

## Sacramento County Youth Commission

Tomorrow's Leaders Leading Today

Minutes  
Monday, December 17, 2007

Chair: Harkirat Hansra  
Vice Chair: Rachel Sussman  
Secretary: Cynthia Tsay

### Attendance:

District 1	Katie Batten	Absent
	Kristina Wong	Absent
	Stephanie Taylor	X
District 2	Cynthia Tsay	X
	Raylia Washington	Absent
	<i>Vacant</i>	<i>Vacant</i>
District 3	Rachel Sussman	X
	Megan Alcalay	X
	Elizabeth Eggert	X
District 4	Naomi Endsley	Absent
	Rachel Anderson	Absent
	<i>Vacant</i>	<i>Vacant</i>
District 5	Harkirat Hansra	X
	Brianna Moland	X
	<i>Vacant</i>	<i>Vacant</i>

**Advisor:** Alan Lange

**Guests:** Sylvia Perscheid, Supervisor Don Nottoli's Office  
Anne Marie Rucker, Sacramento County Child and Family Mental Health Services Unit, Program Planner  
Lile Rankins, youth advocate, Ready by 21 Coalition

### Agenda:

1. The meeting was called to order at 6:20 p.m.

#### 2. Announcements and Comments:

- Alan Lange is the advisor for today's meeting.
- The Sacramento County Youth Commission introduced themselves to Anne Marie Rucker, the program planner for the Sacramento County Mental Services Unit, who was at the meeting on behalf of the Ready by 21 Coalition.

- The Board of Supervisors appointed a new commissioner, Huyen Vo, to fill the vacancy in District 2.
- Harkirat announced a change in the order of the agenda. He requested that item 10, the Coats for Kids, be changed to item 5 on the agenda.

### **3. Approve Minutes of November 25, 2007 Meeting**

- Rachel motioned to approve the November 25, 2007 minutes and Stephanie seconded. The minutes were approved as written.

### **4. Approve 2008 Meeting Calendar**

- Rachel motioned to approve the 2008 Meeting Calendar and Megan seconded. The 2008 meeting calendar was approved as written.

### **5. Coats for Kids Drive**

- The last day to drop off coats at News 10 or at Swanson's Cleaners is December 21, 2007.
- Rio Americano was also able to put bins in their office and has already collected their first batch of coats to be dropped off.
- The commissioners decided to drop off the coats individually instead of as a group due to scheduling conflicts.
- It was decided that the last day for collection would be Wednesday, December 19 because the bins were scheduled to be picked up the following day. The bins in the County Administration Building will be an exception, as the bins there are being collected on Friday, December 21.

### **6. Monitoring of Board of Supervisors Agendas**

- No report for November/December by the District 3 Commissioners. District 3 Commissioners will review the archived agendas and report back in January.
- December/January agenda monitoring is assigned to District 4 Commissioners. However, there are no District 4 Commissioners in attendance at today's meeting. Michele will email the commissioners to remind them to monitor the agendas.

### **7. Presentation by the Ready by 21 Coalition**

- The coalition training event was attended by a diverse group of forty youth from the Sacramento, Yolo, Placer, and El Dorado Counties. The main issues discussed were obesity, mental health and substance abuse, and youth development.
- Lile Rankins, an attendee of the coalition, presented on the main results of the two day seminar. The coalition focused on youth policy training. They learned about how to affect policy changes, what could be done, and the impact the youth could have on policies.
- The group also learned about action plans, strategies, and how to conduct research meetings. One of the research meetings was primarily concerned with increased funding for mental health research and the

- provision of mental health services to transitional-age youth (foster care children who have reached the age of eighteen). There was also discussion about prevention and early intervention. They also want to make a compact to help the youth.
- The mission of the Ready by 21 Coalition is to have youth ready for life by the age of twenty-one. This includes the knowledge of basic skills necessary to hold jobs or internships.
  - There are plans to hold another coalition event in February and the commissioners are invited to attend this meeting. The commissioners were also invited to attend a convention in March or April where the “big names” will sign the compact.
  - For more information on the Ready by 21 Coalition, the commissioners can contact Bina Lefkovitz. Her email address is [blefkovitz@leed.org](mailto:blefkovitz@leed.org).

## **8. Presentation on Human Services in the Community**

- Alan Lange presented on the Human Services Element in our community. This group of individuals is appointed by the Board of Supervisors. They go to a wide variety of communities and receive input from the residents about the strengths and weaknesses of their community. The information gathered is then analyzed for common concerns or themes, and the Human Services group will create solutions to alleviate the problems.
- The Human Services Element would like the input of the commissioners on the five most recurrent issues that have arisen. The issues include health, transportation, crime, housing, and food and nutrition.
- The first issue was health. There has been some concern about the ease and availability of health care for insured groups. Additionally, many individuals with mental health problems do not have the resources available or are not getting diagnosed. A concern brought up by the commission was the lack of a school nurse in the school setting. Also, the requirement of taking two years of physical education in high schools. Many individuals who only exercise during physical education class don't get enough exercise the other two years. They need to be motivated to exercise daily, all year round.
- The next issue was transportation. The E-Tran system in Elk Grove was commended for its ease of use, but the public transportation in general was regarded as an unsafe alternative to private driving. The idea of carpooling was introduced.
- Crime was a next issue on the list; both off and on school campuses. Many schools have installed surveillance cameras to discourage vandalism and pranks. Drug usage on campus and safety at bus stops were also discussed. The majority of the crime issues on campus revolved around personal issues as well.
- The final two items were housing and food and nutrition. There is an abundance of houses in several areas, but some places still are short of affordable housing. In regards to food and nutrition, the availability of healthy food options was debated. Many felt that the choices offered at the

high schools were not palatable and the new law banning unhealthy foods at school was ineffective.

- The Human Services element would like to come back in the spring to go over the results and solutions they have developed regarding these issues.

#### **9. Crocker Art Museum Planning**

- There has been no word from Caren, our contact at the Crocker Art Museum, and thus there has been no progress on their part. The commission needs to start planning if we want to have the auction/exhibit by the summer of 2008.
- A subcommittee was formed to work on the project. The members of this committee include Rachel S., Harkirat, Stephanie, and Cynthia.

#### **10. Approval of Youth Issues Survey**

- The commissioners reviewed the survey and felt that content of the survey sufficiently addressed the issues. However, there was a suggestion to add a question about accessibility to computers and the internet.
- The other suggestions were purely formatting concerns. If the survey was reformatted in a different manner, the commission felt that it could be contained onto five instead of six pages. There was also a suggestion to make the survey scantron only, but valuable responses would be lost.
- The commissioners were assigned to have their friends take the survey as a trial run. Their responses would be crucial in determining the effectiveness of the survey.

#### **11. Other Business**

- There was no other business.

#### **12. Public Comment on Non-Agenda Items**

- There were no comments on non-agenda items.

13. The meeting was adjourned at 7:26 p.m.