

Meeting Minutes 2.4.22

Behavioral Health Youth Advisory Board

Name	Attendance
Audrey Nunez	x
Ja'Lyn Wright	absent
Jordan Kaitapu	x
Madison Nguyen	x
Merissa Posh	x
Savanna Karmue	x
Trayzell White	x

5:30 pm Welcome & Introductions

- A quorum is established and the meeting is convened by Sydney Spitzer, Program Coordinator at PRO Youth and families.

5:35 pm Approval of Agenda

- Members approved the meeting minutes of 12.3.21, along with the agenda for 2.4.22.

5:40 pm Supporting Partner Presentation

- Glen Price Group facilitated conversation on the 10-Year Student Mental Health Plan. Member conversations were hosted in break out rooms.

5:55 pm Paired Discussions between members

- Members answered: If you had one wish for the future of student mental health and wellness in Sacramento County, what would it be?

6:05 pm Small Group Discussions facilitated by Glen Price Group

- Members answered: What do you see as the top 2 - 3 strengths related to student mental health and wellness in Sacramento County? What are the top 2 - 3 most significant challenges or gaps related to student mental health and wellness in Sacramento County?

- The themes of conversation were: De-stigmatization, student-centered approaches, culturally responsive practices and restorative justice

6:25 pm Full Group Discussion facilitated by Glen Price Group

- Members answered: What tips do you have for how to engage students and young adults? Is there anything else that you would like to share that we haven't covered?

The themes of conversation were:

- Have community leaders talk about it to begin dialogue
- Social media; get the flyers out on social media virtually.
- Accessibility; having a way to reach independent/charter/continuation schools, making it times when youths are easily accessible - after school or on a Saturday so they can join. Send information via school email.
- Make flyers available in several different languages - many people do not speak English

6:45 pm Break

6:55 pm Onboarding and Community Agreements

- Members debriefed their experience in the adult ally meet-n-greet. Trayzell acknowledged that it is nice to meet the "man behind the mask". Savanna enjoyed the shared point of view that occurred during break out rooms.
- Maddie informed members of her experience during the fentanyl awareness town hall meeting, acknowledging the high rate of teen death in Sacramento from fentanyl overdose.
- Members reviewed the letter of support they wrote for the school-based mental health report and recommendations.

7:25 pm Meeting adjourned