

# BHYAB NEWSLETTER

Brought to you by Sacramento County's Behavioral Health Youth Advisory Board

## A Message from the Board

*"We cannot always build the future for our youth, but we can build our youth for the future."*  
-Franklin D. Roosevelt

Thank you to everyone that took the time to support our brief. Our board has gathered over **150 youth signatures** in support of our policy recommendations.

Join us on May 3rd, at 6:00 PM as we virtually present our policy recommendations to the Mental Health Board. Please feel encouraged to attend the Board of Supervisors meeting on May 9th at 9:00 AM at 700 H Street, Suite 1450, Sacramento, CA 95814.

The BHYAB meetings are held in person at the Sac Youth Center. As of our last meeting, we have revised meeting dates and times for summer. In honor of Mental Health Awareness month, we will be taking recess following presentations in May.

**June Board Meetings**  
The first and third Tuesday  
5:30 PM to 7:30 PM

## Newsletter Highlights

A Message from the Board

Meeting News

Policy Brief

Board Member Updates

This newsletter is brought to you by:



# POLICY BRIEF PREVIEW

## Mental Health Resource Accessibility and Sustainability

### STRENGTH & BENEFIT OF PROPOSED SOLUTION

Our proposed solutions of promoting accessibility to resources and services will enhance mental health prevention. Our recommendations intend to break barriers between systems, in turn, strengthening sustainability of programs developed.

### VISION

All Sacramento youth are valued and have direct access to mental health care and services on and off school grounds.

### MISSION

The Behavioral Health Youth Advisory Board aims to advise the Board of Supervisors in providing a systemic and sustainable structure to ensure that Sacramento youth have proper, accessible mental health resources.

### RECOMMENDATIONS

- # 1** Support county collaboration with the office of education in the recruitment of mental health practitioners on school campuses and promotion of schools as centers of wellness and restoration.
- # 2** Support county collaboration with the state in the development and advertisement of telehealth programs, where students can connect with mental health professionals and clinicians online.
- # 3** Engage the county to collaborate with the office of education on providing mental health and harm reduction resources for school staff, parents, and students that educate them on symptoms of and help with mental health problems.
- # 4** Engage community-based organizations and the school system in advertisement of professional mental health services (that can be accessible outside of school hours).



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# Join the BHYAB!

## DISTRICT 1

Who can apply for the BHYAB? Youth between ages 14-24 who live in District 1 or attend one of the following schools within District 1:

- American Legion Continuation
- Arthur A. Benjamin Health Professions High School
- Hiram Johnson High School
- West Campus High School
- Discovery High School
- Inderkum High School
- Natomas High School
- Elwood J. Keema High School
- Grant Union High School
- Norwood Jr. High School
- Rio Tierra Jr. High School
- Vista Nueva Career and Technology Continuation



District 1  
County Supervisor  
Phil Serna

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### Sacramento County Behavioral Health Youth Advisory Board Members

#### DISTRICT 1



Join the Board!



Join the Board!

#### DISTRICT 2



Ja'Lyn Wright



VACANT

#### DISTRICT 3



Savanna Karmue



Audrey Nunez

#### DISTRICT 4



Ria Srivastava



Natanya Kharat

#### DISTRICT 5



Jordan Kaitapu



Join the Board!

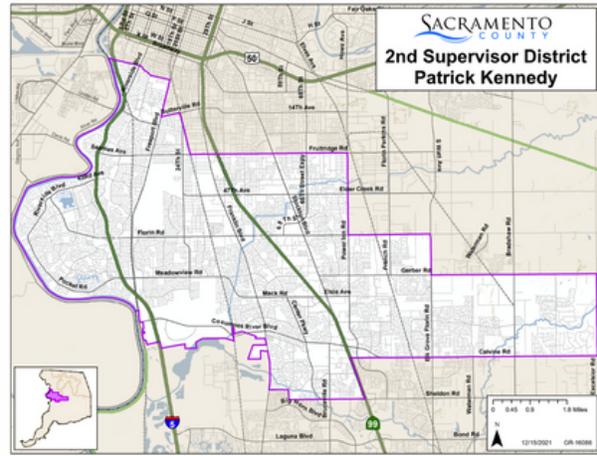
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# Join the BHYAB!

## DISTRICT 2

Who can apply for the BHYAB? Youth between ages 14-24 who live in District 2 or attend one of the following schools within District 2:

- Calvine High School
- William Daylor Continuation
- Florin High School
- Las Flores Alternative
- Rio Cazadero Continuation
- Sheldon High School
- Valley High School
- C.K. McClatchy High School
- John F. Kennedy High School
- Luther Burbank High School
- School of Engineering & Sciences



District 2  
County Supervisor  
Patrick Kennedy

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#### DISTRICT 1



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#### DISTRICT 2



Ja'Lyn Wright

#### DISTRICT 3



Savanna Karmue

#### DISTRICT 4



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Jordan Kaitapu



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VACANT



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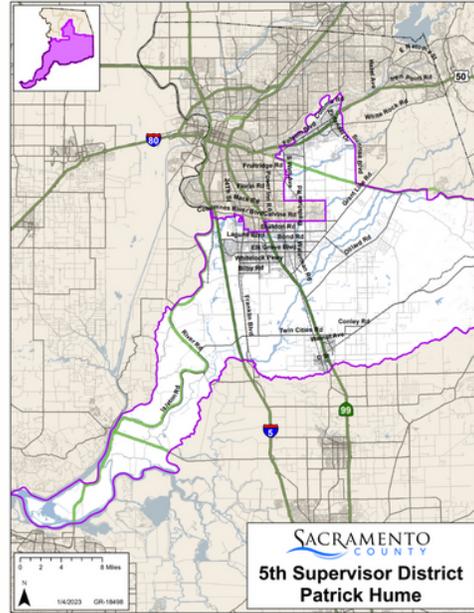
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## DISTRICT 5

Who can apply for the BHYAB? Youth between ages 14-24 who live in District 5 or attend one of the following schools within District 5:

- Consumnes Oaks High School
- Elk Grove High School
- Franklin High School
- Laguna Creek High School
- Monterey Trail High School
- Pleasant Grove High School
- Cordova High School
- Kinney Continuation
- Walnutwood High School
- Estrellita Continuation
- Galt High School
- Liberty Ranch High School
- Delta High School
- Mokelumne Continuation
- Rio Vista High School
- River Delta Community Alternative
- River Delta High School
- Rosemont High School



District 5  
County Supervisor  
Pat Hume

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#### DISTRICT 1



Join the Board!

#### DISTRICT 2



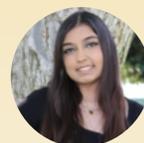
Ja'Lyn Wright

#### DISTRICT 3



Savanna Karmue

#### DISTRICT 4



Ria Srivastava

#### DISTRICT 5



Jordan Kaitapu



Join the Board!



VACANT



Audrey Nunez



Natanya Kharat



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