

Behavioral Health YOUTH ADVISORY BOARD

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



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July News

On July 11th, board members established the Associate Member Subcommittee, which will take lead on member recruitment. Members also collaborated on their ongoing interviews with officials of Sacramento and formalized their voting system to ensure the efficiency of board activity.

"The interview process has been enriching as I have had the opportunity to research important county officials."

- Madison Ngyuen

On July 20th, the International Rescue Committee presented their Sacramento Afghan Community Survey results. This provided members insight into alcohol and drug misuse and perceptions within the Afghan community. The board members have made it a priority to understand the perspectives varying communities and underserved youth have, with the hope that the BHYAB policy recommendations better reflect youth of Sacramento.

Interviews

"There are so many people I would love to be able to interview for different reasons, so narrowing down my choice to 1-2 people was extremely hard. I'm looking forward to touching basis with some of the adult allies to connect even more with individuals whose work aligns with my own values and to gain more insight on peer-to-peer programs and policies."

- Jordan Kaitapu



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Summer Activity

Over the summer, our BHYAB members have been leading busy lives. Ja'Lyn Wright has been balancing two internships, one with the Sacramento County Sheriff's Department, as well as drafting personal statements for college while participating in a research program at UC Santa Barbra. Merissa Posh has also been balancing two internships, band camp, and summer school.

"I've been up to a lot this summer! I stepped away from my previous job and have been traveling since. My travel has included attending San Francisco Pride, visiting friends in San Diego for Independence Day weekend, flying to Washington D.C. and London to visit friends, and most recently, visiting Kona, Hawai'i with my family. I will start my new job on August 1 as an Account Executive with Lucas Public Affairs."

- Mark Borges

Happy Hearts Advices

"I'm currently working on my organization, Happy Heart Advices, and I'm working to get my Fitness Program in schools and impact youth this summer. My main goal is to teach kids about their hearts and how to stay healthy through hands-on activities and education. I want to eventually get my program in all California elementary schools, so I've been working towards that initiative. I've also been creating more podcast episodes (so I can return with season 2)! In the evenings, I run 3 miles to stay active and have fun with my family!"

- Savanna Karmue

IN THE
Summer
TIME



Letter from the Chair

MEET THE BOARD



District 1
Trayzell White



District 1
Mark Borges



District 2
Ja'Lyn Wright



District 2
Merissa Posh



District 3
Savanna Karmue



District 3
Audrey Nunez



District 4
Ria Srivastava



District 5
Jordan Kaitapu



Chair,
Savanna Karmue

Hello all,

The Substance Abuse and Mental Health Services Administration developed a new suicide hotline number: 988. The 988 Suicide and Crisis Lifeline, activated on July 16th, is designed to reach people who are experiencing suicidal ideation and thoughts. Those who are going through a mental health crisis can easily reach out to this number (via call or text).

Important info about this new update:

- 988 is *not* a busy signal
- 988 will not put you on hold
- 988 connects one to a network of trained counselors, ensuring that one gets help when they need it

If you or someone you know is in need of this hotline, please share the information with others!

Respectfully,
Savanna

 *Mark Your Calendars!*

Next Board Meeting
August 1st
via Zoom



..... **Our First Associate**



"I will miss this board extremely and I am so grateful for all the people I have met and the connections I have made on this amazing board. However, I am very excited to embark on a new chapter of my life at UC Irvine."
 - Madison Ngyuen

Madison Ngyuen, a board member representing District 5, has reached the end of her one-year appointment. In place of reappointment, Maddie has chosen to become the BHYAB's first associate member, for she is entering her freshman year at UC Irvine where she was accepted into the campus-wide Honors Collegium. The associate member position allows youth to engage with board member activity without being under Brown Act constraints. Thank you, Maddie, for dedicating your time to the youth of Sacramento and being a strong advocate for on-campus mental health services.

Interested in becoming an associate?

Email our Vice-Chair, Jordan, at jordankaitapu@gmail.com.

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 "Maddie is an incredible board member and an even more phenomenal person. She's patient, kind, and truly passionate about the work that she does regarding mental health advocacy. I will miss her and her input dearly, but I'm so glad to have met her (online and in person!) and wish her the best in her exciting future endeavors. Maddie, whatever you plan on doing next and wherever you plan on going, I hope you have so much fun!! Thank you for bringing amazing vibes to this board."
 - Savanna Karmue



Felicitations



"Maddie, you always seem so vocal during meetings. I think there's a lot of value in witnessing how you share your opinion and thoughts and it has encouraged me to do the same."

- Mark Borges

"I am glad I got to meet you, Maddie, in person at the EBAYC conference. It's great that we'll still be able to collaborate with you as you take on college and new challenges."

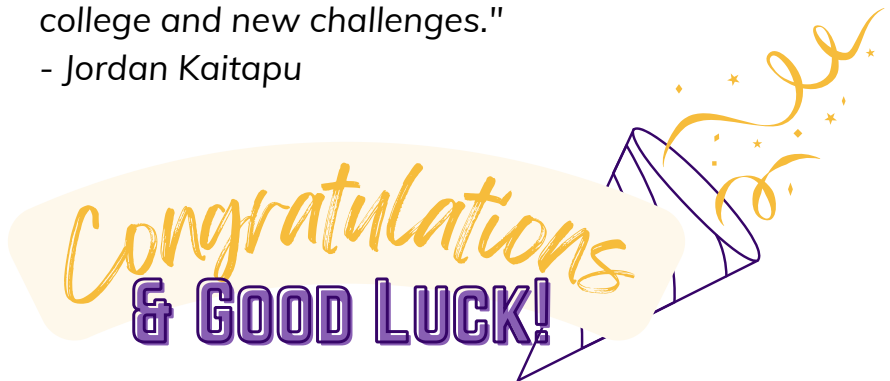
- Jordan Kaitapu

"Maddie, you are very sweet and kind hearted and it was nice meeting you."

- Merissa Posh

"I will miss your sense of style and how you were always willing to participate in anything."

- Ja'Lyn Wright



"I learned that Maddie is tall. I was shook the first time I saw you but I love it. It's another example that people aren't what you think they are. Maddie, you are very nice and (to me) a quiet person. I'm so happy for you are moving on to college and I'm going to miss you as a board member."

- Ja'Lyn Wright

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Summer Meeting Schedule

To accommodate youth board member schedules, our meeting schedule for August is as follows:

Monday, August 1st
5:30 - 7:30 pm

Wednesday, August 17th
1:30 - 3:30 pm

You may access virtual board meetings by clicking [here](#).

Board meetings should return to every other Friday evening in the fall, so long as there is quorum for Fridays.

BOARD RESOURCES

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

Special Thanks...

We would like to recognize the supporters of the BHYAB.

Special thanks to:

International Rescue Committee
Thank you, Syeda, Sohila, and Lisa for presenting the Sacramento Afghan Community Survey to the BHYAB. We look forward to future collaboration at your events, and opportunities to support your efforts.

Special thanks to the BHYAB Partners:

