

# BHYAB NEWSLETTER

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



*There is no health, without mental health.*

## Newsletter Highlights

June News

Board Member Highlights

Current BHYAB Openings

Meet the Districts

Other News

This newsletter is brought to you by:



# JUNE NEWS

On June 6th, the board members learned about the Opioid Settlement Funding and the potential programs that are taking interest in applying for the funding. Lori Miller, Sacramento County Substance Use Prevention and Treatment Division Manager, advised members to distribute a needs assessment survey for the community. Members assisted in the success of over 300 participants for the survey.



Members also received a presentation from The Source, Sacramento to learn more about their warmline and how their services assist those in crisis, and in connecting people to services.

On June 20th, members debriefed personal updates as many members will be resigning due to life transitions.



Members also reviewed and revised content for a new program the BHYAB is assisting other Sacramento boards in the development of. This new program intends to focus on prevention education and engaging youths in advocacy. We look forward to the collaboration of the Mental Health Board, Public Health Advisory Board, county behavioral health departments, and Sacramento County Office of Education.

***In need of support?***  
Call or Text 916-SUPPORT or visit  
[thesourcesacramento.com](https://thesourcesacramento.com) for 24/7  
support youth and caregivers.



# BOARD MEMBER HIGHLIGHTS



Summer is here and our board members are up to amazing things! From high school graduates to college freshman, our youth are experiencing exciting life transitions and we couldn't be more proud of them.

Member Audrey Nunez will remain with the BHYAB through the month of July. "Starting in the month of August, I will begin my fellowship at UC Davis Graduate School to study for my Master's in Education combined with my Teaching Credential for the subject of English." - **Audrey Nunez, District 3**

Board Secretary, Natanya Kharat is staying busy as she continues with BHYAB activity. "I recently graduated from Folsom High and am heading to UC Davis as an incoming undergraduate studying Psychology. I'm also heading to Washington, D.C.

at the end of June to host a round-table discussion on school sexual harassment and assault prevention at the Girl Up USA Leadership Summit." - **Natanya Kharat, District 4**

Vice Chair, Jordan Kaitapu is currently up for reappointment and has been finding new opportunities to connect with our youth community. "After wrapping up my first year as a Teaching Fellow, I am currently working with the Greater Sacramento Urban League as a Peer Mentor." - **Jordan Kaitapu, District 5**

## **Interested in joining the BHYAB?**

**We need YOUTH! If you or someone you know might be interested in joining the BHYAB, we encourage you to apply now!**

**To learn more details, visit the [Sac County website](#).**

# BOARD MEMBER HIGHLIGHTS

## RECOGNIZING OUR MEMBERS

This month, we would like to recognize our incredible members who will be moving on from their roles with the BHYAB. We also extend our deep appreciation to each of these individuals for their time, efforts, and contributions that have propelled the work of the board.



Ja'Lyn Wright,  
District 2

We would like to extend a huge congratulations to former representative for District 2, Ja'Lyn Wright, who will be moving on from the BHYAB to attend UC Los Angeles! Ja'Lyn will be studying Psychology and Dance and we are grateful for the opportunity to have worked with him since 2021. We are confident that he will be a positive force for his future campus and look forward to the work he will do in the near future!

*Thank you Ja'Lyn! #GoBruins*



Savanna Karmue,  
District 3, Chair

"I recently graduated from high school and I'm on my way to UC Irvine in the fall to study Public Health Sciences, where I will be an anteater! I would like to express my heartfelt gratitude for the invaluable knowledge and experience I have gained during my time on this Board, as well as the opportunity to meet such remarkable and brilliant people. I am filled with anticipation to witness the future endeavors of the board and wish all the members the best of luck in making sure our Mental Health Sustainability policy goes through. As I embark on my new journey in college, I am eager to put into practice the skills and knowledge I have acquired from my involvement with this Board! Thank you everyone!" Savanna will engage with the board as an Associate Member.

*Thank you Savanna! #UCIPride*



Ria Srivastava,  
District 4

We'd also like to congratulate former representative for District 4, Ria Srivastava, for her acceptance to UC Irvine where she will be studying Criminology. "My time with the board has been filled with so many learning experiences, both personally and alongside the incredible team of co-members who have become close friends. I am so grateful for the opportunity to represent our youth and look forward to seeing all of the transformative work the board will propel in the coming years."

*Thank you Ria! #UCIPride*



# CURRENT BHYAB OPENINGS

As several of our board members transition, we are looking for additional youth to fill our board and we encourage any interested youth to apply!

## Sacramento County Behavioral Health Youth Advisory Board Members

### DISTRICT 1



Open Seat

### DISTRICT 2



Open Seat

### DISTRICT 3



Audrey Nunez

### DISTRICT 4



Natanya Kharat

### DISTRICT 5



Jordan Kaitapu



Open Seat



Open Seat



Open Seat



Open Seat



Open Seat

[APPLY NOW](#)

## BHYAB FAQ's:

### *What is the BHYAB?*

The Behavioral Health Youth Advisory Board is a governing body that offers youth perspective on mental health and substance misuse goals and objectives for Sacramento County.

### *What is the commitment?*

Board members, ages 14-24, are expected to participate 6-8 hours a month. Board members are appointed to a two-year term. Associate members, ages 12-26, do not have a time commitment.

### *Do I need any background experience?*

No experience is needed! All we ask is that you are passionate about mental health or substance misuse, and we will teach you along the way.

### *What would I be doing?*

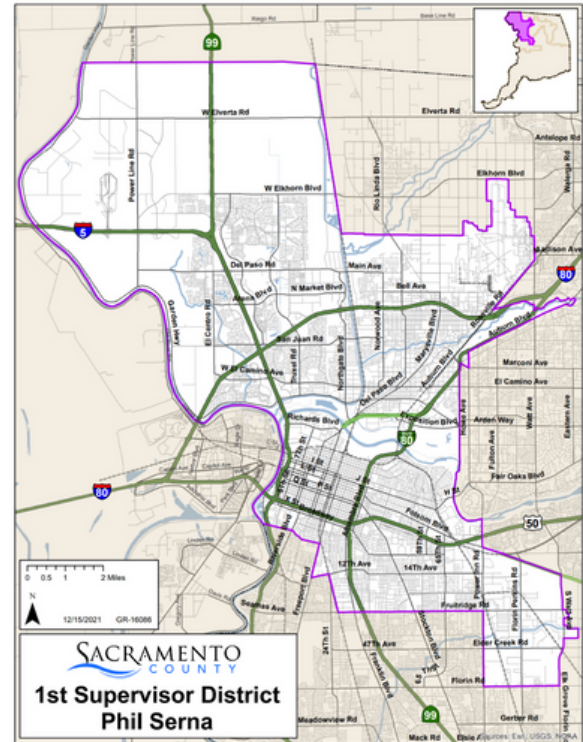
We meet in person twice a month to receive information on behavioral health, and brainstorm what needs to be done to make a difference to current policies and systems. Outside of meetings are event opportunities and professional development training.

# MEET THE DISTRICTS

## DISTRICT 1

The BHYAB is looking for **TWO (2)** young people to represent District 1. 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

[View Full District 1 Map](#)

## WORDS FROM OUR BOARD

*"This is a fantastic board that encourages collaboration and where you truly feel that you have a voice." - Audrey Nunez, District 3*

*"It is a wonderful opportunity to get involved with mental/behavioral health advocacy and public policy as well as meet and learn from other amazing youth advocates!" - Natanya Kharat, District 4*

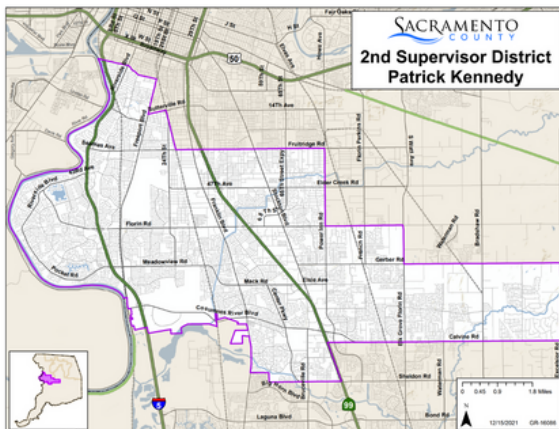
*"Not only is it a great opportunity to get involved in local government, it's also filled with fun and interesting opportunities to meet new people and gain new insights." - Jordan Kaitapu, District 5*

# MEET THE DISTRICTS

## DISTRICT 2

The BHYAB is looking for **TWO (2) young people to represent District 2**. 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



