

Behavioral Health YOUTH ADVISORY BOARD

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



December News

On **December 3rd**, Staci Dao, founder of **Tammira**, recently introduced an innovative new app with powerful features designed to enhance meetings and events. The app boasts live-streaming capabilities, interactive modules, and polling tools—perfect for engaging participants in real-time.

Staci encouraged the board to explore the platform, suggesting it could be ideal for upcoming meetings or any other events we may have in the pipeline

On **December 17th**, board members worked together to **revise the organization's bylaws**, ensuring they better align with current needs and requests. The session provided an opportunity to review the piloted bylaws and make necessary adjustments, ensuring the updated version serves the board effectively in its present form.

FEATURED

Meeting News

Meet the Board

Upcoming Events

Surveying Sacramento

Resources

This newsletter is
brought to you by:



MEET THE BOARD



District 1
Stormee Burgan



District 1
Clara Armstrong



District 2
Karisa Cinco



District 3
Radha Chauhan



District 3
Kiara Yates



District 4
Natanya Kharat



District 4
Cloud Petersen

Stormee has been a member of the BHYAB since 2023 and now serves as the **Board Vice Chair**. Previously the Vice Chair of the Sacramento Youth Commission, they bring valuable leadership experience to their role.

Clara is a newer addition to the board and has enthusiastically embraced her role, contributing to presentations and coordinating survey distribution with great energy and dedication. We are happy to have the enthusiasm they provide to every meeting.

Karisa, who also works with a local NPO assisting unhoused individuals, has a strong passion for mental health resources and accessibility. They hope to establish professional network and help the BHYAB grow.

Radha joined our board as an associate member, focusing on mental health resource accessibility. Serving as **Board Chairperson**, she leads us while interning at Sac State and completing her senior year at Sacramento Country Day where they have been accepted into Stanford University!

Kiara, the newest member of the board, joined in November 2024 and is already making great strides in developing their leadership skills. At our most recent general meeting, Kiara was proudly elected as the **Board's Secretary**, congratulations!

Natanya has been a dedicated member of the board since 2022, serving as the **Mental Health Board Liaison**. They are currently pursuing their bachelor's degree at UC Davis and working as a Student Assistant for the UC Davis Center for Reducing Health Disparities.

Cloud joined the board as a high school senior and, after graduating, embarked on their journey into college and the workforce. With an innate ability to think critically and adapt to different perspectives, Cloud has become an invaluable team member. They also lend their talent to fostering social media posts, where their creativity truly shines!

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Exciting Upcoming Events from BHYAB

In the coming months, the BHYAB will be partnering with the UC Davis Center for Reducing Health Disparities to host a Science Café event. This event will focus on the important work the BHYAB is doing around substance use and mental wellness, alongside the Together For Wellness campaign. Since October 2024, select board members have been working diligently to design and implement the event, from shaping the agenda to planning engaging activities. We look forward to sharing this exciting event with the community!

Additionally, the BHYAB is planning a listening and focus session to provide youth and community members an opportunity to share their thoughts and concerns on these crucial topics. Stay tuned for more details on these upcoming opportunities to engage and make your voice heard!

UC DAVIS
HEALTH



SACRAMENTO
COUNTY

To stay up to date on all BHYAB events and activities, be sure to follow us on Instagram @saccountybhyab. There, you'll find updates on general meetings, upcoming events, and youth-curated content. Don't miss out on the latest news and opportunities to engage with the BHYAB community!



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Surveying Sacramento

The board designed the **Sacramento School Substance Use and Wellness Survey** in collaboration with the Sacramento Teen Mental Health Group.

Before designing the survey, members were trained in essential topics including the differences between **quantitative** and **qualitative data**, understanding the **target audience**, effective **writing techniques**, varying question **styles**, avoiding **leading** questions, determining optimal survey **length**, and survey **structure**.

*This survey aims to learn more about the youth's perspective of **mental health resources** and **accessibility**, as well as **substance use** on campuses throughout the county.*



Scan Here!



Now, the board is currently conducting outreach to youths **14-24 years old**. Please assist us with distributing our survey content among youth communities!



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Join the Board!

The Behavioral Health Youth Advisory Board is a governing body that offers **youth perspectives** on **mental health** and **substance misuse** goals and objectives for Sacramento County. *No experience is needed!* All we ask is that you are **passionate** about mental health or substance misuse, and we will **teach you** along the way.

[APPLY NOW](#)

BOARD RESOURCES

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

Special Thanks...

We would like to recognize the supporters of the BHYAB:

Sac Youth Mental Health Group, for collaborating with our board on survey content and outreach!

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

