

# Behavioral Health YOUTH ADVISORY BOARD



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

## NEW FOCUS, NEW MINDSET.

*"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice." — Brian Herbert*

As summer break comes to an end and many of our youth return back to school, we wish you the best of luck in this next school year! We hope you lead with kindness and courage.

### Featured This Month

- ▶ August News
- ▶ Officer Updates
- ▶ Our New Member
- ▶ Meeting Schedule
- ▶ Resources



This newsletter is brought to you by:



# AUGUST NEWS

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On August 1st, Angie Medina from Pro Youth and Families Youth and Family Collective, and Bina Lefkovitz, a member of the Sacramento County Board of Education, presented a policy brief to the board members. The peer-to-peer policy brief encourages deeper collaboration between CBOs and school districts in regard to mental health curricula.

On August 17th, Maria Pagdor from the Sacramento County Behavioral Health Department debriefed members on a new grant proposal. Members will be providing a letter of support for the new grant. Members are also finishing interviewing officials throughout Sacramento County with the hope to align visions as they begin drafting policy recommendations.

## MEMBER TRAINING

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Claudia Jasin, Youth Policy Specialist from the Office of Councilmember Jay Schreiner, provided training for members. Members learned the difference between programs and policy, the steps to drafting recommendations, and how to structure a policy brief. We appreciate Claudia's support and ability to train in a youth-friendly manner.

# OFFICER UPDATES

Congrats to our BHYAB Secretary, Trayzell White, on his one-year anniversary with the board! The board members have wrapped up their first round of interviews and are beginning preparation for interviewing their Board of Supervisor representative. The board is currently in the process of interviewing perspective associate members and looks forward to adding more youth voices to the BHYAB.

 *Mark Your Calendars!*

**Next Board Meeting:  
September 12th via Zoom**

## BHYAB Officers



**Chair,**  
Savanna Karmue



**Vice Chair,**  
Jordan Kaitapu



**Secretary,**  
Trayzell White

*Meet The Board*

 District 1 Trayzell White	 District 2 Ja'Lyn Wright	 District 3 Savanna Karmue	 District 4 Ria Srivastava	 District 5 Jordan Kaitapu
 District 1 Mark Borges	 District 2 Merissa Posh	 District 3 Audrey Nunez	 District 4 Natanya Kharat	 Associate Member Madison Nguyen

# INTRODUCING OUR NEWEST MEMBER

Natanya Kharat is the Behavioral Health Youth Advisory Board's newly appointed member, representing Sacramento County District 4. Welcome, Natanya!

## Natanya Kharat

I am a senior at Folsom High School (FHS). I am the president/founder of the FHS Girl Up Club and president of the FHS Model United Nations Club. I am also a Student Advisory Board Representative for the Folsom Cordova Unified School District. Outside of school, I am a Youth Fellow for #LearningPlanet, an initiative by the UNESCO and CRI Paris, a global network of youth activists working to advance the UN's Sustainable Development Goals. Furthermore, I have had the amazing opportunity of co-developing and co-hosting the Youth-Led Menstrual Equity Workshop at the 2022 Girl Up Global Leadership Summit on behalf of Girl Up, United Nations Foundation and Girl Up Africa.

I feel the most empowered when I am surrounded by a diverse group of youth while having conversations about how we want to change our world.

In my free time, I honestly love writing poetry. I enjoy using literary imagery and symbolism to express my emotions, thoughts, and struggles in ways I wouldn't feel comfortable doing through conversation. Some day, I would love to publish a book or collection!



I wanted to join this board to get the opportunity to work with bright, driven advocates to address prevalent social and behavioral health concerns within Sacramento County and the education system. I hope to partake in a more systemic approach to wellness and equity among communities, families, and schools. Moreover, being on this board might be a bit of a push out of my comfort zone, but I think it is exactly what I need to grow and deepen my real-world skills of activism.



"And, when you want something, all the universe conspires in helping you to achieve it."  
— Paulo Coelho, The Alchemist



## ADVICE BOARD

Words of advice from our board to new and future members:

"Don't worry about feeling like you don't know enough about behavioral and mental health to make an impact on the Board. Know that you have the knowledge and awareness to make a difference!"  
- Mark Borges

"use your voice to advocate for what you believe in during meetings and other county events!" - Maddie Nguyen

"Ask lots of questions, speak your truth wholeheartedly, and take time to take care of yourself whenever needed."  
- Ria Srivastava

"Go to every opportunity for hours that are given"  
- Merissa Posh

# NEWS AND RESOURCES

Our new schedule is every 1st Monday and 3rd Saturday of the month, 5:30 pm - 7:30 pm. However, we will accommodate dates in September for Labor Day.

**Monday, Sept 12 &  
Saturday, Sept 24  
5:30 - 7:30 PM**

Want to access our virtual meetings?



**Join the Board!**

**Interested in becoming a board member?** District 5 has one seat available! Cannot commit to full membership? Email Jordan at [jordankaitapu@gmail.com](mailto:jordankaitapu@gmail.com) to learn more about our associate member positions.

**BOARD RESOURCES**

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

## SPECIAL THANKS

We would like to recognize the supporters of the BHYAB.

*Special thanks to:*  
**Angie Medina and Bina Lefkovitz**

Thank you, Angie and Bina, for presenting the Peer-to-Peer Policy Brief.

**Claudia Jasin**  
Thank you, Claudia, for taking the time to train the board members.

Special thanks to the BHYAB Partners:

