

## Meeting Minutes 11.19.21

### Behavioral Health Youth Advisory Board

Audrey Nunez	x
Ja'Lyn Wright	x
Jordan Kaitapu	x
Karen Kaur	absent
Madison Nguyen	x
Merissa Posh	absent
Savanna Karume	x
Trayzell White	x

**5:30pm** Welcome, introductions, ice breakers, true colors personality test debrief

- Sydney Spitzer, program coordinator, convened the meeting at 5:40pm, and introductions were made by checking in with board members.
- Members participated in ice breakers to get to know one another better.
- Members discussed the importance of deepening relationships among board members.
  - Trayzell White stated that trusting among each other is detrimental in order to create a safe space and that transparency is key for change.
  - Savanna Karume believes deepening relationships will be advantageous for board members in supporting one another.
- Members participated in personal development by continuing with true colors personality test. Members debriefed that centering one's extreme personality traits can enable one to utilize those traits as a strength, in order to contribute to leadership skills.

**6:18 pm** Agenda and Minutes

- Members approved meeting minutes for the date of 11/6/2021.
- Members approved the agenda for the evening.

**6:20 pm** Bylaw comments

- 6:20 pm Sydney Spitzer addressed concerns members had in regards to expanding the age bracket of the board from 14 to 26, stating it will require approval from the Board of Supervisor and the process will be more extensive than anticipated. Sydney Spitzer recommended

changing the age threshold of associate members rather than the board members, stating that the process would be more immediate.

- 6:22 pm Sydney Spitzer addressed concerns regarding the long-term commitment of associate members of the board, by stating that the board has the right to amend term agreements of associates.
- 6:23 pm Sydney Spitzer stated that the board has the right to include additional officers.
- 6:24 pm Sydney Spitzer also revealed that the board has the right to approve bylaws without the consent of the Board of Supervisors.
- 6:27 pm Sydney Spitzer went over term length agreements and members discussed who will be committed.

#### **6:28 pm** Term-length Agreements

- 6:28 pm Trayzell White pointed out that for certain members of the board who are reaching the threshold age of 24, it will be their first and only opportunity to serve on the board. Trayzell White expressed to younger board members the desire to be a part of the board for as long as possible, in order to bring change to the community.
- Cady Horobin-Wohlers encouraged for an open discussion on arguments for being one length term vs two length terms.
- 6:31 pm Maddie Nguyen, Ja'Lyn Wright, Audrey Nunez agreed to commit for a one length term.
- 6:33 pm Members approved term-length agreements.

#### **6:45 pm** Absences

- Jordan Kaitapu asked for clarification on what is considered to be an excused absence.
- Sydney Spitzer clarified that it is up to the members of the board to further define the specifics.
- Members incorporated school, religious, health, and familial factors into the bylaws and further defined what is considered an excused absence. Members also agreed upon a 24-hour time window to inform program coordinator, Sydney Spitzer, of absences.

#### **6:50 pm** Meeting Recurrence

- The board set their meeting recurrence for the first and third Friday evenings of each month for general meetings.

#### **7:03 pm** Position Expectations

- Board members approved to hold off on officer position expectation details until next meeting.

**7:05 pm** Nominations

- Trayzell White self-nominated for the position of Chair, Vice Chair, and Secretary.
- Savanna Karume self-nominated for the position of Chair and Vice Chair.
- Trayzell White nominated Jordan Kaitapu for the position of Vice Chair to which she accepted
- Savanna Karume suggested that the positions be rotated annually, and not on the basis of a board members term, to allow for some variability and to give incoming members an opportunity for the position.
- Sydney Spitzer agreed that terms for positions will be on a yearly basis.

**7:15 pm** Confirm Bylaws

- Sydney Spitzer read aloud the bylaw agreements to board members.
- 7:17 pm Board members approved bylaw agreements.

**7:18 pm** Public Comment

- Community member asked if there were any available seats on the board. 2 seats are available for youth between the ages of 14 to 24, who live in or go to school in district 4.
- Community member asked for assistance in raising awareness of Fentanyl poisoning in Sacramento.
- Community member shared an opportunity with board members to give their opinion on a policy paper that is being considered by the Mental Health Board. The hearing will take place Thursday, December 16, from 4:00-6:00 pm.
- Board members Maddie Nguyen, Ja'Lyn Wright, Jordan Kaitapu, Savanna Karume, and Trayzell White expressed interest.
- Cady Horobin-Wohlens informed the board that the Sacramento County Office of Education and the County are hosting a zoom meeting to discuss the new 10-year Student Mental Health and Wellness plan.
- Community member suggested that at the beginning of each meeting the members of the board introduce themselves, in order to help the public.

**7:34 pm** Adjourned

- Meeting adjourned by Sydney Spitzer