

Behavioral Health YOUTH ADVISORY BOARD

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



December News

The Board met with supporting partners, Ryan Quist and Melissa Jacobs, who provided information about County Behavioral Health Services and the Child & Family Behavioral Health Service Continuum.

Members inquired about services for youth experiencing homelessness, suicidal ideation, grief, juvenile justice system, and community education.

Members discussed how the county behavioral health department has a lot of services for youth, yet most youth are not aware of these services. The Board has an interest in finding new ways to advertise youth services directly to youth.

FEATURED THIS MONTH:

December Meeting Re-Cap

Meet the Board Members

Board Nominations

Onboarding News

Attention District 4!

Community Events

Meeting Resources

**This newsletter is
brought to you by:**



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December News Cont.

The Board engaged in reviewing the 10 Year Student Mental Health and Wellness Plan. Board members provided beneficial feedback and developed a work group to focus on the plan.

Jordan, karen, and Savanna will be leading the work group, with assistance from their adult ally, Bina Lefkovitz.

Board members participated in the Children's System of Care Committee meeting regarding the school-based mental health report. Members advised to prioritize wellness centers and peer support systems in school settings, as well as underserved youth.

Members also stressed that mental health services should be expanded to elementary and middle schools. The Board established a work group to write a letter of support for the Children's System of Care Committee.

Special thanks to the BHYAB Partners:



Meet the Board Members



Board Nominations

Chair

Jordan Kaitapu
 Savanna Karmue
 Trayzell White
 Ja'Lyn Wright

Vice Chair

Jordan Kaitapu
 Savanna Karmue
 Ja'Lyn Wright

Public Information Secretary

Savanna Karmue
 Trayzell White

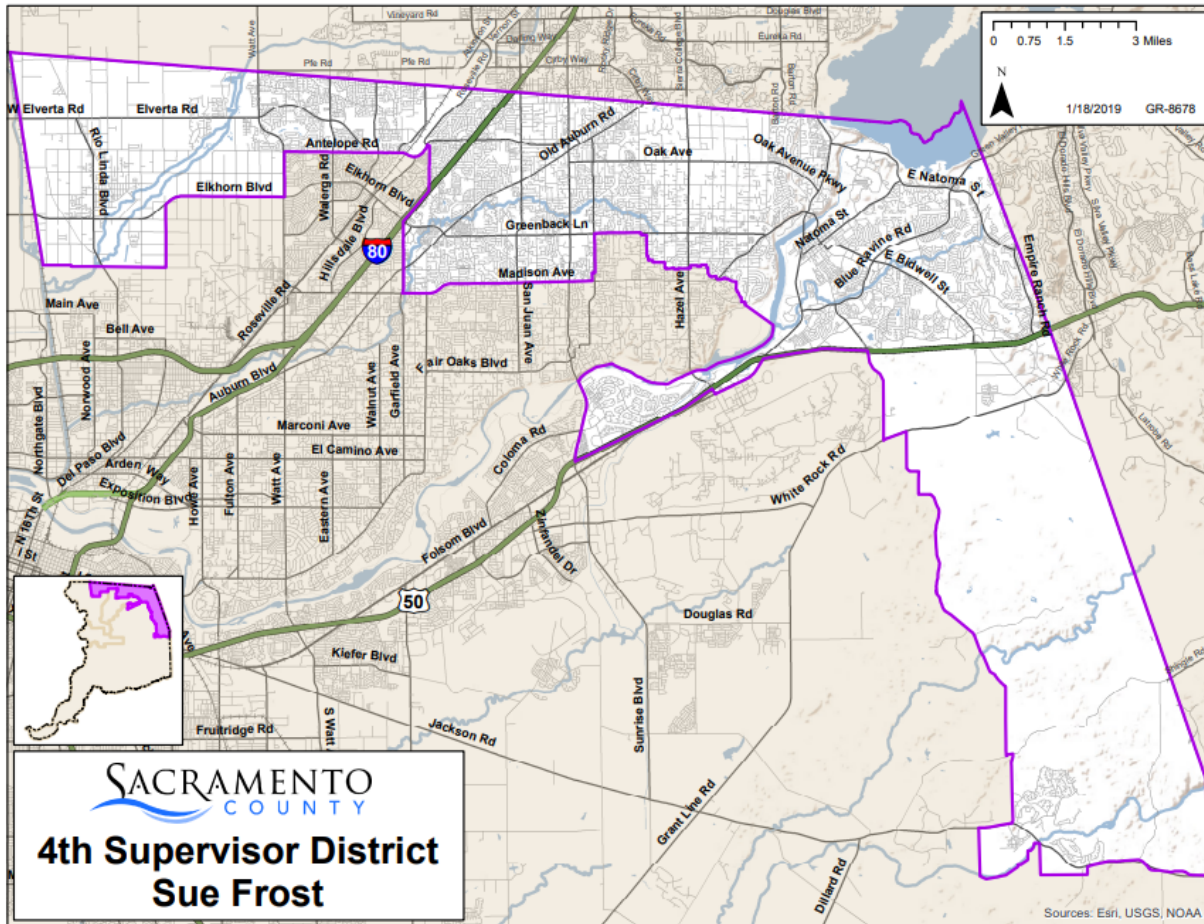
Onboarding News

There will be three officers presiding over the Board: the Chair, Vice Chair, and Public Information Secretary. Officer nominee speeches will be hosted during the board meeting on January 7th.

The Board is currently deciding how they will be recruiting associate members. At least five youth between the ages of 14-26 will be chosen from the Sacramento County region.

 *Mark Your Calendars!*

Next Board Meeting
Friday, January 7th
5:30-7:30 pm
via Zoom



[View Full District 4 Map Here](#)

Attention District 4!

District 4 is still accepting applications! If you are between the ages of 14-24, live or go to school in District 4, and have a passion for youth mental health and wellness, apply now!

See the list of schools in District 4



Have questions? Contact Cady at cadyhw@proyouthandfamilies.org

District 4 High Schools

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

[CLICK TO APPLY NOW!](#)

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Member Interview

The ERT INSPIRE Design Fellows interviewed board members Savanna Karmue and Karen Kaur regarding their lived experience within the community and their thoughts on substance abuse.

"It was amazing being able to share my voice and express my opinions. Youth need that power, especially in today's time when so many things affect our generation but there are limited opportunities for us to speak out!"

- Savanna Karmue



BOARD RESOURCES

- [Agenda](#)
- [District 4 Application](#)

Special Thanks...

We would like to recognize the supporters of our board. Thank you for being an integral part of the establishment of the BHYAB.

Special thanks to:

Ann Arniell, Silvia Rodriguez, & Bina Lefkovitz

Thank you for creating youth friendly presentations to better prepare the Board!

Ryan Quist & Melissa Jacobs

Thank you for taking the time to present at a Board meeting!

Interested in sharing a presentation with our youth board?
Contact Sydney at
sydneys@proyouthandfamilies.org