

# Behavioral Health YOUTH ADVISORY BOARD



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

## NEW FOCUS, NEW MINDSET.

*"The deepest level of communication is not communication, but communion. It is wordless...beyond speech...beyond concept." - Thomas Merton*

A new season is among us bringing us the abundance and beauty what comes with change. We are looking forward to welcoming this Autumn with joy and enthusiasm.

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This newsletter is brought to you by:



# OCTOBER NEWS

The BHYAB has officially began drafting its very own policy briefs. Lots of research, time and peer collaboration went into this project. Taking the time to understand the policies in Sacramento and all over the state has allowed the Board to grow and learn. Going forward once the drafts are complete, we will be working on presenting these drafts to our partners.

The month the Board hosted their own youth listening session. The purpose of this session was to elevate youth voices and understand how we as youth in our community can make a difference. This session has allowed us to learn, grow, and collaborate with one another to understand our next steps in creating new policies.

## BHYAB Experience

Our newer members answered the question "How has your experience been with the BHYAB" & "How can the BHYAB be more involved in the community?"

“ It’s been very interesting. I have only been to two board meetings so far so I don’t have much experience as yet. I enjoyed the presentation on policy briefs. -Natanya Kharat ”

“ I don’t think we need to be, honestly. Our job is not to serve as PR reps for youth mental health, but rather, to help the board of supervisors create policies that are impactful and will create a lasting impact in youth’s experiences for the foreseeable future. - Mark Borges ”



# OFFICER UPDATES

## *A Message from BHYAB Chair, Savanna Karume:*

Hello everyone! There's been excitement buzzing in the air! The BHYAB has been pretty busy these days, as we're currently transitioning into policy writing along with writing our first policy brief. We have been busing outreaching in the districts we represent while collecting advice from the youth we'll impact with these policies. This is a major step for us, but we're so glad to be the leaders of such a major change and are hoping for even better things in the future. Stay tuned for upcoming announcements (and always feel free to join our next meetings on Monday, November 7th, and our following meeting Saturday, November 19th).

 *Mark Your Calendars!*

**Next Board Meeting:  
November 7th via Zoom**

## **BHYAB Officers**



**Chair,**  
Savanna Karmue



**Vice Chair,**  
Jordan Kaitapu



**Secretary,**  
Trayzell White

*Meet The Board*

 District 1 Trayzell White	 District 2 Ja'Lyn Wright	 District 3 Savanna Karmue	 District 4 Ria Srivastava	 District 5 Jordan Kaitapu
 District 1 Mark Borges	 District 2 Merissa Posh	 District 3 Audrey Nunez	 District 4 Natanya Kharat	 Associate Member Radha Chauhan

# NEWS AND RESOURCES

Our new schedule is every 1st Monday and 3rd Saturday of the month, 5:30 pm - 7:30 pm. However, we will accommodate dates in September for Labor Day.

**Monday, Nov. 7th & Saturday, Nov 19th**  
**5:30 - 7:30 PM**

Want to access our virtual meetings?



## PARTNER COLLABORATIONS



The board is very excited to be announcing their new collaboration with partners of the Sacramento County Office of Education for a new Social Media Campaign: for youth by youth. Stay tuned for more news to come as this project develops.

### BOARD RESOURCES

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



### Join the Board!

**Interested in becoming a board member?** District 5 has one seat available! Email Jordan at [jordankaitapu@gmail.com](mailto:jordankaitapu@gmail.com) to learn more about our associate member positions.

Special thanks to the BHYAB Partners:

