

Sacramento County Behavioral Health

YOUTH ADVISORY BOARD

NEWSLETTER BROUGHT TO YOU BY THE MEMBERS OF THE BHYAB

A Message from the BHYAB Chair

We would like to thank all of our adult allies for being present at our board meeting Saturday, February 18th.

It was a pleasure to present our policy brief and explain why we chose to advocate for mental health resource accessibility and sustainability. All of your advice and support is greatly appreciated.

In honor of youth leadership month, we thank you for creating space for us members to make a difference in our community and for future youth advocates.

Stay tuned for upcoming announcements and save the dates to join us for our next meeting:

- Saturday, March 18th

- **Savanna Karmue, BHYAB Chair**



March Board Meeting Date

Saturday, March 18th
 5:30 PM to 7:30 PM
 Sacramento Youth Center
 1901 Del Paso Blvd,
 Sacramento, CA 95815

Newsletter Highlights

A Message from the Chair, Savanna Karmue

Meeting News

Supporting Partner Collaboration

Policy Brief

Board Member Updates

Resources

This newsletter is brought to you by:



Celebrating Youth Leadership Month

Last month, we celebrated Youth Leadership Month by recognizing the amazing leaders in our community, including the BHYAB board members. Thank you to all our young people who continue to be change-agents to the community around them.



Meeting News

On February 6th, board members finalized their policy brief and developed their presentation for their adult allies. On February 18th, members presented the brief, asking for advisement and support from the allies.



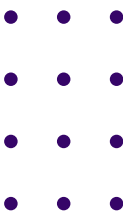
The board will begin hosting monthly meetings in person at the Sacramento Youth Center. Meetings will take place the third Saturday of each month at 5:30 PM. Special thanks to Raquel Shipp and Sac Youth Center for opening your doors to our board members.

Interested in hosting a youth-friendly training? Contact our program manager, Sydney, at sydneys@proyouthandfamilies.org.

BHYAB Policy Brief

Did you know? Most schools feel that they cannot allocate enough funding toward mental health clinics, therefore, they do not have these programs on campus where it's easily accessible for students. Check out our [Mental Health and Resource Sustainability Policy Brief](#) to learn how we are bringing change to our county and why this board is important.

Visit bit.ly/BHYABPolicyBrief for more.



Board Member Updates

The board has begun voting for new officers. Congratulations to Jordan Kaitapu, for another year of being the Vice Chair. Congratulations to Natanya Kharat, instated as the new Secretary. At this point in time, the Chair of the Board has not been nominated, so Savanna Karmue will remain standing Chair until the position is filled.

We would also like to bid farewell to Merissa Posh, District 2 board member. Thank you, Merissa for your time with the BHYAB, your input and dedication was invaluable.

Join the BHYAB Board!

The Behavioral Health Youth Advisory Board has vacancies in Districts 1, 2, and 5. Apply now!

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

Interested in joining the BHYAB with a flexible commitment? Associate Member positions are available! Contact Sydney at SydneyS@proyouthandfamilies.org

Sacramento County Behavioral Health Youth Advisory Board Members

DISTRICT 1



Join the Board!

DISTRICT 2



Ja'Lyn Wright

DISTRICT 3



Savanna Karmue

DISTRICT 4



Ria Srivastava

DISTRICT 5



Jordan Kaitapu



Join the Board!



VACANT



Audrey Nunez



Natanya Kharat



Join the Board!

Sacramento County Behavioral Health Youth Advisory Board Newsletter

Celebrating Youth Leadership Month



We asked a couple youth: What inspires you to be a leader?

"Three things that inspire me to be a leader is changing people's lives, making the world a better place, and how leading my community fills my happiness. As a leader I most enjoy interacting with people who have more knowledge than I do. I want my community to be safer. Everyone is fighting with each other, and people violate others and their space."



- Ja'Lyn Wright, District 2



"I'm extremely inspired by the youth around me who have gone above and beyond to advocate for their communities. I'm inspired by young, diverse activists who have challenged the norm and have boldly spoken out; and lastly, I'm inspired by my own desire to keep improving and growing as an advocate. The best part of being a leader is being a part of a global community where I can connect with and learn from like-minded activists and thinkers. I want to see my community become more open-minded around "sensitive" issues, see global changes toward more equitable health and educational systems, and see more priority being given to youth voices."

- Natanya Kharat, Secretary, District 4

Resources

Interested in Narcan Community Training? The fentanyl epidemic continues to harm our youth population. The following training could save a life - [sign up today](#) for CommuniCare Health Center's Narcan Training, hosted every third Thursday from 4:30 - 5:00 PM. The training reviews opioids, overdoses risk factors and indicators, and how to administer a Narcan nasal spray in the event of overdose.

Special thanks to the BHYAB Partners:

