

Behavioral Health YOUTH ADVISORY BOARD

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



December News

On December 2nd, the board discussed some updates and plans, including the upcoming Sacramento Youth Mental Health Conference, outreach strategies for the six vacancies on the board, and board member updates. Board members worked on finalizing revisions to the policy brief. Finally, Celeste Walley from the California Alliance of Child and Family Services (CACFS) presented on the organization's mission and the work of their Youth Advisory Board.

On December 16th, members reviewed board activity updates, approved the agenda and previous minutes, and continued refining their policy brief and presentation outline. The board also welcomed a detailed presentation from Dr. Corrine Sako, a newly appointed member of the Sacramento County Behavioral Health Commission, who explained the commission's structure, recent changes under the Behavioral

FEATURED

Meeting News

Upcoming & Recent

Events

Board Resources

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Health Services Act, and opportunities for youth involvement. She highlighted the commission's role in evaluating community behavioral health needs, engaging with nonprofits, and advising county leadership. Dr. Sako also offered guidance on effective advocacy, including crafting impactful public comments and prioritizing personal well-being through intentional self-care.



BOARD RESOURCES

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

BOARD EVENTS

The board has no recent news of events or upcoming events. hear of an upcoming event? Is your organization having one? Let us know!

**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!

Each district has two seats.

Currently, Districts 1 and 2 each have one open seat, and Districts 3 and 5 each have two open seats — a total of six vacancies. We need 10 board members for a full board.

Even if your district's seats are full, you can still apply!

Applicants from fully seated districts may serve as associate board members until a seat becomes available.

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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- [Agenda](#)
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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

