



# Opening/Welcome - Uniting in Care

**Elizabeth Estes**, Founder, Breaking Barriers California

**Toby Ewing**, Executive Director, Mental Health Services Oversight & Accountability Commission

**Youth Leaders** from SACYMH

**Pap1 Grand3**, Spoken Word Artist, Bay Area Creative

**Jackson McBrayer**, Spoken Word Artist, Bay Area Creative

**Jenna Robinson**, Program Director/Director Teaching Artist, Bay Area Creative

# Breaking Barriers 2023: SacYMH





# Introduction To SacYMH

# Sac YMH Timeline Highlights

*Grants Awarded:*  
Cal MHSA 2020 & 2023

MHSOAC Youth Advocacy Initiative  
2023

Film Webinars

**2020**

Pop-ups

Sacramento Theatre  
Company Presentations

**2021**

UC Davis Science Café:  
Covid (Quaran-TEEN)

UC Davis Science Café:  
UNMASKED: Youth Mental Health  
Needs & Solutions

**2022**

McClatchy HS Classroom  
Discussions

Mindset Conference

*Hiding in Plain Sight:* Documentary and  
Discussion Panel

Together4Wellness Collaboration

MHSAOC Youth Advocacy Initiative

**2023**

Sacramento Farm to Fork  
Festival Booth

UC Davis Science Café:  
Youth Mental Wellness ('24)



**Our  
Recommendations**



# Youth Engagement





# **Increase Number of MH Professionals**





# **Accessible MH Resources**





# **Holistic Approach to MH**





# Middle Schoolers



# **Counselors & Safe rooms**



# Peer to Peer Education





# Education in Schools



# **Student Stress and Anxiety**



**Take a look  
around...**