

Behavioral Health **YOUTH ADVISORY BOARD**

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



October News

On October 7th, the board discussed the Together4Wellness Breaking Barriers conference (more information provided in the Recent Events section of the newsletter!). Board members also discussed the current policy brief. They went over the most recent draft. Additionally, board members individually spent some allocated time completing social media posts for the board instagram page. Finally, the board officially announced that board member Karisa would no longer be a part of the board. You will be missed karisa!!

On October 21st, the board further discussed the Together4Wellness Conference and the upcoming Breaking Barriers event. Board members considered further training board members and increasing outreach, such as potential outreach events. The policy brief ad hoc went over the parts of the introduction and the overall policy brief. Lastly, board members worked together to create an outreach social media post, which you can now see on the instagram page.

FEATURED

Meeting News

Upcoming & Recent
Events

Board Resources

**This newsletter is
brought to you by:**



Board Events

This month, board member, and Vice Chair, Natanya attended the 2025 Breaking Barriers Integrated care Symposium, the only statewide symposium that is dedicated to addressing the barriers associated with youth wellness. Here, attendees addressed the creation of solutions for youth mental health. This year had almost 100 youth scholarship recipients, including Natanya herself!

BOARD RESOURCES

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



**FOLLOW THE BOARD INSTAGRAM TO STAY UP TO DATE
WITH BOARD ACTIVITIES AND EVENTS, GENERAL
MEETINGS, AND YOUTH-CURATED CONTENT:**

@SACCOUNTYBHYAB

**IF YOU WOULD LIKE TO PRESENT TO THE BHYAB,
PLEASE CONTACT FRANK@WINDYOUTH.ORG.**



Interested in joining the board?

Fill out the application! There are two seats per district, and currently, 1 seat for District 3 and 2 seats for District 5 are open. Applicants for districts with full seats can still apply and serve as associate board members until a space open up!

If you know a youth that has an interest in behavioral health, please refer them to this newsletter and encourage them to apply - we can offer support in the application process too!

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SELECTION PROCESS

1. Apply to the board with the link above
2. Send application to BoardClerk@SacCounty.gov
3. After applications are reviewed, the applicant will be interviewed by their respective district supervisor
4. After interviews, supervisors make their appointment recommendations

