

Behavioral Health YOUTH ADVISORY BOARD

November 2022

Issue No. 14

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



STAY POSITIVE, STAY FOCUSED.

“November—the last month of autumn, but the beginning of a new adventure. Time to take a risk and do the unexpected.” – Anonymous

The year is coming to end, and these next moments allow us to reflect and appreciate those who have helped us along the way. Great or small every action that is done for the benefit of others is one to be valued.

Featured This Month

- ▶ November News
- ▶ Officer Updates
- ▶ Gratitude
- ▶ Meeting Schedule
- ▶ Resources

This newsletter is brought to you by:



NOVEMBER NEWS

This month the board has been busy approving several new items and discussing plans for future presentations.

Partnering with our adult allies, the board has worked tirelessly to create a presentation of our first policy draft after months of hard work and collaboration. With new projects establishing, elections coming up, and presentation coming soon we are excited to see what the rest of this year holds for our board.



POLICY DRAFT RECAP

The Board used their first meeting this month to present their policy brief draft to their Adult allies and Claudia Jasin, youth policy specialist. This was no small project and was made possible through collaboration and research between board members. The main focus of the BHYAB's policy brief is to increase the amount of "Mental Health Practitioners on School Campuses."

There is a greater need now than ever to have mental health practitioners as the pandemic exasperated issues such as sadness, hopelessness, lower-self esteem, etc. The BHYAB aims to implement their policy in schools and help their peers receive the care they need.

OFFICER UPDATES

A message from our board.

Hello and good evening, everyone. Those of us on the board have been working so hard to finish up these interviews with our adult allies in the district we represent these past months. Our last few meetings have focused on connecting with one another about practicing our policy draft presentations and working on our public speaking skills. It is truly rewarding to see all of our hard work and research finally coming together. Hope everyone has a great rest of the year!

 *Mark Your Calendars!*

**Next Board Meeting:
December 5th, 2022**

BHYAB Officers



Chair,
Savanna Karmue



Vice Chair,
Jordan Kaitapu



Secretary,
Trayzell White

Meet The Board



District 1
Trayzell White



District 2
Ja'Lyn Wright



District 3
Savanna Karmue



District 4
Ria Srivastava



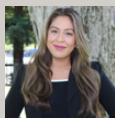
District 5
Jordan Kaitapu



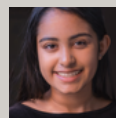
District 1
Mark Borges



District 2
Merissa Posh



District 3
Audrey Nunez



District 4
Natanya Kharat



Associate Member
Radha Chauhan



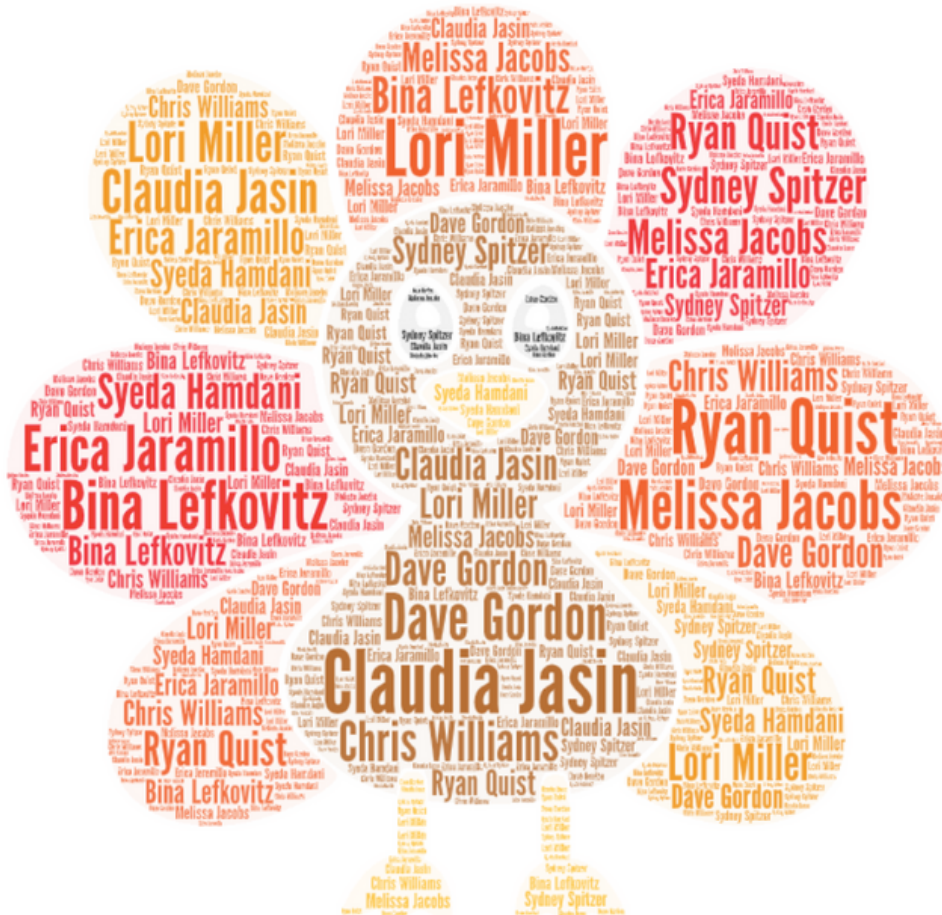
MEMBER GRATITUDE

We are grateful for...

- Our efficacy and internal motivations
- The opportunity to create change in Sacramento
- A progressive county with objective people
- The adult allies that advise and educate us members
- The collaboration from the Office of Education
- The stakeholders that advocated for a youth board
- The employees of PRO Youth and Families that support our efforts
- The Behavioral Health Department for taking youth seriously
- To our parents, thank you for loving us for who we are and laying the foundation for whom we will become.*



Thank you, supporters, for enhancing the BHYAB experience.



NEWS AND RESOURCES

Our new schedule is every 1st Monday and 3rd Saturday of the month, 5:30 pm - 7:30 pm.

However, we will accommodate dates in September for Labor Day.

Monday, Dec. 5th &
Saturday, Dec 17th
5:30 - 7:30 PM

Want to access our virtual meetings?

CLICK HERE



PARTNER COLLABORATIONS



The board is very excited to be announcing their new collaboration with partners of the Sacramento County Office of Education for a new Social Media Campaign: for youth by youth. Stay tuned for more news to come as this project develops.

BOARD RESOURCES

- [Agenda](#)
- [BHYAB Application](#)
- [Find My District & Supervisor](#)



Join the Board!



Interested in becoming a board member? District 5 has one seat available! Email Jordan at jordankaitapu@gmail.com to learn more about our associate member positions.

Special thanks to the BHYAB Partners:

