



# Youth Advisory Council

2022-2023



# Glossary of Terms

## TERM

## DEFINITION

### Public Health

The science of protecting and improving the health of people and their communities.

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### Service Planning Area

Los Angeles County is divided into eight "Service Planning Areas" (SPA's) for health care planning purposes. Each SPA has an Area Health Office that is responsible for planning public health and clinical services according to the health needs of local communities.

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### Youth Advisor

A Youth Advisor is a young person between the ages of 16-21 years old that advises the Los Angeles Department of Public Health that has less than 1 year of experience in the council.

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### Sr. Youth Advisor

A Youth Advisor is a young person between the ages of 16-21 years old that advises the Los Angeles Department of Public Health that has more than 1 year of experience in the council and supports with planning and leading monthly meetings.

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### Abbreviations

- Positive Youth Development (PYD).
- Youth Advisory Council (YAC).
- Service Planning Area (SPA).
- Los Angeles County Department of Public Health (LAC-DPH).



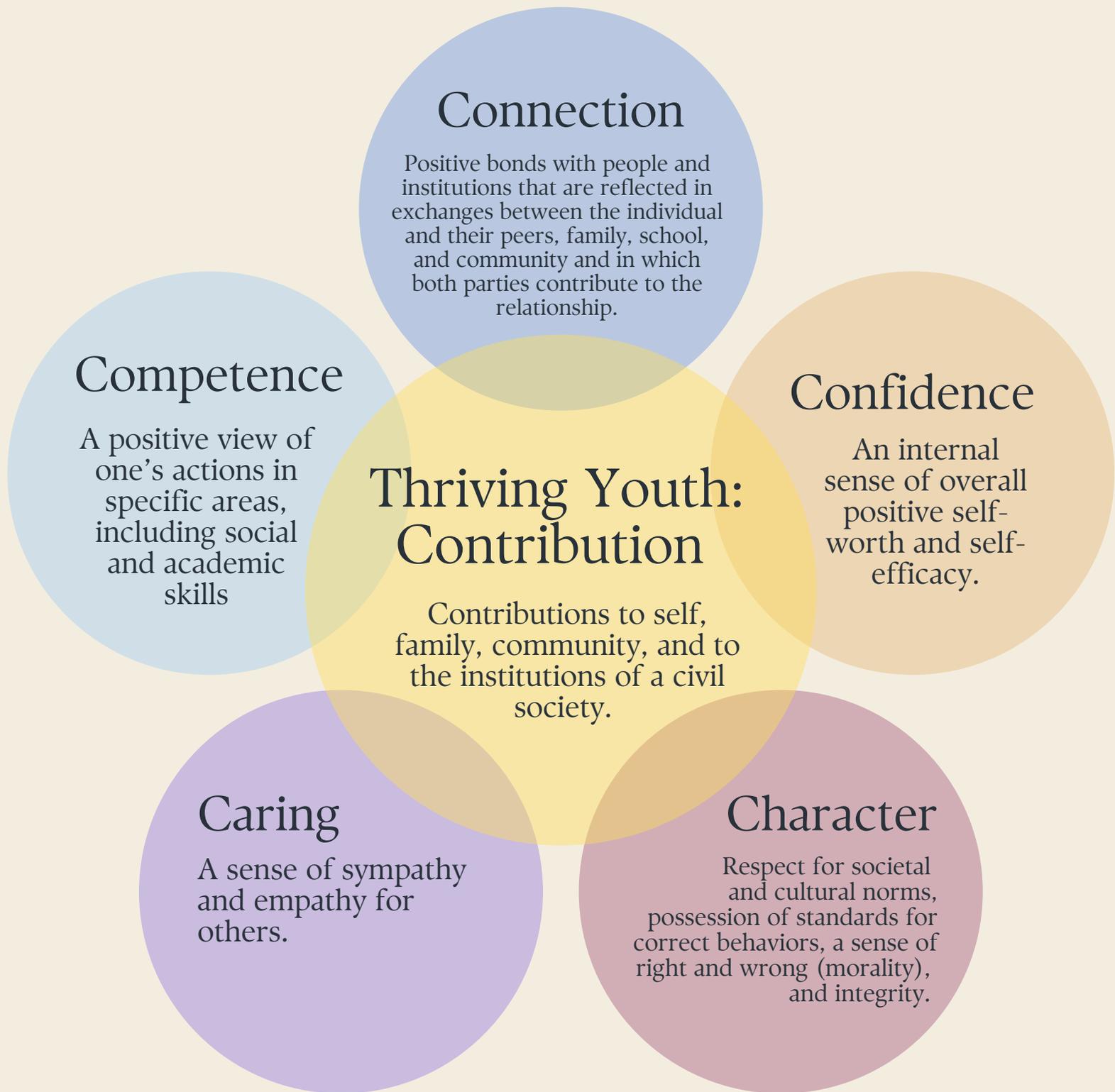
# Our Mission

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**The Los Angeles County Department of Public Health Youth Advisory Council is a group of youth brought together to increase youth involvement. The Council is part of the Department's Positive Youth Development Initiative that aims to promote positive outcomes for young people by providing opportunities that build on strengths and empower next-generation change-makers to reach their full potential.**



# The Positive Youth Development Framework



# Through the Public Health Youth Advisory Council, members:

Work directly with DPH staff as local DPH youth ambassadors and gain hands-on community-level work experience.



**STRENGTHS  
BASED  
APPROACH**

Develop leadership and advocacy skills through monthly meetings focused on strengthening youth voice.

Learn about the various public health issues impacting Los Angeles County residents and how the Department addresses them.

**EMPOWERMENT**

**CONTRIBUTION**

Advise and make appropriate recommendations regarding health issues affecting youth within Los Angeles County.



# YAC in Action



The Youth Advisors are involved in various events where they advocate for public health issues. On Thursday, May 5, 2022, CDC Director Rochelle Walensky and DPH Director Barbara Ferrer listened to youth advisors explain the benefits of leadership programs on adolescent health. The event took place at Dymally High School in South Los Angeles. Pictured here from left to right are Arnav Kacker, KC Aldana, Mikayla Guerrero, Dr. Barbara Ferrer, Gisselle Gonzalez-Perez and Pamina Bagchi. Pictured below from left to right are Mikayla Guerrero, Gisselle Gonzalez-Perez, Arnav Kacker and KC Aldana.



# YAC in Action

On Tuesday, June 7, 2022, Department of Health and Human Services (HHS) Secretary Xavier Becerra participated in two roundtables at Montebello High School in Montebello, CA with students and our Youth Advisors covering the impact of social media on youth mental health. Pictured here from left to right is Pamina Bagchi, Morgan McIntosh, KC Aldana, Evan Bowman, and Lizbeth Becerra.



On the left, Natalie Rubio planned and directed a tree-planting community event at her high school to beautify her neighborhood.



On the bottom right, Osiris Lamon is supporting his community with distributing produce and pre-packaged foods to his neighbors in Antelope Valley.



# YAC in Action

## Virtual Monthly Meetings

### *Physically Apart, but not Socially...*

Since the pandemic was declared in Los Angeles in March 2020, we transitioned from meeting in-person to meeting online. The interest in public health amidst the pandemic was one silver-lining that motivated youth to be involved in the Youth Advisory Council. Switching to meetings online provided a sense of community that held this group together without having to worry about transmission of the virus as well as transportation! The Sr. Youth Advisors have been instrumental to creating a welcome space and ensuring that the topics we cover are relevant, informative, and motivating.



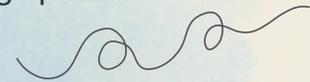
# What the Youth Advisors have to say about their experiences:



"What resonated with me the most was working in an event in Whittier where I helped pass out health related flyers about COVID vaccinations and was able to talk to those who worked within the SPA. This was a memorable experience for me because I was able to see residents of the community and talk to them about healthcare."



"I learned how much teamwork and cooperation goes into each and every public health activity. I was able to be part of some of the teams and utilize my skills to be part of the bigger picture. I learned that every small task matters and is just one piece of a huge puzzle."



"I learned a lot about the different avenues of public health, like mental health, environmental health, health within different communities, etc. I think just the exposure to these presentations about different kinds of health was really impactful in expanding my worldview."



"One activity that I will remember the most was hosting my first presentation with the YAC which was advocating for youth mental health and well-being. The preparation for the presentation and getting to advocate for mental health was so significant to me because I was able to show my passion for the issue, and I got amazing feedback in return."



"I will always remember everything that led up to my passion project. The brainstorming sessions, seeking outside advice, doing extensive research, and working with community members to present my work. All these activities helped tone my professional skills as well as my problem solving abilities. I was able to see firsthand how rewarding it could be to take something you are interested in learning about and teaching it to others."



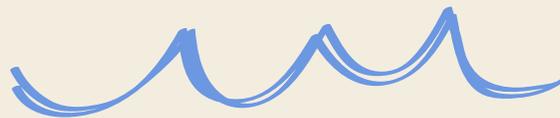
# Meet the 2022-2023 Sr. Youth Advisors



Alana Cho  
(she/her)  
Sr. Youth Advisor

A Senior at Peninsula High School, Alana joined the YAC to contribute to the Council's impactful work. She is passionate about advancing her community, empowering her peers, and challenging herself to grow as a student, leader, and individual.

Alana currently serves on the executive board of the Chinese National Honors Society and Latin National Honors Society. Additionally, Alana is President of the California Scholarship Federation, Founder and Vice President of the Girls in STEM Club, Founder and former President of the Domestic Violence Awareness Foundation, and current President of her high school's Key Club chapter. In her downtime, Alana enjoys knitting, crocheting, writing, and watching shows like Brooklyn 99 and Ted Lasso. Alana hopes to pursue medicine, journalism, public health, or psychology in the future. No matter what Alana ends up pursuing, she wants to continue positively impacting her community and society.



Arnav Kacker is a Biology major at the University of California, Riverside. After graduation, he plans to attend medical school and pursue a career in preventative medicine.

As a Youth Advisor, Arnav served at the Covid-19 Mega POD vaccination sites during the pandemic's peak and as a peer advisor for the

Public Health Taskforce, where he facilitated activities and discussions for LAUSD students related to Covid-19 and health disparities. Arnav works in an administrative role within the Council by ensuring the new Youth Advisors have all the necessary resources to accomplish their goals for this year. He's also conducting research within the YAC to study equity disparities regarding one's identity in the health field. He also works at the Health Promotion Department of UC Riverside and interns at the health clinic. Through these opportunities and the YAC, he hopes to learn more about public health and medicine while giving back to his community.

Arnav Kacker  
(he/him)  
Sr. Youth Advisor



# Meet the 2022-2023 Sr. Youth Advisors



Mikayla Guerrero  
(she/her)  
Sr. Youth Advisor

Mikayla Guerrero is a first-year student at UCLA majoring in Human Biology and Society and plans on minoring in public health. After graduation, she hopes to earn her master's degree in public health or pursue professional school within the medical field. In her free time, Mikayla enjoys spending time with loved ones, going to the gym, journaling, learning new recipes, and hiking.

Mikayla's interests in public health entail mental health and environmental justice, which she pursued in her passion projects last year. As a SPA 8 Youth Advisor in the 2021-2022 cohort, Mikayla presented and advocated for youth mental health and well-being in conferences such as the Mental Health Coalition for high school students from Southeast LA, the KEY Youth Summit, a panelist for the LA Youth Commission, and a conference moderated by Dr. Barbara Ferrer and Rochelle Walensky, Director of the CDC. Additionally, she created flyers for anti-drug initiatives for SPA 8 and assisted with developing the PhotoVoice campaign, which encompasses health advocacy by utilizing photography to highlight community resilience and document social change.

Now, as a Senior youth advisor for the 2022-2023 YAC cohort, Mikayla hopes to learn more about how to be an effective mentor, work alongside her fellow SYAs and YAs to find ways to improve health for different communities, and establish strong relationships with her peers and supervisors.



Nare Setanyan is in the process of obtaining an Associates for Transfer in Biological Sciences at Glendale Community College. Her field of study is neuroscience, with the hopes of one day working in the medical field. Her passion for medicine and healthcare are what inspired her to be part of the YAC, and she is currently in her second year on the team. Some of her hobbies are playing piano and painting. Nare recently joined the national College Corps program and spends her time working at food shelters and hospitals around the county, assisting people in need. She hopes that her time at the YAC will positively impact the public health of Los Angeles, and aims to gain valuable training through this experience.

Nare Setanyan  
(she/her)  
Sr. Youth Advisor



# Meet the 2022-2023 Sr. Youth Advisors



A'Star Williams  
(she/her)  
Sr. Youth Advisor

A 'star Williams is a senior at San Pedro Olguin High School where she is involved in the Marine Magnet Program and Link Crew. In the future, she plans to become an ultrasound technician, a career that was inspired by her passion for reproductive health. She is also passionate about bringing awareness to period poverty.

A'star has a very close relationship with her family. They are the most important people in her life and are one of her biggest motivations for doing well and something of value with her life. She also enjoys spending time with her dogs. But her biggest passion is God and doing His will with her life. She spends lots of time studying her Bible and fellowshiping with other believers.

A'star hoped to gain experience and exposure from being in the YAC (YAC). She believed that the YAC would provide an amazing opportunity for her to get involved in her community and help others. Now as a Sr. Youth Advisor, she is ready to be an active participant, expand her circle, become a great mentor, and grow her knowledge of the problems facing her community, but most importantly help give the new youth advisors the same amazing experience she had.

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KC Aldana is a senior attending the University of Southern California, majoring in Sociology and minoring in Psychology. They are passionate about social justice and improving mental health outcomes for historically underrepresented communities, such as LGBTQ+ youths. After their undergraduate studies, KC plans to receive their Master's in Social Work and become a clinical social worker.

KC has been a YAC member since 2021 and serves as a Senior Youth Advisor. The YAC has allowed KC to educate high school-aged students about the effects of COVID-19 through the Public Health Taskforce, facilitate presentations on improving mental health amongst LGBTQ youths, and provide their perspective on public health matters to public officials like Rochelle P. Walensky and Xavier Becerra. KC also works as an intern for USC's Norman Lear Center, where they explore entertainment media's social, political, economic, and cultural impact on society.

KC enjoys drawing, painting, playing video games, and watching horror movies in their free time. As a Senior Youth Advisor, KC looks forward to continuing their advocacy work for LGBTQ+ communities and providing greater awareness for public health issues. They also look forward to being a mentor and providing ongoing support and encouragement to their peers in the council.

KC Aldana  
(they/them)  
Sr. Youth Advisor



# Meet the 2022-2023 Sr. Youth Advisors



Kiera Lin  
(she/her)  
Sr. Youth Advisor

Kiera Lin is a senior at Marlborough School in Los Angeles, CA. She is passionate about preventing climate change, helping her community, and participating in management and leadership. At school, she works with her school's administration to make her campus a more inclusive and equitable space for Asians and

Pacific Islanders (API) after noticing the lack of API representation in their education system. Kiera plans to attend the University of Chicago next year to explore opportunities she could pursue.

Kiera joined the YAC in 2021 hoping to make an impactful change in her community by advocating for causes that she cares about. Her proudest accomplishment within the YAC is her passion project regarding waste issues around the world, which she has transformed into a research project on waste management and its effects on recycling. Kiera is currently conducting research on Los Angeles and Taipei's recycling movements and exploring the benefits of comparing two different systems. She looks forward to working with her mentee, peers, and supervisors in the YAC to accomplish even more in the next year.



Cassandra Olmos is a first-generation Mexican American and undergraduate student at the University of Southern California (USC) studying Health Promotion and Disease Prevention.

Cassandra is passionate about health equity and ameliorating the healthcare system and aims to become a family medicine physician. Cassandra

has been developing clinical and public health skills and knowledge on her pathway to medical school. She was involved with Project Lead the Way (PLTW) Biomedical Studies pathway program. This program has not just helped Cassandra develop her skills in learning more about the medical field but also allowed her to utilize her creative talents and lead groups to construct innovative projects to improve medical equipment and medications.

Cassandra received her license to become a certified nursing assistant (CNA) in high school. As a CNA, she learned hands-on clinical care procedures and clinical hours working with patients in a hospital setting. Cassandra's hobbies include arts and crafts, decorating, event planning, and creating stress-free environments. Cassandra is honored to be a member of the YAC for a second year as a Senior Youth Advisor. This elevated platform allows her more opportunities to advocate for health equity, quality, and accessibility, especially in Hispanic and minority communities.

Cassandra Olmos  
(she/her)  
Sr. Youth Advisor



# Meet the 2022-2023 Sr. Youth Advisors



Khy Cole  
(she/her)  
Sr. Youth Advisor

Khy Cole is a junior at Grambling State University in Grambling, Louisiana. She is currently majoring in History and minoring in African American Studies. Upon graduating from Grambling, Khy plans to attend graduate school to study Public Administration. Though undecided on the career she wants to pursue, she believes her ultimate

purpose is to bring about genuine change in the world. Khy is actively involved on her university's campus and in her community. She serves as the Voter Registration Champion for the NAACP HBCU LIT Initiative, which aims to encourage and increase student voter participation at Historically Black colleges and universities.

Moreover, she has founded her non-profit organization, A Walk in Your Shoes, dedicated to people who experience homelessness in Los Angeles. Her organization has donated to over 700 people in the Watts, Willowbrook area. Khy is currently a Senior Youth Advisor for the YAC and hopes to connect further with other young adults who envision edifying their communities. She is excited to advocate for those whose voices are often silenced. In addition to her studies and community service, Khy enjoys spending quality time with her family, watching movies, learning new languages, and working in ministry at her church. Inspired by her favorite photographer André Kertész, she loves capturing life's essence through her film camera's lens.

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Daniel Trigo is a junior at the University of Southern California. He is majoring in Psychology and minoring in Public Health. Within public health, he is interested in learning about drug use impacts and policy, cross-level socioeconomic differences in quality of life, and mental health. He plans to pursue a master's degree in Public Health after he graduates from college. In his free time, he likes to complete crossword puzzles and collect sneakers.

Daniel Trigo  
(he/him)  
Sr. Youth Advisor



Since 2019, Daniel has worked within the YAC representing Service Planning Area 7. During his first year at the YAC as Youth Advisor, he worked on multiple projects such as conducting outreach at various events through Parks After Dark and One Degree, where 1000+ resources have now been cataloged for the SPA 7 area. In 2020, he became a Senior Advisor and since then has mentored several incoming Youth Advisors in developing their passion projects, such as research presentations on youth mental health and the health of homeless populations, while also co-developing YAC monthly meetings. He is continuing his work in the Council as a Senior Advisor in his fourth year to help incoming Advisors find new ways to support their communities.

# Meet the 2022-2023 Sr. Youth Advisors



Gisselle Gonzalez-Perez  
(she/her)  
Sr. Youth Advisor

Gisselle Gonzalez-Perez is a first-generation Mexican American born and raised in the East Los Angeles area. As an undergraduate student at Stanford University, Gisselle studies Human Biology. Within her major, Gisselle explores her interests of public health and medicine through her major

concentration of the Biological and Social Determinants of Public Health. Gisselle's interests and values match that of the YAC's mission and has been an active member since 2019.

The YAC has offered Gisselle the opportunity to work alongside public health professionals not only to gain insight into the field, but also to provide her perspective on different public health concerns impacting youth individuals just like her in Los Angeles. Outside of the YAC, Gisselle volunteers at a clinic as a Spanish interpreter and interns at the Santa Clara County Health and Hospital System. Her ultimate goal is to contribute to the field of public health as a medical physician.

In her free time, Gisselle enjoys going to the beach, traveling to Mexico, and spending time with her family. Gisselle is looking forward to continuing her advocacy work through YAC and hopes that her hard work will provide an antidote for the growing challenges with mental, social, and physical health.



Evan Bowman is a first-year History of Medicine and Science and Public Health major at Yale University. Evan works as a Senior Youth Advisor at the L.A. County Department of Public Health, specializing in youth mental health and women's reproductive health.

Evan Bowman  
(she/her)  
Sr. Youth Advisor



Through her work at DPH, she hopes to help increase well-being and health equity in her community. Evan is currently conducting fibroid tumor research in the Taylor lab at the Yale School of Medicine and Yale New Haven Hospital with the goal of investigating the racial disparity in fibroid prevalence. Evan is a pre-medical student with plans to pursue surgery.

# Meet the 2022-2023 Sr. Youth Advisors



Brian Tran  
(he/him)  
Sr. Youth Advisor

Brian Tran is a senior at Granada Hills High School in San Fernando Valley. He has worked with various community-based organizations, including ONEgeneration, a program that provides food for seniors, and Pacific Beach Coalition, a program that helps clean and preserve the environment. One of his recent accomplishments

would be his recent AP scores, which will help him prepare his applications for college. He plans to pursue a career in the business field, more specifically within the accounting/finance region. In his free time, he enjoys playing basketball recreationally and collecting sports cards.

Brian has been a part of the YAC since 2021 and is now in his second year as a Senior Youth Advisor. The YAC has allowed Brian to introduce a youth perspective into the Department of Public Health, and work on projects relating to homelessness, COVID-19, and African American Infant and Maternal Mortality. As a Senior Youth Advisor, Brian hopes to better his own skills and help incoming Youth Advisors develop themselves and contribute to their community. Brian believes that he can build meaningful connections and take his first step into the field that he wants to pursue in the future at the YAC.



Fabiola Nunez is a Junior at Cal State University, Fullerton. Her biggest dream is to make her mother proud by graduating college, as her mother is her biggest supporter. In Fabiola's family, education is crucial, and going to college is a significant milestone. In her three years of college, she has learned that everyone's success path is

different and that it is okay to take your time. Whatever is meant for you will come to you.

Fabi loves going on short trips with her family, working out at home, and keeping up with fashion and photography during her free time. Fabiola believes photographs are her way of reliving beautiful memories when she looks back at them. Fabiola loves dogs and has a pup named Bear, her best friend.

Fabiola has been in the Youth Advisory Council since 2019 and has had the opportunity to lead monthly meetings, support with evaluation, and even create pamphlets for an event called Spring into Love. This year Fabiola hopes to gain more experience on how to be a great mentor to her mentees, gain more skills in networking, and learn how to use social media to attract more youth to advocate for our community health issues.

Fabiola Nunez  
(she/her)  
Sr. Youth Advisor



# Meet the 2022-2023 Youth Advisors



Orisha Lamon  
(she/her)  
Youth Advisor  
SPA 1

Orisha Lamon is a senior at SOAR High School in the Antelope Valley and this is her first year as a YAC member with the Los Angeles County Department of Public Health. After high school, she is interested in pursuing urban planning and studies at the University of Southern California or at a University of California. Since 2021, throughout

her high school career, she has been a part of the inaugural Los Angeles Metro Youth Council as the Vice Chair. In this role, she has practiced facilitating meetings and providing a youth perspective on transportation equity throughout Los Angeles County. Within her school, Orisha is the Vice President of her GirlsBuild club, which is a nationwide organization that promotes female and nonmale empowerment within work and social discussions.

Through the YAC engagement, Orisha hopes to create meaningful connections with other Youth Advisory peers. Orisha also wants to further her interest in public health and interactions within urban systems. With support from the YAC, Orisha hopes to promote transportation accessibility and how to properly utilize transportation for students in the Antelope Valley. Outside of school Orisha is interested in marine biology and animal classifications, and spends her time hanging out with friends and family.



Dana Ariza is a senior at SOAR High School and a student at Antelope Valley College as a part of a dual enrollment program. She is also a first-year Youth Advisor with the YAC. Her focus in advocacy is spreading awareness of sexual health and substance use information among the youth population and with her peers at SOAR. Dana hopes to receive her Bachelor of Science degree in Nursing and become a traveling nurse.

Dana Ariza  
(she/her)  
Youth Advisor  
SPA 1



As an advocate for spreading teen substance use awareness in the Antelope Valley community, Dana has presented at SOAR High School for the Department of Public Health CORE Center during Red Ribbon week. Her presentations detailed the Center's information on Naloxone, substance use effects on teens, and their youth-friendly workshops with certified Substance Abuse counselors. She is also working on a Sexual Awareness for Students club to provide support and information for youth on sexual health topics such as consent, protection, and STD testing sites. As a Youth Advisor, Dana hopes to provide public health information, resources, and awareness to youth in her community. Her ultimate hope within YAC is for youth in her community to become aware of the support that the Department of Public Health and other organizations offer. Within Dana's free time, she enjoys crocheting and playing with her three dogs Molly, Cali, and Penny.

# Meet the 2022-2023 Youth Advisors



Abigail Lee  
(she/her)  
Youth Advisor  
SPA 2

Abigail Lee is a senior at Van Nuys High School located in the San Fernando Valley. She is passionate about leadership and service and believes it is the responsibility of local government institutions to inspire youth to take action and change the world for the better. She began her involvement in youth leadership through the

LAUSD Superintendent Advisory Council, LAUSD District 3 Student Advisory Council, and Eric Garcetti's LA Mayor's Youth Council since 2020, and now serves as the Council District 12 Youth Representative for the Olivia E. Mitchell LA City Youth Council. She founded her own organization, I Too Can STEM, to provide access to robust STEM learning for San Fernando Valley students, inspire students to pursue careers in STEM, and increase the diversity needed to inject relevant and informed innovation into the community. In her free time, Abigail enjoys dancing and spending time with her family and dog. Through the YAC, Abigail hopes to grow as a professional and an advocate for public health disparities. One of her goals is to expand her knowledge of public health issues and use her skills and voice to contribute to solutions.

As a YAC member, Abigail hopes to elevate the voices of her community and advocate on behalf of the San Fernando Valley youth. Abigail particularly would like to focus on the sexual harassment/sexual/reproductive health side of public health and ensure that the young woman in Los Angeles feel safe and supported.

Nathan Lee is a junior at Crescenta Valley High School. He is also a third-year student in the graphic arts program at his high school; he has created numerous screen prints, logos, brochures, flyers, and many other forms of graphic communications for school clubs. Nathan is on the varsity cross-country team where he enjoys pushing his limits and improving his work ethic.

Nathan is involved in various school clubs such as the Growth Association and the CVHS FLAG Homework Club because of his interest in serving his community through activities such as beach clean-ups, food drives, and tutoring children.

In 2022, became a Youth Advisor for the Los Angeles County Department of Public Health to serve his community at a larger, more impactful level. As a member of the YAC's Social Media Team, Nathan wants to utilize his current experience in graphic communications to help promote awareness of public health issues, especially in the area of mental health. He is especially interested in teen mental health issues because of the direct and tangible influence that it has on his peers and school community. Nathan loves to play the guitar during his free time and has been using that skill to serve his church's youth group as a worship leader.

Nathan Lee  
(he/him)  
Youth Advisor  
SPA 2



# Meet the 2022-2023 Youth Advisors



Mia Alvarez  
(she/her)  
Youth Advisor  
SPA 3

Mia Alvarez is a 16-year-old junior at Temple City High School. She is part of the Healthy Lungs of Temple City Club, the Wings of Temple City Club, the ELD Mentor program, and the Art Club. After high school, she hopes to enroll in college and study criminal justice/public health or join the US Navy. Both inside and outside of school, she

enjoys helping her community in any way she can. Through her work at the YAC, Mia hopes to reach out to youth and peers her that need help or guidance.

Through her involvement with the Wings of Temple City, a club that serves persons experiencing homelessness, Mia participated in a food drive to help families whose living situations were impacted by COVID-19. She also mentors students who learn English as a second language in the ELD mentoring program. In her free time, she likes to draw, bake, play video games, hang out with friends, and spend time with her family and beloved dogs, Colette and Daisy.

As a Youth Advisor, Mia hopes to reach out to the youth in her community suffering from substance abuse or experiencing homelessness. In her area, SPA 3, homelessness and drug use have become rampant issues that need to be fixed. She also hopes to become more confident and learn how to manage her time better, which are two important life skills. Mia is excited to participate in hands-on projects with the workers at the YAC.

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Melanie Fabian Marquez is a senior at Downtown Magnets High School. She is interested in majoring in Public Health and Public Policy during her post-secondary education. She will be a first-generation Mexican American college student.

Melanie has completed work in sexual and reproductive health education. Through Period Project Los Angeles, a student-led nonprofit organization, she strives against period poverty and other prominent health issues among people of color. She organizes menstrual kit distributions to Skid Row residents and collaborative partners. She creates social media content on reproductive health for city residents. Along with the National Health Foundation, Melanie developed a sexual and reproductive health education program for Los Angeles high school students. During her leisure time, she enjoys watching movies with her family and trying new foods with her friends. In the YAC, Melanie hopes to learn more about social justice and public health topics. She also hopes to work on projects with professionals in the Department of Public Health to provide free menstrual products to Metropolitan Los Angeles.

Melanie Fabian  
(she/her)  
Youth Advisor  
SPA 4



# Meet the 2022-2023 Youth Advisors

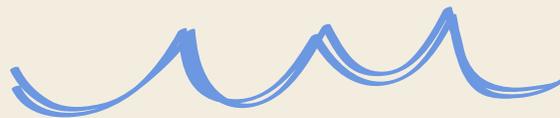


Rocio Escamilla  
(she/her)  
Youth Advisor  
SPA 4

Rocio Escamilla is a first-generation Mexican American. She is currently a junior at Dr. Olga Mohan High School, a small charter school near Downtown Los Angeles, and the Founder/President of the pre-med club in her high school. Since her sophomore year, Rocio began volunteering at her local hospital. She currently assists nursing staff with new patients and their children on the Labor and Delivery/Family-Centered Care floor.

While rising into her junior year, she participated in Camp CHLA, a competitive summer program where she shadowed healthcare professionals, such as nurses and physicians, and took part in skills labs. In junior year, Rocio was promoted to Vice President of the Associated Student Body. Additionally, she facilitates sessions for her pre-med club since August 2022. Her goal for her club is to help her peers gain exposure to healthcare professions through guest speakers.

As a Youth Advisor for the Department of Public Health, Rocio hopes to gain more knowledge about the world of public health as she strives to be the voice for her community. Her interests are in medicine and public health. She loves to advocate for and educate her community. She plans to major in Biology in college and attend medical school after.



Ximena Rojas is a senior at Crossroads School for Arts and Science in Santa Monica and has always had a passion for helping others. Whether it be through forming connections with fellow students, running the Latinx affinity group at her school, or participating in the YAC, she is always looking for something that will be making the world a better place. Through her interest in social justice and medicine, she became determined to get involved with public health and the YAC was the perfect opportunity. Outside of direct public health work, she works as a student election clerk and encourages participation in the democratic process to fellow youth either via also working the election or registering them to vote.

Ximena Rojas  
(she/her)  
Youth Advisor  
SPA 5



# Meet the 2022-2023 Youth Advisors



Francisco Morales  
(he/him)  
Youth Advisor  
SPA 6

Francisco Morales is a freshman at Charles Drew University in Los Angeles. He plans to attend college next year to further enhance his knowledge of Nursing and work towards a Science Nursing. He is currently in his first step to becoming a registered nurse since he is now a certified nursing assistant (CNA). He is now in the

Pre-Nursing phase, which is preparing him for the eventual Nursing curriculum.

Francisco is in many extracurricular programs such as the YAC, which helps him connect with the youth in his community. He is also in the CNA program, which is one of the first steps to becoming a nurse. Lastly, he is a mentor in a club known as Elevate Your Game (EYG), which focuses on youth in low-income areas.

Francisco hopes to gain personal connections with people who work in the MLK hospital or in the public health department in LA County. He wants to be more aware of our health system and how decisions are made. Francisco during his spare time wrestles on his school team, which teaches him discipline. He also runs because he loves to keep his body in shape.

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Sabas Perez is a Mexican-American senior at King Drew Magnet High School of Medicine and Science. He is interested in Mathematics, Chemistry, and Public Health. He plans to attend a university for his undergraduate degree in one or two of the fields listed above and then continue to graduate school to become an expert in his field.

Sabas Perez  
(he/him)  
Youth Advisor  
SPA 6



Sabas participates in multiple clubs and programs at his school. He is the President of the Mathematics Engineering Science Achievement Club and guides members to complete a project and compete on MESA day, which takes place annually at the University of California Irvine. He is also a member of the Planned Parenthood Peer Advocates Program where he works to share sexual health information and important resources. He has spent time in the Students Deserve Club as well which aims to implement policies centered around Black Lives Matter in LAUSD schools. Lastly, he holds the position of Member Development and Education Coordinator at the division level for Key Club.

Sabas has participated in the Medicine and Science Careers program where he worked under the guidance of Dr. Chavez from Charles Drew University in order to conduct research. His research focused on autoethnography and youth mental health in school.

Sabas has shown initiative for academic achievement and helping his community. He hopes to be able to continue and expand on this work in the YAC.

# Meet the 2022-2023 Youth Advisors



Karen Santana  
(she/her)  
Youth Advisor  
SPA 7

Karen Santana is currently a senior at Schurr High School. After high school she plans on taking the pre-med path and hopes to attend a four-year university. She intends to major in Biology and minor in African American Studies. Karen is an active student at her school, she is a recent member of the California Scholarship Federation.

She also has been promoted to team captain of the girls' wrestling team. She is the president of her school's Hispanic Awareness Club, where she raises awareness of the various Hispanic cultures.

After joining the YAC, Karen aspires to reduce, stop, and transform club mining so it can be repurposed for beneficial use in her community. In addition, outside of her community and academics, Karen enjoys crafting friendship bracelets for her friends.



Imani Chatman is currently a sophomore at the University of California, Los Angeles (UCLA) and is a pre-med student majoring in Psychobiology. At UCLA, Imani is a member of the Program of Excellence in Education and Research in the Sciences (PEERS). In this program, she engages in the world of research by attending

research talks led by faculty and participating in interactive workshops that promote scientific intelligence. Imani is also a part of UCLA-HHMI Diversity, Health Disparities and the Environment Program which is a year-long program that exposes sophomores to various ways they can promote health equity in order to conduct research, create a scientific paper, and generate an academic presentation. Lastly, Imani joined an on-campus club named Melanin in Medicine in the Fall of 2022, which is a club partnered with the Princeton Review designed to support and propel Black pre-med UCLA students into the Medical field. After completing her undergraduate studies, Imani plans to continue her academic journey by going to medical school and becoming a physician.

Imani Chatman's favorite hobbies include binge-watching Netflix shows, trying new food, and partaking in adventurous activities. She is also a first-year Youth Advisor who is deeply passionate about creating awareness of the injustices within the healthcare system. This intertwines with her interest in prenatal and postpartum health care in low-income communities of color. Imani hopes to gain knowledge, form connections, and have a positive impact on her community by being a part of the Youth Advisory Council.

Imani Chatman  
(she/her)  
Youth Advisor  
SPA 8



# Meet the 2022-2023 Youth Advisors



Rihighna Stiles  
(she/her)  
Youth Advisor  
SPA 8

Rihighna Stiles, a junior at Los Angeles County High School for the Arts, is currently studying dance. She plans to attend college and major in dance and engineering. After her undergraduate studies, Rihighna plans to pursue a master's degree in business, and eventually start her own sustainable energy car company. In her free time, she enjoys baking sweet treats, crocheting hats, and producing drum beats.

One of her proudest achievements was getting the opportunity to join the YAC. Since joining the YAC, Rihighna has been able to get more involved in her community, working alongside like-minded individuals. YAC has provided her with an invaluable experience for her to use in every aspect of daily life. With YAC, she hopes to help teens explore the connection between their mental and physical health by providing an outlet to express themselves. Rihighna's mission is to make sure everyone knows they are not alone.



# Thank you

to all of our  
partners for their

*support.*

*Community Field Services*

*Knowledge Empowers Youth*

*The EXP Opportunity Engine*

*LA County Youth Commission*

*Community at Work*

*Substance Use Prevention and Control*

*L.A. Department of Mental Health*

*Children's Hospital Los Angeles*

*Tobacco Control Policies and Programs*

*Students Against Drunk Driving*

*Helpline Youth Counseling*

*Fraser Communications*

*Planned Parenthood*

*The L.A.U.S.D. Wellbeing Centers*

*Black Women for Wellness*

*The L.A. Trust*

## How to Partner With Us

Partnership Request Form:

<https://tinyurl.com/partnershipreq>

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