

YOUTH EMPOWERMENT

Tips to Amplify Your Voice

Are you passionate about an issue and want to make a difference? This guide provides tips and resources to amplify your voice and support the causes that matter most to you.



Educate Yourself

- Gain a thorough understanding of the issue(s) you want to address.
- Ensure that the information is reliable, factual, and up-to-date.



Build a Network

- Connect with professionals in the field you're focusing on.
 - Refer to the email template for guidance on how to approach professionals effectively and build meaningful relationships.



Start a Club

- Start a school club where students can openly discuss the topic of focus in a supportive, inclusive, and stigma-free setting.



Reach Out to Organizations

- Connect with organizations to identify/secure guest speakers, participate in collaborative events, or identify materials to raise awareness and educate your peers.



Organize Events

- Plan events such as information fairs, awareness weeks, or fundraisers that bring attention to the cause you care about.
- Invite guest speakers who can provide insight or organize workshops.



Contact Local Government

- Contact the Mayor's office, City Council members, or a local representative who focuses on youth or community issues.
- Join or apply for a seat on the City of San Diego's Youth Commission.
- Join a BHAB subcommittee.



SOCIAL MEDIA

- **Leverage Your Platforms:** Share informative posts on social media platforms like Instagram, Twitter/X, Facebook, and TikTok to raise awareness about your cause.
- **Create Compelling Content:** Design eye-catching graphics, videos, and infographics that highlight key facts and calls to action.



GET INVOLVED WITH THE BEHAVIORAL HEALTH ADVISORY BOARD (BHAB)

County of San Diego | Behavioral Health Services

Elevate Youth Voice and Perspectives

The Behavioral Health Advisory Board (BHAB) is made up of members of the public, selected by the Board of Supervisors, for their diverse knowledge and experiences in behavioral health topics. As required by the state, BHAB reviews and evaluates the County's behavioral health needs, services, and programs to ensure community and professional involvement in how behavioral health services are planned and delivered.

Get involved with BHAB or one of their subcommittees to stay informed of BHAB's priorities, join the conversation, and share your thoughts on youth behavioral health needs and services!



Attend BHAB General Meetings

Stay updated on BHAB's priorities and recommendations

Meetings are held in-person on the 1st Thursday of every month from 2:30pm to 5:00pm at the County Administration Center (CAC). View the [BHAB Meeting Materials Webpage](#) to attend in-person or virtually.

Click [Here](#) to Learn more about BHAB General Meetings

Submit a Public Comment

Share feedback on behavioral health issues

Provide a public comment in real-time during the BHAB meeting or complete the [Public Comment Online Form](#).

Click [Here](#) to Submit a Public Comment



Join a Subcommittee

Join the conversation on BHAB identified priority areas

To participate in a subcommittee submit the [BHAB Subcommittees Sign Up Form](#).

Click [Here](#) to Learn more about BHAB Subcommittees

For more information on BHAB, please visit bit.ly/sandiegocountybhabmain

For questions regarding BHAB, please email maria.molina-melendez@sdcounty.ca.gov

