

# Behavioral Health YOUTH ADVISORY BOARD

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



## February News

The Board began developing its relationship with Glen Price Group, the county's consultant for the 10-Year Student Mental Health & Wellness Plan. On Feb. 4th, Caitlin Vaccarrezza and Zachary Shapiro hosted a private listening session for the BHYAB, where members offered advisement to the plan as well as strategy for gathering community input for the plan.

Board members promoted Glen Price Group's listening sessions by sharing GPG's flyer, posting on their personal media accounts, and sharing on school campuses. Members also attended several of the listening sessions to further support the development of the 10-Year Student Mental Health & Wellness Plan.

### FEATURED THIS MONTH:

February Meeting News

Officer Updates

Member Interview

Community News

Board Resources

“Something I noticed during our meeting with Glen Price Group was that they were very open to our ideas and **youth's perspective** of the current 10-year plan. Because of this receptivity, we're truly excited for **further plans** regarding youth and mental health, and hope to put **more active measures** in place for our fellow peers!”

- Savanna Karmue, District 3

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## February News Cont'd

On Feb. 18th, members participated in the a review of the County Behavioral Health Department's Youth Services webpage. Tune in March 18th for member collaboration with the Behavioral Health Department.

“We need a **youth services website** because it provides another outlet for youth & young adults to seek assistance. The website is a way for young people to feel like they are **supported and helps connects** them to programs that may improve mental health. It was nice to see we were allowed the opportunity to have an input on the website. Making the website how we see fit and so it's comfortable to those who view it.”

- Ja'Lyn Wright, District 2

The BHYAB has agreed to collaborate with Glen Price Group in co-hosting a weekend listening session for youth in regards to the 10-year Student Mental Health and Wellness Plan.

This newsletter is brought to you by:



# Meet the Board Members



## Officer Updates



Chair, Savanna Karmue



Vice Chair, Jordan Kaitapu



Secretary, Trayzell White

Jordan, Savanna, and Trayzell have started training for their roles as officers. Savanna developed her first meeting agenda and will routinely attend agenda setting meetings with the County Behavioral Health Department.

Jordan and Trayzell are learning their administrative duties. These include recording meeting time stamps, logging member hours, and collaborating to recruit associate members.

 *Mark Your Calendars!*

### Next Board Meeting

Friday, March 4th  
5:30-7:30 pm  
via Zoom



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## Recap: "Partnerships to Improve Mental Health in Schools"

On February 15, PRO's Youth & Family Collective hosted "Partnerships to Improve Mental Health in Schools," a panelist event that focused on the impact of mental health issues on young people in local schools. The event also discussed promising collaborative efforts between schools, community organizations, and youth leaders to support mental wellness for young people across Sacramento. The panelists included Member Audrey Nunez, representing District 3 alongside Jairon Jackson, Executive Director of Architects of Hope, and Chanise Hendrix, Student Support Center Director, Sam Brannon Middle School.

“ I enjoyed being a panelist for the YFC because, I believe that it is important for youth to be an **active voice** in their community and supported in the choice to do so! As the voice representing the board members of the Sacramento Youth Health Advisory Board, I had an opportunity to speak on this panel on behalf of students who are **pursuing new changes** within our schools. I think that **youth voice is crucial** for these panels and many more to come, because the students of today are the future leaders of tomorrow. To support the voice of our youth is to be a **supporter of hope**, to nurture creativity, and to be apart of new and necessary change in our own home town. Being apart of this panel showed me that Sacramento is filled with leaders, directors, and educators who are passionate about working and inspiring youth in their **quest to succeed** in the future. I was honored to learn so much from this panel and I can not wait for the next meeting! ”



- Audrey Nunez, District 3



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## Community News

Did you hear? District lines have been redrawn! Find out if your district changed. There may be new opportunities available for you.

### Find My District & Supervisor

District 4 has one seat available, and District 1 has one seat available. Apply to become a board member today!

Cannot commit to full membership?

Associate positions coming soon.

## BOARD RESOURCES

- [Agenda](#)
- [BHYAB Application](#)

## Special Thanks...

We would like to recognize the supporters of the BHYAB.

Special thanks to:

Caitlin Vaccarrezza and Zachary Shapiro

Thank you for taking the time to host a listening session at a Board meeting!

County Behavioral Health Dept

Thank you for taking the time to listen to board member advisement!

Special thanks to the BHYAB Partners:

