

# Behavioral Health YOUTH ADVISORY BOARD

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



## FEATURED THIS MONTH:

- April Meeting News
- Partner Collaborations
- Officer Updates
- Member Accomplishments
- Community News
- Board Resources

## April News

On April 1st, the Sacramento County Alcohol and Drug Advisory Board presented prevention and intervention drug and alcohol services that can be accessed across Sacramento while also calling the BHYAB to action in advocating on behalf of said services. Members were encouraged to tune into Alcohol and Drug Advisory board meetings which take place the second Wednesday of every month, 5:30 - 7:30 pm.

On April 15th, Youth Forward provided interview training to the board members. The BHYAB is preparing to interview officials throughout the county to ensure their efforts align with the youth's vision of Sacramento behavioral health services. *If you are interested in being interviewed by a board member, please contact [sydneys@proyouthandfamilies.org](mailto:sydneys@proyouthandfamilies.org),*

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## Partner Collaborations

The board has been advertising the Sacramento High School Student Wellness Survey developed by the East Bay Asian Youth Center organization. The board members will be attending the EBAYC Youth Wellness and Leadership conference on May 14th at Sacramento State to discuss survey data results.

During the conference, youth will collaborate in brainstorming the types of programs needed to promote student success on school campuses, as well as develop a vision for the design of high school wellness centers.

The board has also been advertising a youth-centered listening session in collaboration with Glen Price Group on the 10-year Student Mental Health Plan. The listening session will take place on May 5th, 6:00-7:30 pm.

## Youth-Only Listening Session May 5th

Youth voice is needed! Please encourage youth to participate and help with a new plan for student mental health and wellness in the county. Please register using this link or the QR code in the image below:



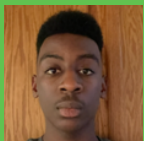
This newsletter is brought to you by:



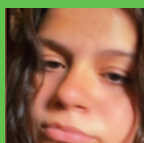
MEET THE BOARD



District 1  
Trayzell White



District 2  
Ja'Lyn Wright



District 2  
Merissa Posh



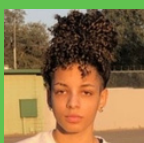
District 3  
Savanna Karmue



District 3  
Audrey Nunez



District 4  
Ria Srivastava



District 5  
Jordan Kaitapu

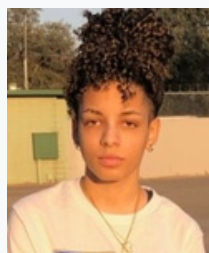


District 5  
Madison Nguyen

## BHYAB Officers



Chair,  
Savanna Karmue



Vice Chair,  
Jordan Kaitapu



Secretary,  
Trayzell White

### Officer Updates

Jordan, Savanna, and Trayzell received facilitation training from Glen Price Group as preparation for co-hosting the youth-only listening session on the 10-Year Student Mental Health Plan occurring on May 5th, 6:00-7:30 pm.

Jordan and Trayzell attended the 6th Annual Breaking Barriers Interagency Symposium on April 19th-21st. The symposium is a collaboration of leaders from child-serving systems focused on ensuring the educational, social, emotional, and behavioral well-being of youth.



*Mark Your Calendars!*

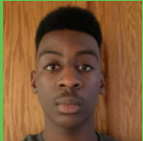
### Next Board Meeting

Friday, May 6th  
5:30-7:30 pm  
via Zoom

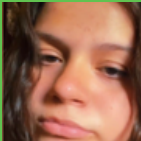
MEET THE BOARD



District 1  
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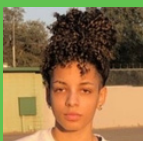
District 3  
Savanna Karmue



District 3  
Audrey Nunez



District 4  
Ria Srivastava



District 5  
Jordan Kaitapu



District 5  
Madison Nguyen

## Member Accomplishments

Audrey Nunez has been admitted into the UC Santa Cruz graduate program with a scholarship.

Maddie Nguyen has been admitted into the California Polytech State University of San Luis Obispo, University of California Davis, University of California Irvine, University of California San Diego, University of California Santa Barbra, and more.

Ja'Lyn Wright has officially been accepted for UC Santa Barbara's summer research academy programs, "The Science of Persuasion" and "Mind Matters" to advance his education in the field of psychology.

Savanna Karmue has been accepted as a student intern for Sacramento State's Cardiovascular Wellness Program, where she will be conducting research and assisting members of the community.

Trayzell White has been accepted into former President Obama's mentoring program, My Brother's Keeper. MBK Alliance focuses on building safe and supportive communities for boys and young men of color where they feel valued and have clear pathways to opportunity.



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## Community News

Apply to become a board member today! District 1 officially appointed its members who will be onboarded in the coming month. District 4 has one seat available.

BHYAB will be advancing the efforts of NAMI Sacramento in finding presenters for their "Ending the Silence" destigmatization program. Tune in on May 6th to hear NAMI Sacramento present to the board.

Members will be attending the in-person interactive conference "MINDSET" hosted by the Sacramento Youth Mental Health group on June 11th, 10:00 am - 2:30 pm. [Register your youth today!](#)

## BOARD RESOURCES

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

## Special Thanks...

We would like to recognize the supporters of the BHYAB.

### *Special thanks to:*

Lori Miller

Thank you for taking the time to present drug and alcohol prevention efforts!

Youth Forward

Thank you for taking the time to train the board in conducting interviews!

### Special thanks to the BHYAB Partners:

