session" Ad Hoc to oversee upcoming engagement efforts.** Members reviewed data for their policy brief and discussed incorporating findings on substance use and juvenile justice, with potential collaboration opportunities ahead.

FEATURED

Meeting News

Board Vacancies

Upcoming Events

Surveying Sacramento

Resources

*This newsletter is
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January News Cont.

On **January 21st**, Celeste Walley from the California Alliance of Child and Family Services Youth Advisory Board (CACFS YAB) **shared insights into their statewide projects and efforts to build strong partnerships, with plans for future collaboration.** Sydney Saiya and Nick Soliz from PRO Youth and Families presented on '**Policy vs Programming**' and led an engaging workshop on policymaking, highlighting key principles such as defining community needs, using data-driven approaches, and framing policies as SMART goals. Board members brainstormed policy ideas related to mental wellness and substance use, exploring strategies like youth-led prevention assemblies and parent education initiatives. Finally, board members Natanya, Radha, and Clara will represent BHYAB and Sacramento County DHS at the allCove convening in San Francisco, an exciting opportunity for learning and collaboration.



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BOARD VACANCIES

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 3 - One Seat Available

District 5 - Two Seat Available

APPLY NOW

Here's How the BHYAB Members Are Selected

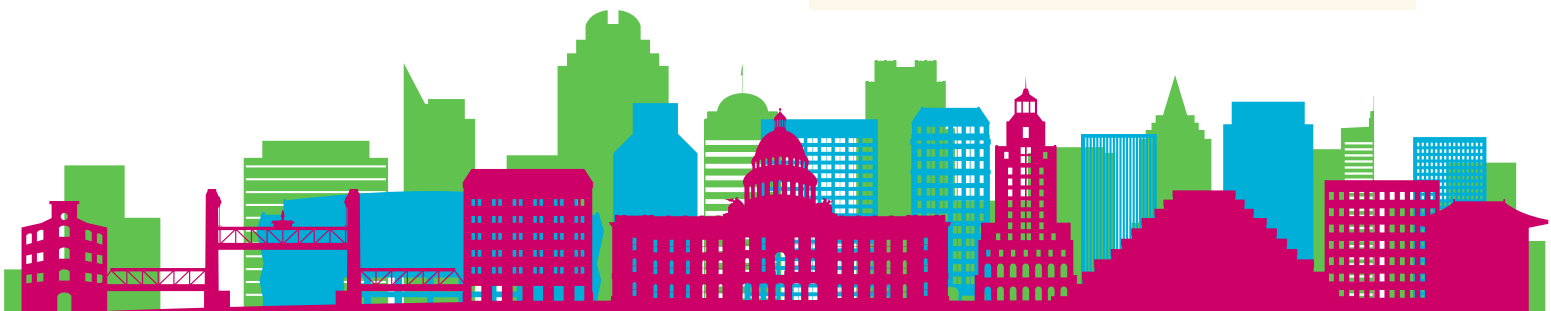


DID YOU KNOW?

First, you can apply to the board by downloading and emailing [THIS FORM](#).

Then, applicants send their applications to Sacramento County's Board Clerks at BoardClerk@Saccounty.gov, 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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Exciting Upcoming Events from BHYAB

In the coming months, the BHYAB will be partnering with the UC Davis Center for Reducing Health Disparities to host a Science Café event. This event will focus on the important work the BHYAB is doing around substance use and mental wellness, alongside the Together For Wellness campaign. Since October 2024, select board members have been working diligently to design and implement the event, from shaping the agenda to planning engaging activities. We look forward to sharing this exciting event with the community!

Additionally, the BHYAB is planning a listening and focus session to provide youth and community members an opportunity to share their thoughts and concerns on these crucial topics. Stay tuned for more details on these upcoming opportunities to engage and make your voice heard!

UCDAVIS
HEALTH



SACRAMENTO
COUNTY

To stay up to date on all BHYAB events and activities, be sure to follow us on Instagram @saccountybhyab. There, you'll find updates on general meetings, upcoming events, and youth-curated content. Don't miss out on the latest news and opportunities to engage with the BHYAB community!



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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!



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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:

Celeste Walley, CACFS YAB, for presenting to our board and sharing your insight.

Adrienne Shilton, CACFS, for presenting to our board and initiating collaboration.

If you or someone you know would like to present to the BHYAB, please contact dextern@proyouthandfamilies.org.

