

# Behavioral Health YOUTH ADVISORY BOARD



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

## NEW FOCUS, NEW MINDSET.

*"We must give more in order to get more. It is the generous giving of ourselves that produces the generous harvest." - Orison Swett Marden*

The leaves have started to turn and the weather is getting cooler: fall is here! As we say goodbye to summer and hello to autumn, it's time to start thinking about all the things we cherish for this time of year.

### Featured This Month

- ▶ September News
- ▶ Officer News
- ▶ Our New Member
- ▶ Meeting Schedule
- ▶ Resources



This newsletter is brought to you by:



# September NEWS

On September 12th, the BHYAB discussed their interviews with their adult allies and what they learned. The members have now begun preparing to conduct interviews with their district's Board of Supervisors. For this round of interviews board members will be working in pairs with their fellow district chairs.

On September 24th, We welcomed our new associate member, Radha Chauhan! Members took some time during their bi-monthly meeting to work in teams to collaborate and discuss possible policy recommendations for their upcoming policy brief. They are now beginning to create a draft of their policy brief and are preparing to hold a Youth listening session on October 15th during their usual meeting time 5:30pm-7:30pm

## Getting to know each other

While participating in an icebreaker activity presented by the Vice-chair, Jordan Kaitapu, members answered the question "What do you think hinders youth's willingness to utilize or participate in programs in Sacramento County?"

“Feeling as though they are wasting time or they are not going to get anything out of the program  
-Ja'lyn Wright”

“Youth may feel that they cannot trust the facilitators or the program itself  
-Trayzell White”





# OFFICER UPDATES

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. 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 meetings every 1st Monday evenings and 3rd Saturday evenings of the month)!

- Savanna Karume, Chair



*Mark Your Calendars!*

**Next Board Meeting:  
September 24th 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

# OFFICER ACCOMPLISHMENTS



Taking a moment to spotlight our recent officer accomplishments, we are proud of all the hard work these young individuals have done and their dedication to their community.

**Representing District 4, Ria Srivastava was appointed by the Chief Justice of California to sit as the student representative on the power of Democracy Committee. Congratulations Ria.**

**Representing District 1, Mark Borges started a new job with Lucas Public Affairs as an Account Executive. In this role, he helps companies and public entities achieve their goals and bring public awareness to Californians' biggest issues. He is excited to continue making an impact on the Sacramento capitol community.**

**Representing District 3, Audrey Nunez was hired as a director and program coordinator for PRO Youth and Families to assist in creating a new Youth Commission for Yolo County.**

**Representing District 4, Natanya Kharat is the president of the Folsom Highschool Model U.N. and is preparing for their first in-person conference soon!**

**Representing District 1, Ja'Lyn Terrell Wright took 3rd place in the 2022 National Oratorical Contest. He was also accepted into Fisk University and Grambling University.**

# INTRODUCING OUR NEWEST ASSOCIATE MEMBER

Radha is one of the Behavioral Health Youth Advisory Board's newly appointed associate members.

Welcome, Radha!

*Radha Chauhan*  
Associate Member

“Dreams don't work unless you do.”

Mental Health was something I have always been interested in since I was around 9 years old. Being apart of a community that helps pushes ideas for mental health would mean that I could connect with others who have the same interests as I do and help others while I'm at it. The experience that also comes with would come with it would also no doubt be valuable too.

One of my achievements is Sacramento Country Day

My fourth grade teacher who was the first one to show me that hopes and dreams are not too far from reality you just have to work hard to get it and see it in your own hands.

One of my main hobbies I love to do to relax is to create art or listen to some music

EVERYTHING STARTS WITH A DREAM

# 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, Oct. 3rd & Saturday, Oct. 15th**  
**5:30 - 7:30 PM**

Want to access our virtual meetings?

[CLICK HERE](#)



## Join the Board!



Interested in becoming a board member? District 5 has one seat available! Cannot commit to full membership? Email Jordan at [jordankaitapu@gmail.com](mailto:jordankaitapu@gmail.com) to learn more about our associate member positions.

## BOARD RESOURCES

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

## Youth Listening Session

Youth ages **13-25** are invited and encouraged to attend the BHYAB's youth listening session on **October 15th 5:30pm-7:30 pm**. During this time the BHYAB will be presenting their policy recommendation ideas and will be asking for youth feedback. This session can be accessed using the BHYAB Virtual meeting link.

Special thanks to the BHYAB Partners:

