

**Sacramento County**  
**Department of Health Services, Behavioral Health Services**  
**Behavioral Health Youth Advisory Board**

## **General Meeting Agenda**

Tuesday, April 21, 2026; 5:00-7:00 PM  
815 S St, Sacramento CA 95811

Members of the public are encouraged to participate in the meeting telephonically by calling (669) 254-5252, then entering **Meeting ID: 565 106 9871** and **Passcode: e1xAqU** . This meeting may also be accessed through Zoom using the following web address:

<https://zoom.us/j/5651069871?pwd=mHsNDE7Y9BuoNwUqaJwBCv5rfObqqB.1&omn=95238277139>. Public comments may be given verbally at the designated time.

Members of the public may also submit written comments electronically to

BasinaG@saccounty.gov, or by USPostal Service to 7001-A East Parkway, Suite100, Sacramento, CA 95823. Public comments will be accepted until the adjournment of the meeting, distributed to YAB members, and included in the record.

- 1. Welcome and Introductions** **5 pm**  
*Presenter: Clara Armstrong, Chairman, District 1*
  - Members announce their presence
  
- 2. Approval of Agenda** **5:05 pm**  
*Presenter: Clara Armstrong, Chairman, District 1*
  - Approve agenda 4/21/26
  - Approve meeting minutes 4/7/26
  
- 3. Public Comment** **5:10 pm**  
*Presenter: Members of the public*
  - 2-minute comments regarding Sacramento County Youth Behavioral Health Services
  
- 4. Board Activity Updates** **5:15 pm**  
*Presenter: Clara Armstrong, Chairman, District 1*
  - Tabling opportunity
  
- 5. Member Updates Updates** **5:20 pm**  
*Presenter: Clara Armstrong, Chairman, District 1*

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| <b>6. New Business</b>   | <b>5:25 pm</b> |
| <i>Presenter: Clara Armstrong, Chairman, District 1</i>            |                |
| <b>7. Heartland FIT Presentation</b>                               | <b>5:30 pm</b> |
| <i>Presenter: Amanda Lynch, Shaunda &amp; Jones Dr. Joy Nandan</i> |                |
| <b>8. Adjournment</b>  | <b>7 pm</b>    |
| <i>Presenter: Clara Armstrong, Chairman, District 1</i>            |                |

Members of the public are encouraged to attend. Public comments are accepted during the designated time. Electronic or hard copies of documents are available upon request. Please contact Glenda Basina at [BasinaG@saccounty.gov](mailto:BasinaG@saccounty.gov) or (916) 875-4948.

Electronic copies of documents will be emailed upon request, and hard copies of documents may be picked up at 7001-A East Parkway, Sacramento, CA 95823. If you wish to attend and need to arrange for an interpreter or a reasonable accommodation, please contact Alondra Thompson prior to the scheduled meeting at (916) 709-5485 or at [ThompsonL@saccounty.gov](mailto:ThompsonL@saccounty.gov).

Behavioral Health Youth Advisory Board meetings are held the first and third Tuesday of the month from 5:00 pm – 7:00 pm