

Behavioral Health YOUTH ADVISORY BOARD

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



FEATURED THIS MONTH:

- March Meeting News
- Our New Member
- Officer Updates
- Member Accomplishments
- Community News
- Board Resources

March News

On March 4th, the Board began developing its relationship with the Youth Advocacy Coalition which presented its scope of work and efforts in Sacramento County.

“It was great to hear from the Youth Advocacy Coalition on all of the impactful work in the community.”
- Ria Srivastava

On March 18th, Melissa Jacobs, from the Behavioral Health Department listened to member advice in regards to the Sacramento County behavioral health youth services webpage.

"I believe the county website will be an extremely beneficial mental health resource for the youth of Sacramento and I am looking forward to its continuous development."
- Maddie Nguyen

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March News Cont'd

Members have been highly active participants in outside events. Wellness Together Student Mental Health hosted the MIND OUT LOUD Webinar, an all-day event focused on increasing awareness, advocacy, and reducing the stigma associated with mental health.

"It was amazing attending an event FOR kids led BY kids. That empowering movement truly fueled us to do even more in our community." - Savanna Karmue

The Sacramento County Coalition for Youth organized the Sacramento County's Prevention Summit, sharing effective community prevention strategies to limit the impact of substances on youth.

Greater Sacramento Urban League provided the Suicide Awareness and Prevention Talkshop, an in-person educational event for the Sacramento community.

A Look at the Fentanyl Crisis

Lori Miller, Behavioral Health Division Manager, informed members of the Drugs in the Age of Fentanyl webinar. Hosted by "Song for Charlie" team, the webinar offered a comprehensive overview of the fentanyl crisis and its impact on youth.

Tune in next board meeting to hear more about substance misuse prevention.

This newsletter is brought to you by:



MEET THE BOARD

Our New Member

Ria Srivastava is the Behavioral Health Youth Advisory Board's newly appointed member, representing Sacramento County District 4. Ria has completed her onboarding process and attended the board's meetings in March. We are grateful to finally have representation in district four and look forward to her insight.

Ria Srivastava

I am a junior at Vista del Lago High School. I am involved in equity projects within the Folsom-Cordova Unified School District, and sit on multiple committees to represent marginalized voices and uplift students of color. Also, I am involved with the restorative justice organization Creative Acts, which seeks to use art as a means of healing for people who are incarcerated. I am also a student equity journalist, and the editor in chief of my school publication.

Youth behavioral health is integral to our wellbeing, and I often see it misunderstood and misrepresented. Having struggled with mental health myself, I am very aware of the many resources available for youth, however I have also recognized the areas in which more supports are necessary. Young people, especially Black and Brown youth, often face punitive actions for struggling with their mental health. I envision a future where youth are offered the resources they need, especially restorative justice and conflict mitigation practices.

I feel empowered when I am working on a project that I am passionate about. Even when we reach setbacks, knowing that there is a community of people behind our organizing is empowering. Also, in a world where handwork is prioritized over one's wellbeing, I feel empowered by taking time to rest and reset.

I love to read, and even though I rarely get time to read out of my own personal interest, I try to make time whenever possible. I also love to write, everything from journalistic pieces about equity, to poetry and prose. I am fascinated by physics, space, and marine biology, and I love a good nature documentary. In the small amount of time I am not doing schoolwork, working, in a meeting, or working on an equity project, I love spending time with my dog and my family.



"Slow down you're doing fine/You can't be everything you want to be before your time." - Billy Joel
"I believe in living. I believe in birth. I believe in the sweat of love and in the fire of truth. And I believe that a lost ship, steered by tired, seasick sailors, can still be guided him to port." - Assata Shakur

I am inspired by the persistence of my fellow youth advocates. Despite continued efforts to silence our voices or hinder our advocacy, we continue to demand accountability and justice within our district. In moments when equity feels out of reach, my fellow organizers remind me of its importance, and the harms inflicted on youth within our district daily. I am constantly inspired by the power in collectivity and grassroots organizing.

Welcome to the BHYAB, Ria!

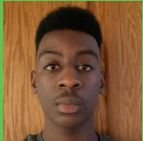
"It was a pleasure meeting our new board member, Ria. I am very excited to work and collaborate with Ria and all other board members in the future as our board continues to grow and develop!"

- Maddie Nguyen

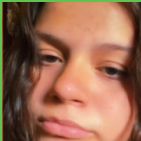
MEET THE BOARD



District 1
Trayzell White



District 2
Ja'Lyn Wright



District 2
Merissa Posh



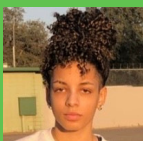
District 3
Savanna Karmue



District 3
Audrey Nunez



District 4
Ria Srivastava



District 5
Jordan Kaitapu



District 5
Madison Nguyen

BHYAB Officers



Chair,
Savanna Karmue



Vice Chair,
Jordan Kaitapu



Secretary,
Trayzell White

Officer Updates

The officers have been successful in board meeting facilitation. Next, Jordan, Savanna, and Trayzell will soon be preparing to be the main facilitators from the BHYAB during their collaborative listening session with Glen Price Group.

Jordan and Trayzell are collaborating to develop the recruitment plan for associate members. Jordan is now certified in "Duties of Behavioral Health Boards" from the CALBHB training resources.



Mark Your Calendars!

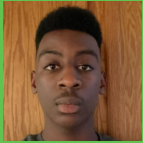
Next Board Meeting

Friday, April 1st
5:30-7:30 pm
via Zoom

MEET THE BOARD



District 1
Trayzell White



District 2
Ja'Lyn Wright



District 2
Merissa Posh



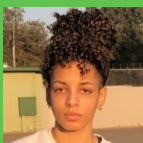
District 3
Savanna Karmue



District 3
Audrey Nunez



District 4
Ria Srivastava



District 5
Jordan Kaitapu



District 5
Madison Nguyen

Member Accomplishments

Audrey Nunez has been admitted into the UC Santa Cruz graduate program, with a scholarship.

Maddie Nguyen has been admitted into the California Polytech State University of San Luis Obispo, University of California Davis, University of California Irvine, University of California San Diego, University of California Santa Barbra, and more.

Ja'Lyn Wright is applying for UC Santa Barbara's summer research academy programs, "The Science of Persuasion" and "Mind Matters" to advance his education in the field of psychology.

Savanna Karmue has been accepted as a student intern for Sacramento State's Cardiovascular Wellness Program, where she will be conducting research and assisting members of the community.

Trayzell White has been accepted into former President Obama's mentoring program, My Brother's Keeper. MBK Alliance focuses on building safe and supportive communities for boys and young men of color where they feel valued and have clear pathways to opportunity.



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Community News

Apply to become a board member today! District 1 has one seat available, and District 4 has one seat available.

The board continues to collaborate with Glen Price Group in the 10-year student mental health plan to establish a youth-centered listening session.

Members will be assisting the East Bay Asian Youth Center, Sacramento, in distributing their Student Mental Health Survey.

BHYAB will be advancing the efforts of NAMI Sacramento in finding presenters for their "Ending the Silence" destigmatization program.

BOARD RESOURCES

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

Special Thanks...

We would like to recognize the supporters of the BHYAB.

Special thanks to:

Andrea Housley and Kyle Wiesenthal

Thank you for taking the time to present the Youth Advocacy Coalition's efforts!

County Behavioral Health Dept.

Thank you for taking the time to listen to board member advisement!

Special thanks to the BHYAB Partners:

