

Behavioral Health YOUTH ADVISORY BOARD

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



November News

On November 4th, the board began discussion on the benefits of education, and also started to work on a presentation. Board members also discussed creating social media posts to promote the board. Board members decided on giving personal testimonies to draw attention to the board in hopes of more applications (so if you are interested or know of anyone that is interested the application can be found below!). The board also had former board member Karisa as a guest presenter! Finally, board members went over the current policy brief on youth substance use prevention.

On November 18th, the board reviewed work on the presentation for the importance of education and made some needed changes. Board members also finalized discussion on the recommendations and introduction of the current policy brief. After making final changes, the board began to format the brief.

FEATURED

Meeting News

Upcoming & Recent
Events

Board Resources

This newsletter is
brought to you by:



Board Events

Last month, board member, and Vice Chair, Natanya attended the 2025 Breaking Barriers Integrated care Symposium, the only statewide symposium that is dedicated to addressing the barriers associated with youth wellness. Here, attendees addressed the creation of solutions for youth mental health. This year had almost 100 youth scholarship recipients, including Natanya herself!

BOARD RESOURCES

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



**FOLLOW THE BOARD INSTAGRAM TO STAY UP TO DATE WITH BOARD ACTIVITIES AND EVENTS, GENERAL MEETINGS, AND YOUTH-CURATED CONTENT:
@SACCOUNTYBHYAB
IF YOU WOULD LIKE TO PRESENT TO THE BHYAB,
PLEASE CONTACT FRANK@WINDYOUTH.ORG.**



Interested in joining the board?

Fill out the application!

Each district has two seats.

Currently, Districts 1 and 2 each have one open seat, and

Districts 3 and 5 each have two open seats — a total of six

vacancies. We need 10 board members for a full board.

Even if your district's seats are full, you can still apply!

Applicants from fully seated districts may serve as associate board members until a seat becomes available.

If you know a youth that has an interest in behavioral health, please refer them to this newsletter and encourage them to apply - we can offer support in the application process too!

BOARD RESOURCES

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

SELECTION PROCESS

1. Apply to the board with the link above
2. Send application to BoardClerk@SacCounty.gov
3. After applications are reviewed, the applicant will be interviewed by their respective district supervisor
4. After interviews, supervisors make their appointment recommendations

