

# Behavioral Health YOUTH ADVISORY BOARD

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



## Mental Health Awareness Month



"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." - Audre Lorde

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## FEATURED THIS MONTH:

- May Meeting News
- Partner Collaborations
- Our New Member
- Mental Health Awareness Month
- Community News

## May News

On May 6th, NAMI Sacramento presented its "Ending the Silence" initiative that is hosted in schools. Members learned about destigmatizing mental health and crisis intervention that can be done when a peer is experiencing suicidal ideation.

"I appreciated NAMI Sacramento's presentation because it builds on critical conversations youth should be having about their mental health and the mental health of their peers."

- Mark Borges

"I truly appreciate NAMI's service to Sacramento youth and giving us the opportunity to share our story and why we're deeply passionate about mental health. Youth voice is a powerful thing and the fact that we have been given the platform to amplify our voices is an amazing feat, but it's just the beginning. Youth is the future, WE are the future!"

- Savanna Karmue

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## Partner Collaborations

East Bay Asian Youth Center also presented on May 6th and provided members a detailed briefing of data results from the High School Student Wellness Survey that members assisted EBAYC in distributing.

On May 14th, the board members attended the EBAYC Youth Wellness and Leadership conference. During the conference, members collaborated 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.

"It was so great to meet all of my fellow board members in person at the EBAYC conference. I particularly appreciated hearing SCOE Board Member Bina speak about behavioral health in schools." - Ria Srivastava

"I appreciate EBAYC for giving me some time to speak to everyone, tell my story, and inspire the next generation." - Trayzell White



"I am very grateful for the EBAYC Sacramento presentation. We went over the survey and identified major problems in schools and what can be the cause of it. Then they gave us the opportunity to brainstorm solutions so that they can do their best to implement them."

- Ja'Lyn Wright

**This newsletter is brought to you by:**





## May 5th Listening Session

"I appreciated being able to co-host the youth-only listening session with Glen Price Group to help build the updated 10-year plan for student mental health and wellness in the county. It allowed me to see firsthand how other youth want their wellness (which can be partially attributed to their material needs) to be supported on the school campuses. It also allowed me to help provide an environment where youth felt comfortable enough to speak their minds." - Jordan Kaitapu



Art Submissions of BHYAB for the Youth Listening Session  
 Above: Ria Srivastava  
 To the right: Jordan Kaitapu

# MEET THE BOARD

## Our New Member

"I have learned that many of the mental health challenges I am experiencing in my life are the same struggles for youth across the age spectrum, which is both comforting and shows the great opportunity we have to dive deeper into the reasonings for these issues. I feel like I have a platform to take the struggles I've experienced in terms of my mental health and do something about them for the betterment of others. I have an opportunity to turn the wisdom I've gained through experiencing mental health challenges into lasting policy action." - Mark Borges

### Mark Borges

I graduated from Cal Poly, San Luis Obispo in the Spring of 2020 with a Bachelors of Science in Environmental Management and Protection. I currently work as an Executive Analyst for California's Secretary for Natural Resources. I am a fairly career oriented person, but I enjoy living in the service of others and meeting other cool people who are passionate about cool things.

As someone who has gone through their own struggles with mental health (depression/stress/anxiety), I believe my life experiences make me a good fit to represent Sac youth on this issue. I have a personal passion for the healing powers of nature and am interested in partnering with the Sac Parks and Rec department to expand what we may see as mental health resources in our community.

I get empowered by seeing other people geek out about things they're passionate about. We're all adding our own special spice to this great pot of life and each person's contribution is something to cherish.

I try to be outside as much as possible, even if it means just taking my lunch break in my backyard area of my apartment complex. I enjoy going to the gym and would work out twice a day if I have the time (that's not to say I am a health king by any means...). San Francisco is my happy place and on many weekends, you can catch me there with my two best friends, Jack and Luke.



"Be the change you wish to see in the world" - Ghande

All my gay friends have been my source for inspiration. There's something about living as an "other" in a heteronormative world that can instantly bind you to others experiencing similar journeys. I've found some of my greatest life insights purely by talking and existing in that struggle with other gay friends.

## Welcome to the BHYAB, Mark!

Mark Borges is the Behavioral Health Youth Advisory Board's newly appointed member, representing Sacramento County District 1.

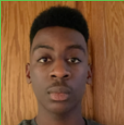
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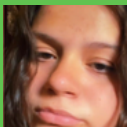
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Trayzell White



District 1  
Mark Borges



District 2  
Ja'Lyn Wright



District 2  
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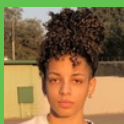
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Savanna Karmue



District 3  
Audrey Nunez



District 4  
Ria Srivastava



District 5  
Jordan Kaitapu



District 5  
Madison Nguyen

## Trayzell White, Secretary, District 1

One thing I learned on this board about mental health is all you need is the capacity to want to change and you can be a mental health advocate. This board gave me the opportunity to tell my story and be a better person. I've learned if you keep an open mind, people will surprise you.

I care for my own mental health in many ways, like writing music, talking to others about my problems, and going to see a therapist.

Youth from ages 14 to 24 commit suicide at alarming rates. If you or someone you know is in crisis, the National Suicide Prevention Lifeline is available 24/7. (800.273.8255)



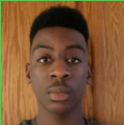
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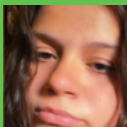
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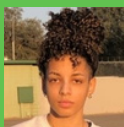
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## Ja'Lyn Wright, District 2

I am grateful to be a part of this board because I enjoy collaborating with other people. I am also grateful because this has been my first opportunity to advocate for something I care about.

As a board member, I have learned that school safety is important but is yet to be where it should be. Everyone has their own story, and mental health is important for daily living and lifestyles. I care for my own mental health by journaling and venting to close friends, and I also listen to music.



One fact about mental health is that more than half of adults with mental health conditions do not receive treatment. That is over 27 million adults in the U.S.

It's okay  
not to be  
okay



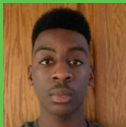
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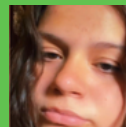
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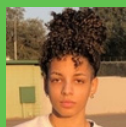
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## Merissa Posh, District 2

I appreciate the Sacramento County Behavioral Youth Advisory Board because it helps, gives youth a voice, and advocates for other youth to be heard and speak out about mental health. I have learned that there are different types of ways that you can cope with your mental health and that it's not something you need to be ashamed of and that there are resources out there for you to help in any way they can.



Something I have learned about mental health during my time as a board member is that everyone has their own struggle in life and they use different ways to cope and advocate for themselves and others. I am grateful to be a part of this board because it not only gives me a voice to speak up about the issues in the community regarding mental health, but I have met new people with the same goals as me. One fact about mental health is that 1 in 4 youth suffers from a mental health condition in their lifetime between the ages of 12-18.

MENTAL  
health  
MATTERS





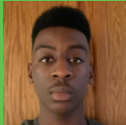
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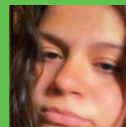
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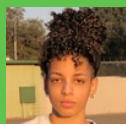
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### Savanna Karmue, Chair, District 3

Something I've learned during my time as a board member is an importance of delegating tasks and proper communication. Being a part of a board is basically being a part of a team. Everyone does their part and works together with a common goal in mind, making it a beautiful collaboration.

I'm grateful to be on this board for the opportunity to spread my voice and stand up for mental awareness for youth. The fact that I represent youth in Sacramento is a high honor in itself and I'm excited for the opportunities to come in the future.



Mental health isn't a final destination, it is a process. It's a journey that can be very beautiful when we all work together to provide the means to better our mental health and awareness for youth. One fact about mental health is half of all mental health conditions show early signs before a person turns 14 years old, and 3/4 of mental illnesses begin before age 24.

IT'S OKAY  
to get  
7'help



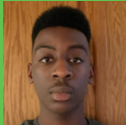
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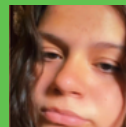
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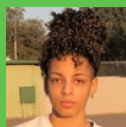
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## Audrey Nunez, District 3

Something I learned about mental health from being on this board, is truly the aspect of how many lives are affected every day by mental health resources. I also learned how many students are interested in mental health and how much we as a generation have in common. Personally, I choose to talk a lot about my feelings and be very open and honest regarding my thoughts and emotions. I also make sure that I am in a positive atmosphere and surround myself with uplifting and encouraging people and peers.



To say I am grateful to be a part of this board is an understatement. I adore the Manager, my peers, and fellow board members. I've had such a great time getting to know so many youths like myself who are interested in creating a better tomorrow for generations to come. Something I learned from my time as a board member is collaboration, and more regarding the education department of Sacramento. I didn't realize all the intricacies and group effort it takes to create something amazing like this board.

Mental health affects so many youths and specifically youth from disadvantaged communities and primarily communities of people of color are affected the most. However, it seems that new generations are starting to reduce the stigma behind mental health and take action with the new knowledge of how much mental health truly affects our actions and decision-making.



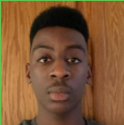
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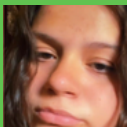
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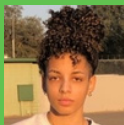
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## Ria Srivastava, District 4

I am grateful to be surrounded by so many youth advocates who consistently show up for their community.

As a board member, I have learned the importance of asking difficult questions and talking about uncomfortable topics.

From my time on this board thus far, I have learned that with the right promotion to youth, many mental health resources within Sac County can be very successful.



I care for my mental health by valuing rest just as much as work. A mental health fact is one in six young people experience a major depressive episode.



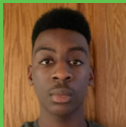
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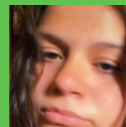
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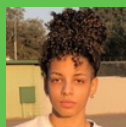
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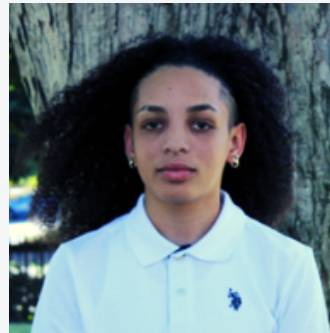
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## Jordan Kaitapu, Vice Chair, District 5

On this board, I learned that using person-first language in regard to people who have mental health conditions and circumstances ensures the reduction of stigma attached to the condition. Talking about mental health overall also reduces stigma. As a board member, I've gained a greater perspective on the importance of increased access to peer-to-peer support structures, community-based support, mental health crisis support, and culturally competent resources that don't involve law enforcement or scare tactics, and support the youth holistically.



I am grateful to be able to bring in my own lived experiences and insight through my roles in leadership and the community to continue to advocate for the needs of Black youth in the County and connect with other youth who are striving to make a change. Community-based approaches are vital to supporting youths' mental health according to their needs individually and collectively.

I care for my own mental health by being in spaces created for and by other Black youth and young adults.

you are NOT alone



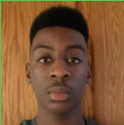
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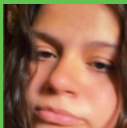
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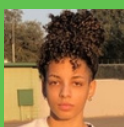
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### Madison Nguyen, District 5

I appreciate the Sacramento County Youth Advisory Board because it provides me with a strong community I can rely on and an outlet to advocate for mental health initiatives I am passionate about.

I am grateful to be a part of this board because of the kind people it has introduced me to and how it has allowed me to be a voice for my fellow youth in Sacramento.



As a board member, I have learned that advocating for mental health resources in schools is something I am extremely passionate about. I have learned mental health is something that everyone has, similar to how everyone has physical health.

I care for my own mental health by reading and spending time by myself. Mental health should be prioritized just as much or even more than other aspects of life.

Love  
your  
- MIND -



# Behavioral Health YOUTH ADVISORY BOARD

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## Community News

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

Members will be attending the interactive conference "MINDSET" on June 11th, 10:00 am - 2:30 pm. Get your youth [registered!](#)

## MEETING CHANGE!

Please see our [website](#) as meeting dates/times have changed for the summer.

## Special Thanks...

We would like to recognize the supporters of the BHYAB.

Special thanks to:

Jennifer Sparks and HaeLeigh  
Thank you for taking the time to present NAMI "Ending the Silence".

Xai Lee

Thank you for presenting survey data results and allowing the BHYAB to attend the Youth Wellness and Leadership Conference.

Special thanks to the BHYAB Partners:



Sacramento Youth Mental Health Presents:

# MINDSET 2022

Start the Conversation

A FREE Mental Health Event for Teens

June 11, 2022  
10 am-2:30 pm

Tsakopoulos Library Galleria  
828 I Street, Sacramento, CA 95814

**REGISTER NOW**

The first 75 people who register and attend receive a \$25 Amazon Gift Card!!

sacymh.org  
@sacymh