

Behavioral Health **YOUTH ADVISORY BOARD**

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



April News

In April, the Behavioral Health Youth Advisory Board (BHYAB) created a Mental Health Resource Accessibility and Sustainability (MHRAS) ad hoc for the purpose of dedicating individuals to compile and create the report outside of BHYAB meeting hours. The board also voted to create a substance misuse research ad hoc which would advise on the solutions to furthering prevention and misuse. Board member Radha Chauhan met with Sacramento County Office of Education Superintendent David Gordon regarding updates around the mental health clinicians within the district's pipeline, part of the BHYAB's policy recommendations from last round. Other members have meetings scheduled with the Department of Human Services and Board of Supervisors Patrick Kennedy by the end of April. These findings will be essential to creating the MHRAS report.

FEATURED

Meeting News

Meet the Board

Board Resources

**This newsletter is
brought to you by:**





Meet the Board!

With May being Mental Health Awareness Month, we wanted to take the time to introduce our board members and allow them to express their thoughts on why they took a seat as a board member, their interest on the topic of mental health and what outcomes they hope to achieve.

We are grateful to have such a knowledgeable board with diverse backgrounds and experiences who are willing to be the catalyst of change within youth mental health.

Board members are contacting their local leaders, and hope to learn how their last brief's recommendations have been implemented over the last year. The BHYAB will provide the community with a progress report. If you have input to provide members, please contact dextern@proyouthandfamilies.org.

Policy Brief



Storm Burgess District 1



Why did you get involved?

“I wanted to get involved with BHYAB because I know that there are many of my peers and family members that struggle with mental health, as I also find myself struggling from time to time. I wanted to be able to learn more about what could be done and try and make a difference, maybe even create an easier and more accessible way to get help for things they may struggle with.”

Why is mental health important to you?

“Mental health is important to me because I see people around me trying to manage it everyday, and since it's only recently becoming more accepted to ask for help with mental health, I want to learn more and find a way to better the systems already put in place to try and help others.”

What is an outcome you hope to obtain?

“Upon serving my terms, I hope to make some kind of tangible difference within my community.”

Zauna Nuru-Bates

District 2



Why did you get involved?

“I wanted to join the Behavioral Health Youth Advisory Board because I feel like I have a unique perspective to add to the group. I am born and raised in Sacramento, I’m 23, and I identify as both a consumer and a family member, I’m a person of color, a part of the LGBTQ+ community, and have a lot of lived experience and professional experience with behavioral health.”

Why is mental health important to you?

“Mental Health is important to me because mental wellness is just as important as physical health. As someone who is a consumer and family member, I know how stigma impacts people so it's crucial to keep spreading awareness.”

What is an outcome you hope to obtain?

“One of my goals is to keep growing professionally in the behavioral health field. I am always striving to be the best I can so I know this will help me become an even better advocate for the community.”

Kai Bzoskie District 2



Why did you get involved?

“I wanted to join the Behavioral Youth Advisory Board to help create a better environment for youth to express their needs and hopefully contribute to the development of programs or laws that support mental and behavioral health.”

Why is mental health important to you?

“Mental health is crucial to me because it impacts every aspect of our lives, from how we think and feel to how we relate to others. I want to ensure that nobody feels alone or without help, especially when it comes to mental health challenges.”

What is an outcome you hope to obtain?

“Throughout my term, I hope to contribute to the creation of laws or programs that specifically benefit the youth of Sacramento, ultimately fostering a more supportive and understanding community. As an individual, I am passionate about making a positive impact in my community and am committed to advocating for mental health awareness and support.”

Radha Chauhan

District 3



Why did you get involved?

“I’ve always had an interest in behavioral health and knew I wanted to do something related to the community. I was introduced to the board by Savanna Karmue, former chairman, for which I decided to join as an associate board member. I was able to witness first hand the power of youth voice in our community, which I initially thought was disregarded. At this moment I was inspired to become a board member.”

Why is mental health important to you?

“Mental health is important to me because of how prevalent it is in our schools. It’s something that we all struggle with to some degree. Mental health is something we need to take care of just as our physical health, which is why I find it an important issue but it sometimes is not seen as something you need to take care of.”

What is an outcome you hope to obtain?

“I hope for a couple of things. First is that my work inspires someone else, maybe helping them believe that they could achieve something, or choose to tackle advocacy in our civil system. Second I hope to not only hear about our impact but to see it, and to witness it actually helping people.”

Natanya Kharat District 4



Why did you get involved?

“I wanted to get involved because I wanted to join a platform where I could learn about behavioral health inequities and advocate for change at a governmental level, alongside joining a group of passionate, like-minded young people.”

Why is mental health important to you?

“Mental health is a huge aspect of health, period. It is so important that we acknowledge the role of institutions in promoting adequate access to mental health resources because mental health is necessary for youth to thrive.”

What is an outcome you hope to obtain?

“I hope to see improved changes in the way schools talk about behavioral health and an increase in access to free counseling, harm reduction, and other mental health services.”

Jordan Kaitapu District 5



Why did you get involved?

“While I was younger, the proper support services seemed inaccessible and unobtainable. When I finally was able to access these supposed "supports," they were neither culturally responsive nor was I treated in a manner that benefited the situation. I decided to take my experiences and work to host safe and responsive spaces for other youth and connect them to community support services.”

Why is mental health important to you?

“Youth in Sacramento face a lot of mental and behavioral issues such as PTSD and mood disorders like Depression. Youth deserve to have access to a mental health system that doesn't criminalize them for needing resources or support services.”

What is an outcome you hope to obtain?

“I hope to be able to make new connections with people in and around my community who are also passionate about youth and their mental health.”

Community Events



Join us for the upcoming
NAMI Walk!
 Saturday, May 4th
 8:00 AM
 William Land Park
 Sacramento



[REGISTER HERE](#)

BOARD RESOURCES

- [Agenda](#)
- [Application](#)

Special Thanks...

We would like to recognize supporters of the BHYAB.

Thank you, Wind Youth Services, for hosting our board meetings. We greatly appreciate your support.

Thank you, Mental Health Oversight and Accountability Commission for bringing visibility to the efforts of the BHYAB!

If you would like to present to the BHYAB, please contact dextern@proyouthandfamilies.org.