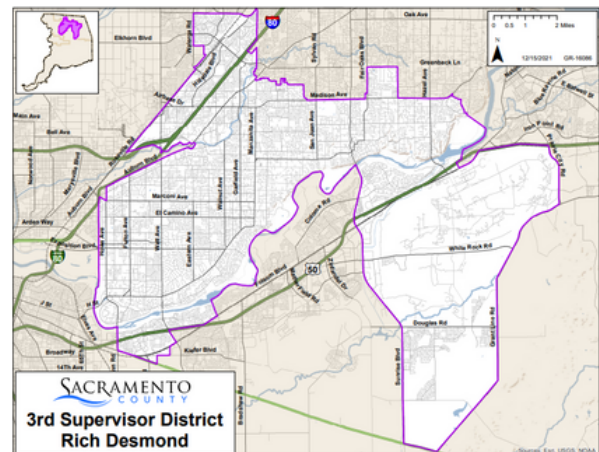
District 2  
County Supervisor  
Patrick Kennedy

[View Full District 2 Map](#)

## DISTRICT 3

The BHYAB is looking for **ONE (1) young person to represent District 3**. Youth between ages 14-24 who live in District 3 or attend one of the following schools within District 3:

- Bella Vista High
- Del Campo High
- El Camino Fundamental High
- El Sereno Independent Study
- Encina Preparatory High
- La Entrada Continuation
- La Vista Center
- Laurel Ruff Center/Transition
- Mira Loma High
- Rio Americano High
- Foothill High
- Highlands High
- Pacific Career and Tech Continuation



District 3  
County Supervisor  
Rich Desmond

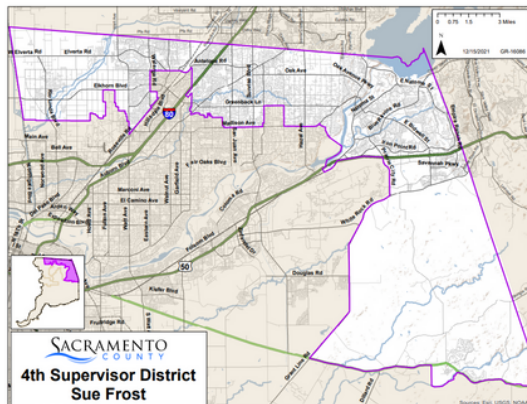
[View Full District 3 Map](#)

# MEET THE DISTRICTS

## DISTRICT 4

The BHYAB is looking for **TWO (2)** young people to represent District 4. Youth between ages 14-24 who live in District 4 or attend one of the following schools within District 4:

- Center High
- McClellan Continuation
- Folsom High
- Folsom Lake High
- Vista del Lago High
- Antelope High
- Casa Roble Fundamental High
- Mesa Verde High
- San Juan High
- Rio Linda High



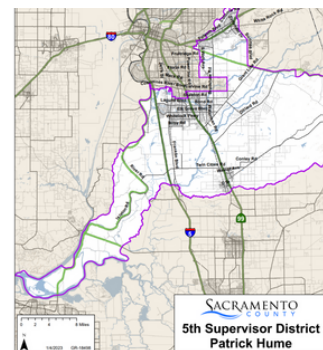
District 4  
County Supervisor  
Sue Frost

[View Full District 4 Map](#)

## DISTRICT 5

The BHYAB is looking for **ONE (1)** young person to represent District 5. 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

[View Full District 5 Map](#)



# OTHER NEWS

## A MESSAGE FROM THE BHYAB

We would like to take a moment to honor those in youth communities that are mandated reporters. Thank you for handling the difficult conversations and navigating youth through their hardships.



In our time with the board, we have learned how vital it is that mandated reporters inform youth of their responsibility to report in the initial phases of introductions to ensure the foundation of trust is kept intact. Please feel welcome to contact us to learn more about how to tell youth you are a mandated reporter.

## OTHER RESOURCES



The Source Sacramento supports youth and their caregivers. Their warmline is available 24/7/365. *You do not have to be in crisis to receive support.* Call or text 916-SUPPORT for more.

In California, those 12 years of age or older may consent to out-patient treatment or services if, in the opinion of the attending professional person, the minor is mature enough to participate intelligently in the mental health treatment or counseling services (Health & Safety Code § 124260).

Special thanks to the BHYAB Partners:

