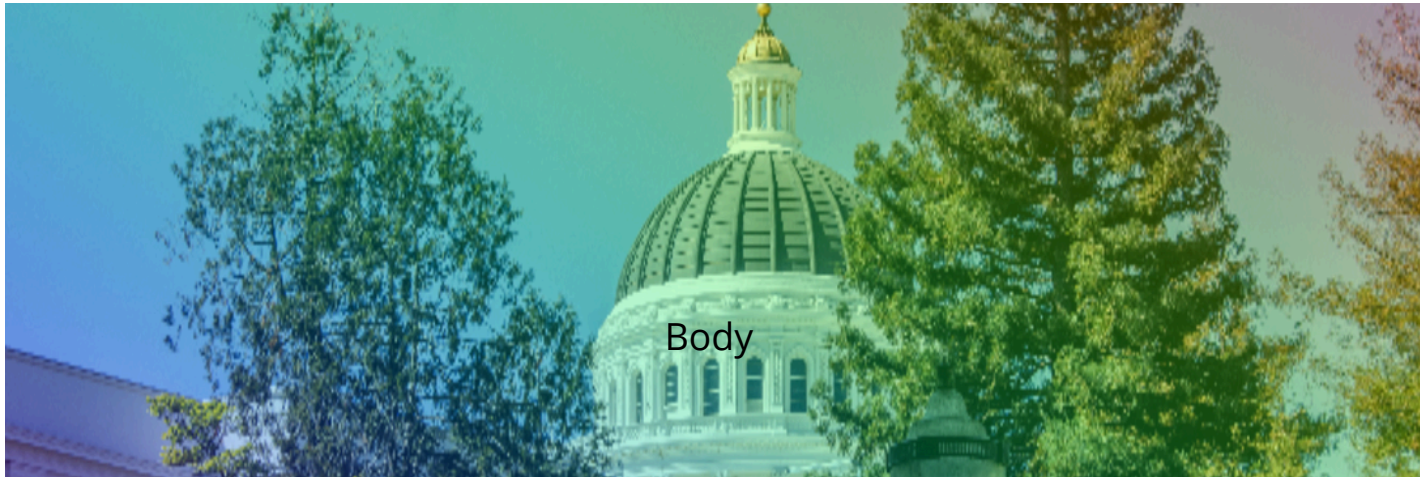


# Behavioral Health YOUTH ADVISORY BOARD

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



## August News

On August 6th, Angela Zuniga presented on the new state certification program aimed at helping children and youth through age 25 who are struggling with behavioral health challenges. The new **Certified Wellness Coach** role was created as part of the state's Children and Youth Behavioral Health Initiative (CYBHI) **to increase California's overall capacity to support the growing behavioral health needs of the state's youth.**

On August 20th, the International Rescue Committee presented on Afghan culture and results from a community survey with 219 people in their direct communities with results including that **71% believe there is drug and alcohol use within their community.**

When posed with the question of "*Why do people in the (Afghan) community use alcohol and drugs?*" results included:

- 72% - **Stress**
- 68% - **Peer Pressure**
- 62% - **Curiosity**

### FEATURED

- Meeting News
- Upcoming Meetings
- Board Next Steps
- Board Vacancies
- Board Instagram

This newsletter is brought to you by:



# Board's Next Steps

*In July of 2024, the BHYAB determined that they will be focusing on advising the County on youth substance misuse prevention. Doing so, the board looks forward to partnering with their respective District Supervisors, Sacramento County BHS, and SCOE. To do so, the board members have proposed the following timeline.*

Now

Board members have brainstormed, planned and decided that they will be creating and administering a survey to gather quantitative data on impacted communities. The board has chosen a value statement to help align them: ***“To encourage restorative practices toward substance abuse, misuse, and prevention on school campuses”***

Nov '24

Board members will have developed a survey developed in partnership with the Sacramento Youth Mental Health organization. This survey will be used to gauge the needs of the community in relation to youth substance misuse of the heaviest impacted communities.

Dec '24

The board will collaborate with UC Davis to host a ‘Science Cafe’, where they will share to the attendees about the ***Together For Wellness*** campaign and also host a listening session regarding the survey results they collected.

2025

The board will continue advisement and potentially turn the results into a policy brief or call to action alongside partners such as the Sacramento County Behavioral Health Department, SCOE and/or others.





## Upcoming Meetings

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The BHYAB meets on the first and third Tuesday of each month at 5:00 PM. The BHYAB would be happy to host your organization for a presentation.

<b>Sep 3rd</b>	<i>Presentation from Youth Help Network</i>
<b>Sep 20th</b>	<i>Open for collaboration!</i>
<b>Oct 1st</b>	<i>Open for collaboration!</i>
<b>Oct 15th</b>	<i>Presentation from Stanford CNI-X</i>
<b>Nov 5th</b>	<i>Open for collaboration!</i>
<b>Nov 19th</b>	<i>Open for collaboration!</i>

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Do you need youth voice implemented into your initiatives?

Are you interested in **collaborating** with the BHYAB?

Please contact  
dextern@  
proyouthandfamilies.org

This newsletter is brought to you by:



# BOARD VACANCIES

## The BHYAB needs your help!

We would love to have all the seats filled for our board.

If you know of a young adult that is passionate about behavioral health, please send us their contact information. We will reach out and support them in applying for a position on the Behavioral Health Youth Advisory Board.

The board vacancies are as follows:

District 1 - One Seat Available

District 2 - One Seat Available

District 5 - One Seat Available

**APPLY NOW**

## *Here's How the BHYAB Members Are Selected*



### DID YOU KNOW?

The PRO Youth & Families staff is responsible for recruitment, and often assist interested youths in filing their applications.

Then, applicants send their applications to Sacramento County's Board Clerks who distribute them to the proper district office. From there the varying county district offices are required to interview all applicants prior to appointing members to represent their district.

Following interviews, the Supervisors make their appointment recommendations during their formal Board of Supervisor meetings.

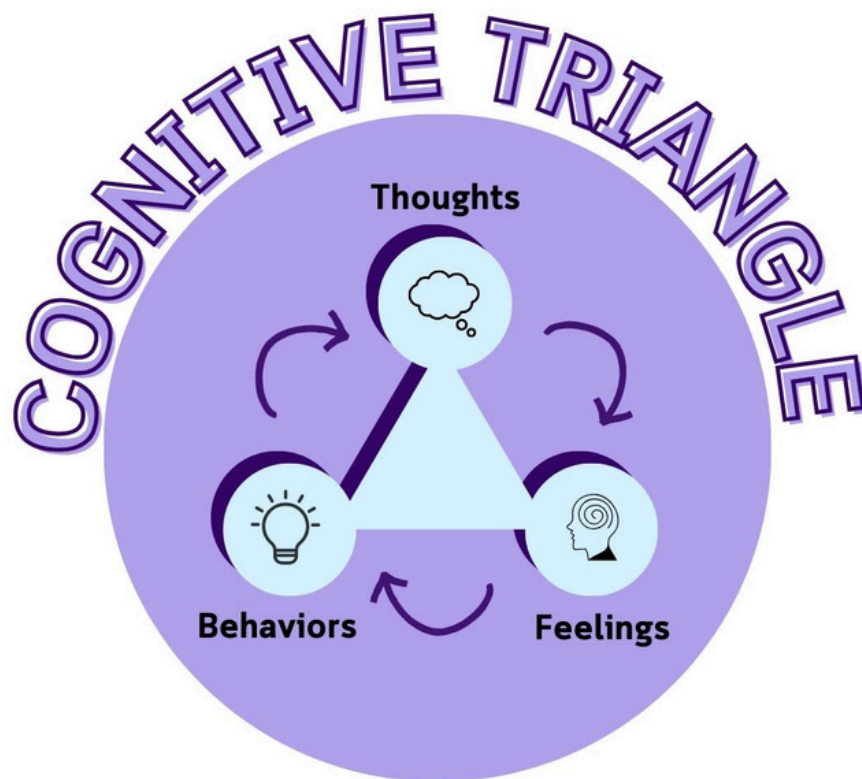


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**@SacCountyBHYAB**

The Behavioral Health Youth Advisory Board members post youth-friendly content on Instagram. Come find us on IG!



“Understanding the Cognitive Triangle reveals how our thoughts, feelings, and behaviors interact and influence each other. In every situation we encounter, our thoughts shape our interpretation, our feelings embody our emotional and physical reactions and our behaviors and actions taken in the situation”

