

Behavioral Health Youth Advisory Board NEWSLETTER



November 26, 2021



Meet the Board Members

District 1

karen kaur
Trayzell White

District 2

Merissa Posh
Ja'Lyn Wright

District 3

Savanna Karume
Audrey Nunez

District 5

Jordan Kaitapu
Madison Nguyen



The second BHYAB meeting occurred last **Friday, November 19th**, and was quite a success!! Following ice-breakers, the Board members approved minutes for the first time, collaborated on bylaw development, and began officer nominations.

The Board is taking time to be diligent with the onboarding process. The establishment of bylaws has been a profound group discussion. The members recognize that a youth board should allow excused absences, rather than requiring members to take a leave of absence, because youth are not the only ones in control of their schedule.

Onboarding

The Board has announced their meeting recurrences to be on the **first and third Fridays** of each month, from 5:30pm to 7:30pm. The Board will have the right to reconvene and change the recurrences to meet scheduling needs.

The leadership team of the Board has been expanded; there will be **three officers** presiding over this board. Tune into our next meeting to learn more about their roles and expectations!

Next Board Meeting
Friday, December 3rd
5:30-7:30 pm
via Zoom



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Youth Advisory Board



DISTRICT 4



District 4 is still accepting applications!
Check out the details below to learn more
about the requirements.

SEEKING YOUTH WHO:



- Have a passion for youth mental health & wellness
- Are between the ages 14-24
- Live in District 4 or attend the following schools:

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



APPLY TODAY at:

<https://sccob.saccounty.net/Pages/BoardsandCommissions.aspx>

Have questions? Contact: Cady at
cadyhw@proyouthandfamilies.org

What is the value in deepening board member relationships?

Deepening board member relationships will allow us to connect with each other more and work better together.

Understand each other, build trust, connect, and work effectively.

We are able to know more about each other, and trust more.

We can lean on one another more, and when one member is having hard times, we can support that member in the way we see best fit based on what we know about them.

The value of deepening board relationships is not only that we will be able to trust each other more, I feel as if transparency is key when it comes to change. If we are open to each other, then we will feel safe and open up.

Meeting Resources

- [Agenda](#)
- [Meeting Recording](#)
- [District 4 Application](#)

Special Thanks...

We would like to recognize the advocates of our board. Thank you, supporters, for being an integral part of the establishment of the BHYAB.

A special shout out to those who made the second meeting:

Bina Lefkovitz - Lori Miller - Lauren Wolkov

Supporters are welcome to pre-record their trainings as well, in case times and dates are not feasible.

Do you have a presentation you would like our youth board to tune into?

Contact: sydneys@proyouthandfamilies.org to advertise your presentation for the board members.