

Behavioral Health YOUTH ADVISORY BOARD

December 2022

Issue No. 15

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



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This newsletter is brought to you by:



A NEW YEAR A NEW START

“December, being the last month of the year, cannot help but make us think of what is to come.” – Fennel Hudson

The month of December has allowed us to reflect on our past year and our accomplishments. May we go into this new year wiser, braver, and with inspiration to set new intentions and goals as a new chapter of our lives begins.

DECEMBER NEWS

This month the board has been focusing on wrapping up all projects before the holiday break. As we go into new interviews with our adult allies, we have spent this month organizing and practicing our policy draft presentation as a board. The board is looking forward to a restful break and proud of how much work they have been able to accomplish together. Advocating for youth voices has always been one of our main missions and reflecting on this year, we have been able to achieve that.



LOOKING TO THE FUTURE

Looking to the future our officer positions of Chair, Vice Chair, and Secretary will be up for a new election and terms for some of our board members will be coming to end. We are so proud of all of the hard work that every single one of our youths has put into this board. It takes hard work and dedication to be on a board and have the courage to speak your mind. But to further this mission and use your voice to speak for those who can't, is a noble deed and we are honored to have those youth on our board. We are working on a new meeting schedule for this upcoming year and will be reporting on our new and updated meeting dates.

Chair Letter

A letter from our chair, Savanna Karmue

Hello everyone!

It is hard to believe how quickly this year has passed and come to an end. This has been an exceptionally successful year for the Behavioral Health Youth Advisory Board, as we near the end of our first year together!

Board Members from all 5 districts of Sacramento came together to advocate for youth mental health in unison, and are now working to implement policies as a sign of all our hard work. It was confirmation that we are truly working together to fulfill the mission and vision for the BHYAB, and members are committed to carrying that vision into the new year!

Big Thank You To:

BHYAB Board members: Who worked hard on formulating policy and providing direction in line with our vision.

BHYAB Board Officers: Who stepped up this year through numerous initiatives and took extra time to make sure things were in accordance with the BHYAB schedule and our goals.

Pro Youth and Family: Who makes things happen behind the scenes and office go unnoticed. Big Shout out to Sydney Spritzer and Xynthia Rivera for guiding us every step of the way and committing the time and energy every day to support our vision!

Supporting Partners and Adult Allies: Who provided resources, support, and assistance to the BHYAB in order to help us achieve our goals!

All our Guest Speakers and Presentations: Who brought a fresh perspective to the discussion on mental health and encouraged curiosity in BHYAB board members.

Members of the Public: For joining our meetings and expressing your support for our advocacy.

A heartfelt THANK YOU not one of us could have done it alone.

Finally, I am particularly proud of our board members' stellar achievements and accomplishments, some of which you can view on the following page.

In closing, I like to take this opportunity to congratulate all board members of the BHYAB, all our supporting partners and guest speakers, and member of the public for the support you have shown. I wish you all a very happy, safe, and enjoyable New Year. I look forward to seeing you all in January.

Happy New Year Everyone!

Savanna Karmue

OFFICER REFLECTIONS

I am proud of getting into several of my desired graduate programs, being a part of the BYHYAB and getting to help create the Yolo County Youth Commission.
-Audrey Nunez (District 3)

I am proud and thankful for reaching out of my comfort zone to help advocate for youth mental health across the country and meeting amazing people who share the same vision with me! I am also thankful for being able to complete the year with so many amazing memories created by the BHYAB!
- Savanna Karmue (District 3)

I am most proud of having stepped out of my comfort zone to speak up at both community-based and international level."
- Natanya Kharat (District 4)



This year I am proud that I accomplished my college applications, I got my first job, and being able to contribute to the BHYAB!
-Ja'Lyn Wright (District 2)

I am proud I have accomplished applying to colleges and getting an internship with the sheriff's activities league during the summer.
-Merissa Posh (District 2)

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 Radha Chauhan

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.

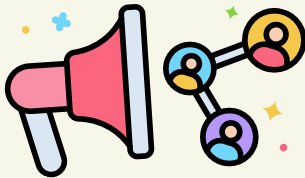
Monday, Jan 2nd &
Saturday, Jan 24th
5:30 - 7:30 PM

Want to access our virtual meetings?

CLICK HERE



PARTNER COLLABORATIONS



The board is very excited to be announcing their new collaboration with partners of the Sacramento County Office of Education for a new Social Media Campaign: for youth by youth. Stay tuned for more news to come as this project develops.

BOARD RESOURCES

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



Join the Board!



Interested in becoming a board member? District 5 has one seat available! Email Jordan at jordankaitapu@gmail.com to learn more about our associate member positions.

Special thanks to the BHYAB Partners:

