

# Sacramento County Behavioral Health

# YOUTH ADVISORY BOARD

NEWSLETTER BROUGHT TO YOU BY THE MEMBERS OF THE BHYAB

## Welcome 2023!

Greetings Sacramento community and partners! There's been excitement buzzing in the air. The BHYAB has been pretty busy these days, as we have currently finished and polished the final draft of our policy brief to help implement mental health practitioners on school campuses.

We're now working on getting advice from our adult allies and supportive groups in Sacramento. This is a major step for us, but we're so glad to be the **leaders of change** and are hoping for even better things in the future.

**Stay tuned** for upcoming announcements and save the dates to join us for our next meetings:

- Monday, February 6th
- Saturday, February 18th

**A Message from BHYAB Chair, Savanna Karmue**



## Newsletter Highlights

A Message from the Chair, Savanna Karmue

Meeting News

Supporting Partner Collaboration

Board Member Updates

Community News

Resources

This newsletter is brought to you by:



Want to learn more about the BHYAB? Check out our [2021](#) and [2022](#) newsletters on the Sacramento County website.



## Sacramento County Behavioral Health Youth Advisory Board Newsletter

## Meeting News

On January 21st, board members reviewed their bylaws and meeting requirements. With the State of Emergency lifted, board members must attend in-person meetings beginning this March.



To accommodate youth schedules while abiding by the Brown Act rules and regulations, members will host one monthly board meeting in person. In order to keep members well informed on Sacramento behavioral health activity, members will receive virtual trainings in groups compromised of less than half the members.

*Interested in hosting a youth-friendly training?* Contact our program manager, Sydney, at [sydneys@proyouthandfamilies.org](mailto:sydneys@proyouthandfamilies.org).

## Supporting Partner Collaboration

As we continue into 2023, the BHYAB intends to develop stronger relationships with the Sacramento County Mental Health Board and Sacramento County Office of Education. The board has voted two members to become liaisons to these entities, with hope to collaborate on youth needs in Sacramento.



California's Department of Health Care Services engaged board members in the recruitment of youth for a focus group; participants reviewed telehealth services. The BHYAB has also been asked to assist Sacramento's Alcohol and Drug Advisory Board with the development of a Social Media Campaign.

# Board Member Updates

As we begin this year, we have some new changes for our board. District 1 representatives, Trayzell White and Mark Borges, will be moving on from the BHYAB and we wish them the best in their future endeavors. Thank you Trayzell and Mark for your leadership, dedication, and input that has positively impacted changes for young people in Sacramento. We know the future is bright because of leaders like you!



**I want to thank those who have invested time and energy into uplifting the members of the BHYAB. Youth in today's world face mounting pressures, so every action we can take to provide mental, physical and emotional wellness resources for young people is worth taking. Thank you to the Board's staff for providing this experience, and I look forward to seeing all the Board will accomplish in the coming months.**



Message from Mark Borges, District 1



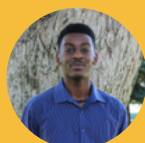
## Sacramento County Behavioral Health Youth Advisory Board Members

### DISTRICT 1



Trayzell White

### DISTRICT 2



Ja'Lyn Wright

### DISTRICT 3



Savanna Karmue

### DISTRICT 4



Ria Srivastava

### DISTRICT 5



Jordan Kaitapu



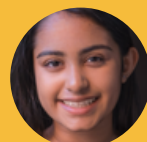
Mark Borges



Merissa Posh



Audrey Nunez



Natanya Kharat



Radha Chauhan

# Community News

Do you know a youth that may want to participate with the BHYAB? The Behavioral Health Youth Advisory Board has vacancies in District 1 and District 5. Apply Now!

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

Interested in joining the BHYAB with a flexible commitment? Associate Member positions are available! Contact Sydney at [SydneyS@proyouthandfamilies.org](mailto:SydneyS@proyouthandfamilies.org)

## Resources

### February Board Meeting Dates

- Monday February 6th, 5:30 PM to 7:30 PM
- Saturday February 18th, 5:30 PM to 7:30 PM

February meetings are available via zoom.

Click [here](#) to access our meeting link.



Visit California's [Department of Health Care Services](#) today to learn more about services available to you. Find out how a physician can enroll you in Medi-Cal, how to receive free health screenings, and more on family planning services.

Special thanks to the BHYAB Partners:

