

BHYAB NEWSLETTER

Brought to you by Sacramento County's Behavioral Health Youth Advisory Board



There is no health, without mental health.

Newsletter Highlights

July News

Recognizing Our Members

Meet the Districts

Other News

This newsletter is brought to you by:



JULY NEWS

Board members canceled their meeting on July 4th so they could celebrate America with their families.



Throughout the month of July, board members collaborated with the Mental Health Board, Sacramento's Office of Education, Alcohol and Drug Advisory Board, and county departments to enhance the Social Media Campaign project: Sac Influencers.

The Sac Influencer program will allow youths to learn prevention education and create media content that will be marketed on various social media platforms.

RECOGNIZING OUR MEMBERS

We would like to extend a huge congratulations to former representative for District 3, Audrey Nunez, who will be moving on from the BHYAB to begin her fellowship at UC Davis graduate school!



Audrey will be pursuing her master's in education teaching credential for the subject of English. We are grateful for the opportunity to have worked with her since 2021. We are confident that she will be a positive force for her future campus and look forward to the work she will do with youths in the near future!



CURRENT BHYAB OPENINGS

As several of our board members transition, we are looking for additional youth to fill our board and we encourage any interested youth to apply!

Sacramento County Behavioral Health Youth Advisory Board Members

DISTRICT 1



Open Seat

DISTRICT 2



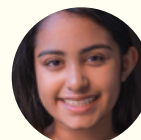
Open Seat

DISTRICT 3



Open Seat

DISTRICT 4



Natanya Kharat

DISTRICT 5



Jordan Kaitapu



Open Seat



Open Seat



Open Seat



Open Seat



Open Seat

[APPLY NOW](#)

BHYAB FAQ's:

What is the BHYAB?

The Behavioral Health Youth Advisory Board is a governing body that offers youth perspective on mental health and substance misuse goals and objectives for Sacramento County.

What is the commitment?

Board members, ages 14-24, are expected to participate 6-8 hours a month. Board members are appointed to a two-year term. Associate members, ages 12-26, do not have a time commitment.

Do I need any background experience?

No experience is needed! All we ask is that you are passionate about mental health or substance misuse, and we will teach you along the way.

What would I be doing?

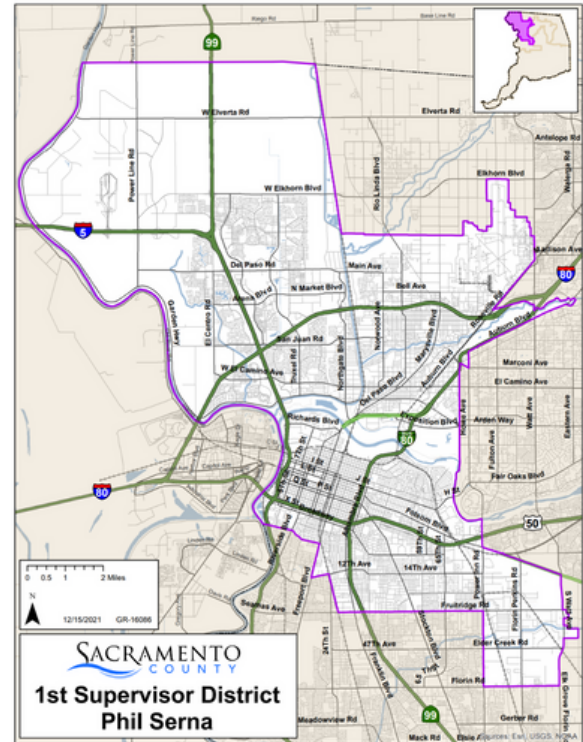
We meet in person twice a month to receive information on behavioral health, and brainstorm what needs to be done to make a difference to current policies and systems. Outside of meetings are event opportunities and professional development training.

MEET THE DISTRICTS

DISTRICT 1

The BHYAB is looking for **TWO (2)** young people to represent District 1. Youth between ages 14-24 who live in District 1 or attend one of the following schools within District 1:

- American Legion Continuation
- Arthur A. Benjamin Health Professions High School
- Hiram Johnson High School
- West Campus High School
- Discovery High School
- Inderkum High School
- Natomas High School
- Elwood J. Keema High School
- Grant Union High School
- Norwood Jr. High School
- Rio Tierra Jr. High School
- Vista Nueva Career and Technology Continuation



District 1
County Supervisor
Phil Serna

[View Full District 1 Map](#)

WORDS FROM OUR BOARD

"This is a fantastic board that encourages collaboration and where you truly feel that you have a voice." - Audrey Nunez, District 3

"It is a wonderful opportunity to get involved with mental/behavioral health advocacy and public policy as well as meet and learn from other amazing youth advocates!" - Natanya Kharat, District 4

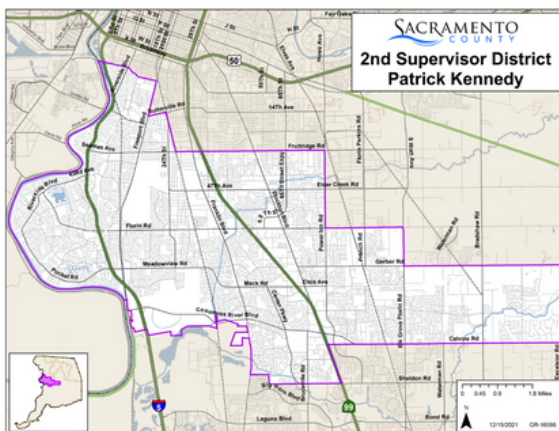
"Not only is it a great opportunity to get involved in local government, it's also filled with fun and interesting opportunities to meet new people and gain new insights." - Jordan Kaitapu, District 5

MEET THE DISTRICTS

DISTRICT 2

The BHYAB is looking for **TWO (2) young people to represent District 2**. Youth between ages 14-24 who live in District 2 or attend one of the following schools within District 2:

- Calvine High School
- William Daylor Continuation
- Florin High School
- Las Flores Alternative
- Rio Cazadero Continuation
- Sheldon High School
- Valley High School
- C.K. McClatchy High School
- John F. Kennedy High School
- Luther Burbank High School
- School of Engineering & Sciences



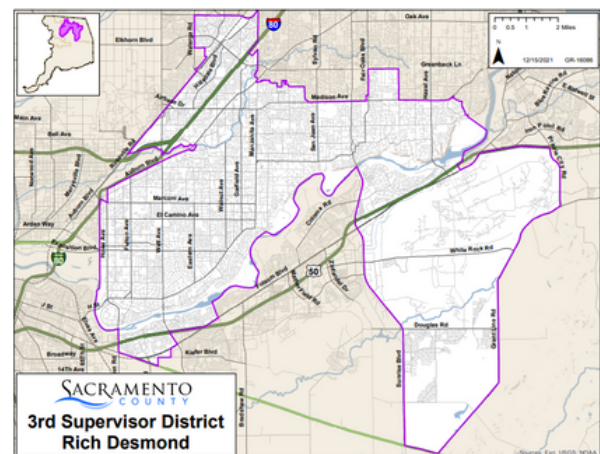
District 2
County Supervisor
Patrick Kennedy

[View Full District 2 Map](#)

DISTRICT 3

The BHYAB is looking for **ONE (1) young person to represent District 3**. Youth between ages 14-24 who live in District 3 or attend one of the following schools within District 3:

- Bella Vista High
- Del Campo High
- El Camino Fundamental High
- El Sereno Independent Study
- Encina Preparatory High
- La Entrada Continuation
- La Vista Center
- Laurel Ruff Center/Transition
- Mira Loma High
- Rio Americano High
- Foothill High
- Highlands High
- Pacific Career and Tech Continuation



District 3
County Supervisor
Rich Desmond

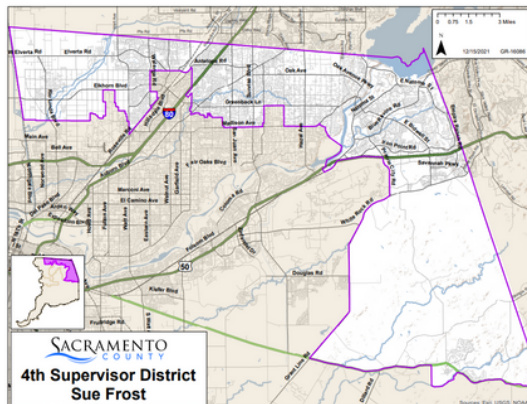
[View Full District 3 Map](#)

MEET THE DISTRICTS

DISTRICT 4

The BHYAB is looking for **TWO (2)** young people to represent District 4. Youth between ages 14-24 who live in District 4 or attend one of the following schools within District 4:

- Center High
- McClellan Continuation
- Folsom High
- Folsom Lake High
- Vista del Lago High
- Antelope High
- Casa Roble Fundamental High
- Mesa Verde High
- San Juan High
- Rio Linda High



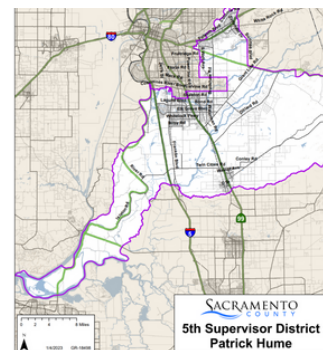
District 4
County Supervisor
Sue Frost

[View Full District 4 Map](#)

DISTRICT 5

The BHYAB is looking for **ONE (1)** young person to represent District 5. Youth between ages 14-24 who live in District 5 or attend one of the following schools within District 5:

- Consumnes Oaks High School
- Elk Grove High School
- Franklin High School
- Laguna Creek High School
- Monterey Trail High School
- Pleasant Grove High School
- Cordova High School
- Kinney Continuation
- Walnutwood High School
- Estrellita Continuation
- Galt High School
- Liberty Ranch High School
- Delta High School
- Mokelumne Continuation
- Rio Vista High School
- River Delta Community Alternative
- River Delta High School
- Rosemont High School



District 5
County Supervisor
Pat Hume

[View Full District 5 Map](#)

OTHER NEWS

Grant Funding Opportunity

The Yolo Youth Commission is offering four grants of up to \$40,000 to support youth development services in Yolo County.



[LEARN MORE](#)

Teir-one applications will be accepted through August 7th, and reviewed by the youth commissioners who will invite applicants back for the second tier of the application. The Yolo County Board of Supervisors will review and affirm Commission grant award recommendations.

Other Resources

Sacramento County has a behavioral health services webpage just for youth.

[VIEW MORE SERVICES](#)

In California, those 12 years of age or older may consent to mental health treatment or counseling services if, in the opinion of the attending professional person, the minor is mature enough to participate intelligently in the mental health treatment or counseling services (Health & Safety Code § 124260).

Learn more about [your rights](#). Knowledgeable youth are empowered youth.

Special thanks to the BHYAB Partners:

