

BHYAB NEWSLETTER

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



There is no health, without mental health.

Newsletter Highlights

Board News

October Activity

Meet Our New Members

Resources

This newsletter is brought to you by:



BOARD NEWS

The board hosted a special meeting on October 5th to conduct their onboarding activities.

Members spent time getting to know one another, reviewed the bylaws and brown act regulations, and confirmed their recurring meeting time. Members will meet in person on the first and third Tuesday of each month from 5:00-7:00 PM.

The remaining 2023 board meetings will be held at the MHSOAC office in Sacramento. The board is hoping to utilize Sacramento's chambers for their meetings in 2024.

All board meetings have zoom accommodations to enhance public and presenter access.

Upcoming Board Meetings

Tuesday, November 7th
Tuesday, November 21st
Tuesday, December 5th

October Activity

Members have been highly active within their community and in the behavioral health sphere.

Below are various activities members have engaged in:

- CAL BHB Training
- Cognitive Behavioral Therapy for Insomnia webinar
- Fear, Anxiety, or Panic webinar
- Living Authentically webinar
- MHSA Youth Advocacy Initiative meetings
- Staying Young as a Value webinar
- Supporting a Healthy Mind Through Diet and Exercise
- Youth Empowerment Summit

If you or someone you know would like to present to the BHYAB, please contact sydneys@proyouthandfamilies.org.



MEET OUR NEW MEMBERS

We are pleased to welcome Stormee Burgess to the Behavioral Health Youth Advisory Board, representing Supervisor Serna of **Sacramento County District 1**. We are excited to have Storm on board! We look forward to working with Storm to further our efforts for youth behavioral health.

HI, I'M STORMEE BURGAN, BUT I USUALLY GO BY STORM, AND I ATTEND WEST CAMPUS HIGH SCHOOL AT SACRAMENTO CITY UNIFIED SCHOOL DISTRICT. MOST OF MY HOBBIES ARE CREATIVE OUTLETS. FOR EXAMPLE, SOME OF MY FAVORITES ARE D&D, ART, AND CREATIVE WRITING.

I'VE ALWAYS BEEN INTERESTED IN THE SUBJECT OF MENTAL HEALTH AND WANT TO BE A SUPPORT FOR THOSE WHO STRUGGLE WITH THAT AND THE OTHER STRUGGLES OF LIFE, BY FINDING A WAY TO PROVIDE MORE RESOURCES FOR THEM.



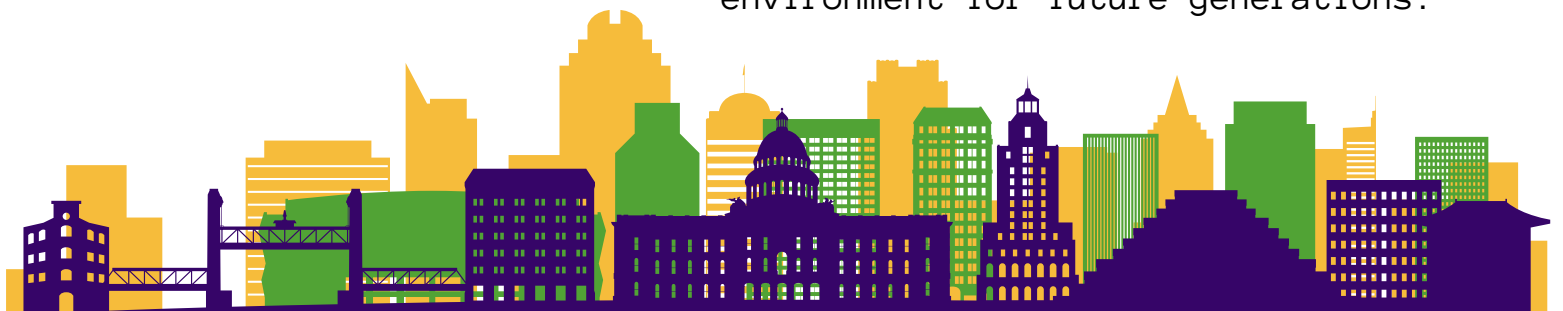
"IT'S OKAY TO NOT BE OKAY"

WHO INSPIRES YOU?

My mother inspires me everyday because she works hard despite the challenges of life.

WHY DID YOU WANT TO JOIN THE BHYAB?

I wanted to join BHYAB so I could help make life easier for those who struggle. I wanted to help create a safe environment for future generations.



MEET OUR NEW MEMBERS

from associate to board member

We are pleased to welcome Radha Chauhan as an official board member, representing Supervisor Desmond of **Sacramento County District 3**. Thank you, Radha, for consciously choosing to dedicate your time and efforts to the youth of Sacramento.

Radha Chauhan
from associate to board member

“Dreams don't work unless you do.”

Mental Health was something I have always been interested in since I was around 9 years old. Being apart of a community that helps pushes ideas for mental health would mean that I could connect with others who have the same interests as I do and help others while I'm at it. The experience that also comes with would come with it would also no doubt be valuable too.

One of my achievements is Sacramento Country Day

My fourth grade teacher who was the first one to show me that hopes and dreams are not too far from reality you just have to work hard to get it and see it in your own hands.

EVERYTHING STARTS WITH A DREAM

One of my main hobbies I love to do to relax is to create art or listen to some music

“Becoming a board member feels great because it feels as though I have more of a chance to help impact our community. Being an associate board member we you do get to help but your more of the background little helpers for the board, so becoming a board member feels like a great chance to make some changes in our community front and center.” - **RADHA CHAUHAN**



RESOURCES

Current BHYAB Openings

The board vacancies are as follows:

District 2 - One Seat Available

District 3 - One Seat Available

District 4 - One Seat Available

District 5 - One Seat Available

[**APPLY NOW**](#)

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. 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.

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:

