

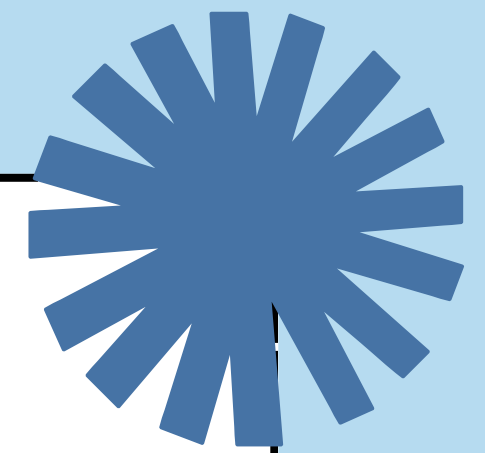


2023- 2024

LOS ANGELES COUNTY
DEPARTMENT OF PUBLIC HEALTH

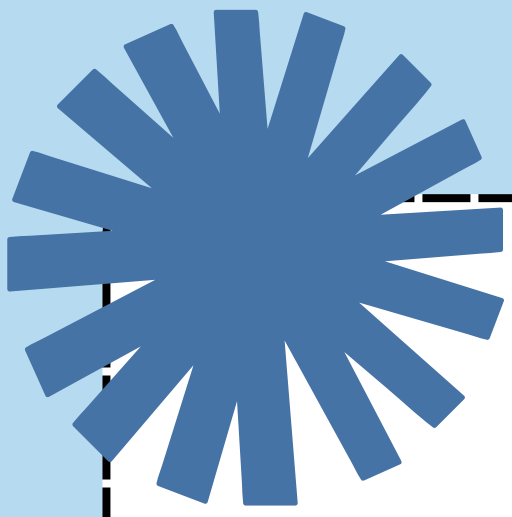


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Our Mission

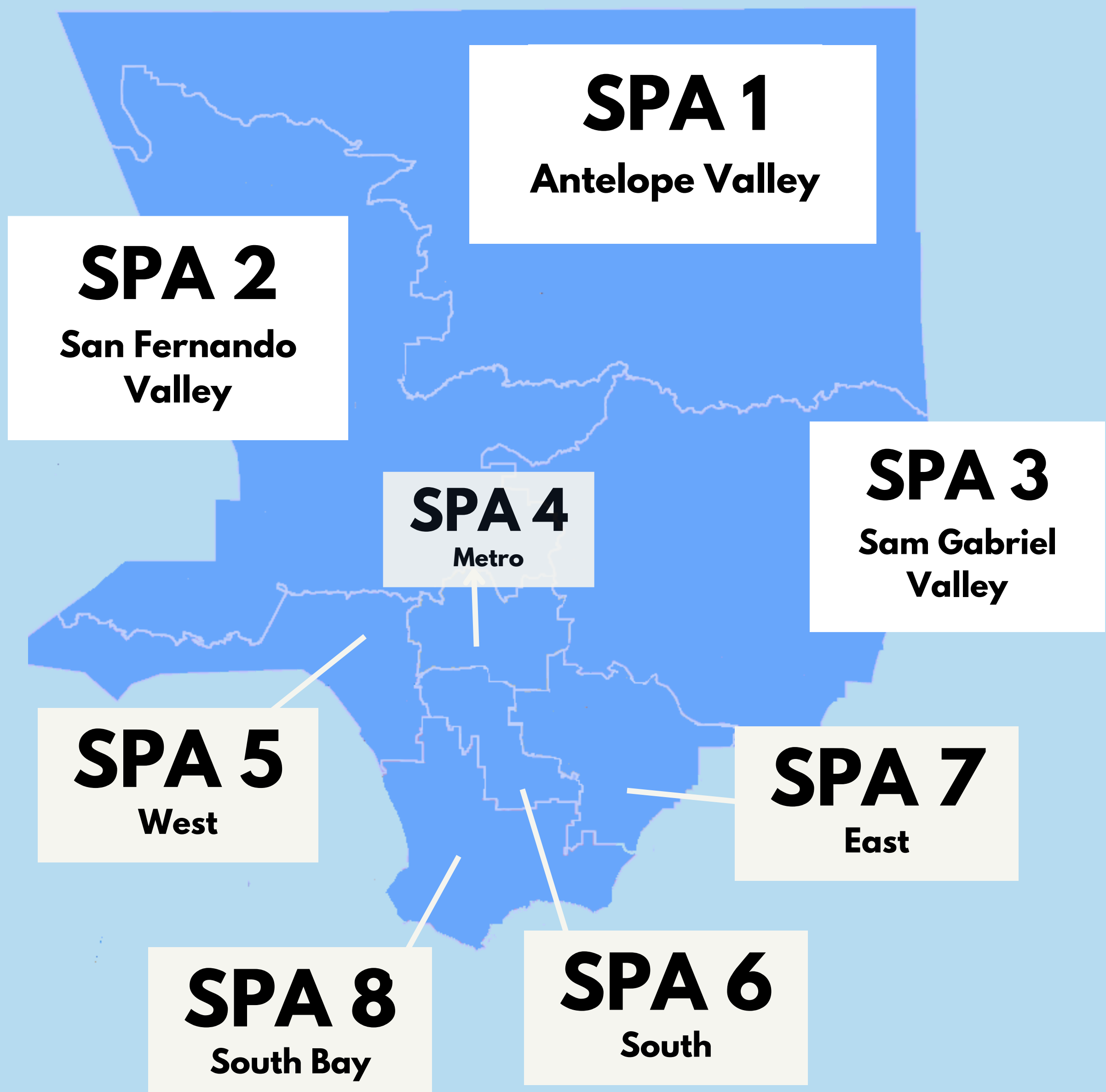


The Los Angeles County Department of Public Health Youth Advisory Council is a group of youth brought together to increase youth involvement. The Council is part of the Department's Positive Youth Development Initiative that aims to promote positive outcomes for young people by providing opportunities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

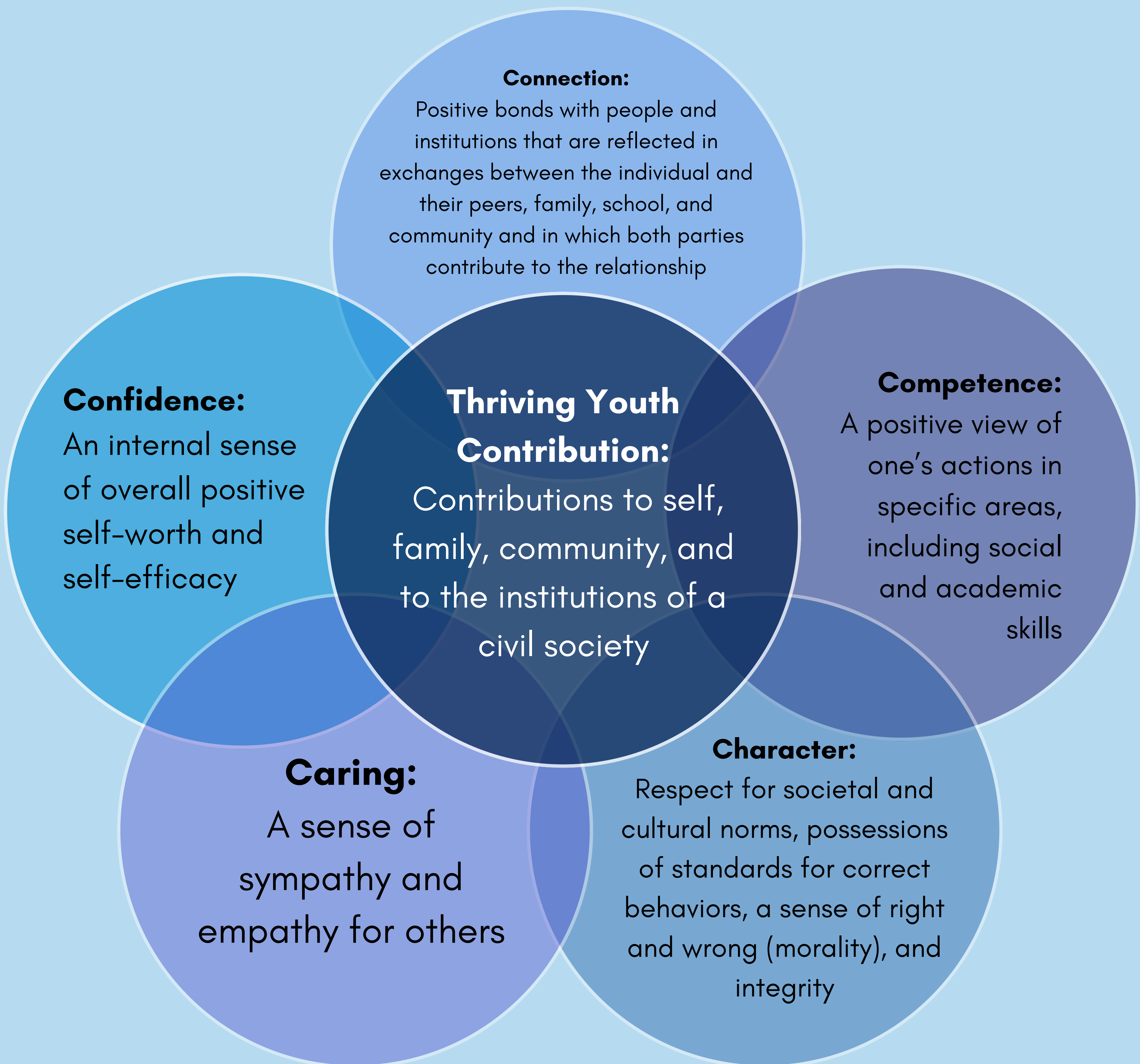
Service Planning Area

Los Angeles County is divided into eight “Service Planning Areas” (SPAs) 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. Every member of the Youth Advisory Council represents a different SPA.

Check out the map below to see the different SPA locations.




The Positive Youth Development Framework



YAC In Action

The Youth Advisory Council provides members with the opportunity to engage community members and to advocate for pertinent public health issues.



Council Coordinators Ivonne, Alana, and Evan attended the Knowledge Empowers Youth (KEY) Summit. The KEY Summit is a distinguished event tailored for high school students within SPA 8. It offers a unique platform for students to interact and collaborate with various esteemed health organizations, including YAC.

Pictured from left to right is Ivonne Galicia, Alana Cho, and Evan Bowman.

In the Spring of 2023 youth advisor, Mia Alvarez hosted a 4-day health fair at her high school, Temple City High. The event focused on raising awareness of substance use and sexual/relationship education. Several health organizations, including the Los Angeles County Department of Public Health, participated by setting up booths and providing educational resources to students.

Photographed here are two students posing in front of a Denim Day display to spread awareness on sexual violence.



YAC In Action



On May 20th, youth advisors Dana Ariza and Orisha Lamon were apart of the Embrace the Child Event, the Antelope Valley Union High School District's First Multicultural Event. There, the two networked and conducted outreach. Dana had the chance to conduct a presentation on substance use and also promoted the Youth Advisory Council for recruitment efforts.

Orisha is photographed at the very left and Dana as the third person from the left.

On April 15, 2023 youth advisor Nathan Lee participated in a round table discussion on youth mental health and suicide prevention with Senator Anthony Portantino. Nathan had the chance to ask Senator Portaintino questions on policies and future initiatives aimed towards improving youth mental health and health services.

Nathan is photographed at the very right.



YAC Subcommittees

The Youth Advisory Council offers many opportunities for members to collaborate across various SPA areas through subcommittees. By participating in the council's subcommittees, members can work together on exciting projects and expand their skill sets in areas like graphic design, research, communication, outreach, and more. Currently, the council has 4 dynamic subcommittees: the Information Subcommittee, the Newsletter Subcommittee, the Alumni Network, and the Social Media Subcommittee.



Information Subcommittee

The Information Subcommittee is tasked with the responsibility of systematically analyzing and disseminating pertinent updates in public health across local, state, national, and global domains. Its primary objectives are to enlighten and educate the council, maintain current awareness of prevailing health issues, engage with significant figures in public health, and collate valuable advice and resources for presentation to the council. Informational sources utilized by the subcommittee encompass a range of references, including but not limited to scholarly papers, news articles, and interviews with subject matter specialists.



Newsletter Subcommittee

The Newsletter Subcommittee is responsible for publishing the Youth Advisory Council's monthly newsletter. These newsletters keep members up to date on important announcements, events, and public health news, highlight the work of youth advisors, and entertain readers with fun articles on relevant topics like well-being practices, reading recommendations, delicious recipes, and more!



Alumni Network

The Alumni Network aims to reconnect the graduated Council members with each other, the current Youth Advisors, and the county. Many of our alumni have gone on to lead successful careers beyond the Youth Advisory Council and their guidance can be extremely beneficial to the current Youth Advisors. Having been in the same position as the current Youth Advisors, the alumni are able to relate on a more personal level with them compared to most other speakers the council hosts. Through workshops, personal communication, and opportunity sharing, the alumni of the YAC continue to make their impact on their communities after graduating from the program.



Social Media Subcommittee

The Social Media Subcommittee is dedicated to amplifying the voices of the Youth Advisory Council (YAC) on Instagram. Committed to fostering creativity and authentic representation, this subcommittee empowers YAC members to share and curate content that resonates with their vision and perspectives. By providing a platform for innovative expression, the subcommittee ensures that the YAC's unique insights and contributions are prominently featured and celebrated across social media channels, fostering engagement and connection with a broader audience.

Virtual Monthly Meetings

** Navigating Physical Distances while Maintaining Social Connections*

Since the declaration of the pandemic in Los Angeles in March 2020, our transition from in-person to online meetings has proven to be a pivotal shift. The heightened interest in public health during these challenging times has served as a motivating force, encouraging youth participation in the Youth Advisory Council. The shift to online meetings not only facilitated a sense of community but also eliminated concerns related to virus transmission and transportation logistics. The Council Coordinators and Senior Youth Advisors have played a crucial role in establishing an inclusive environment and ensuring that the topics addressed are pertinent, informative, and inspiring. While much of the world is reverting to in-person engagements, the Youth Advisory Council has seamlessly integrated a hybrid model into its meetings.

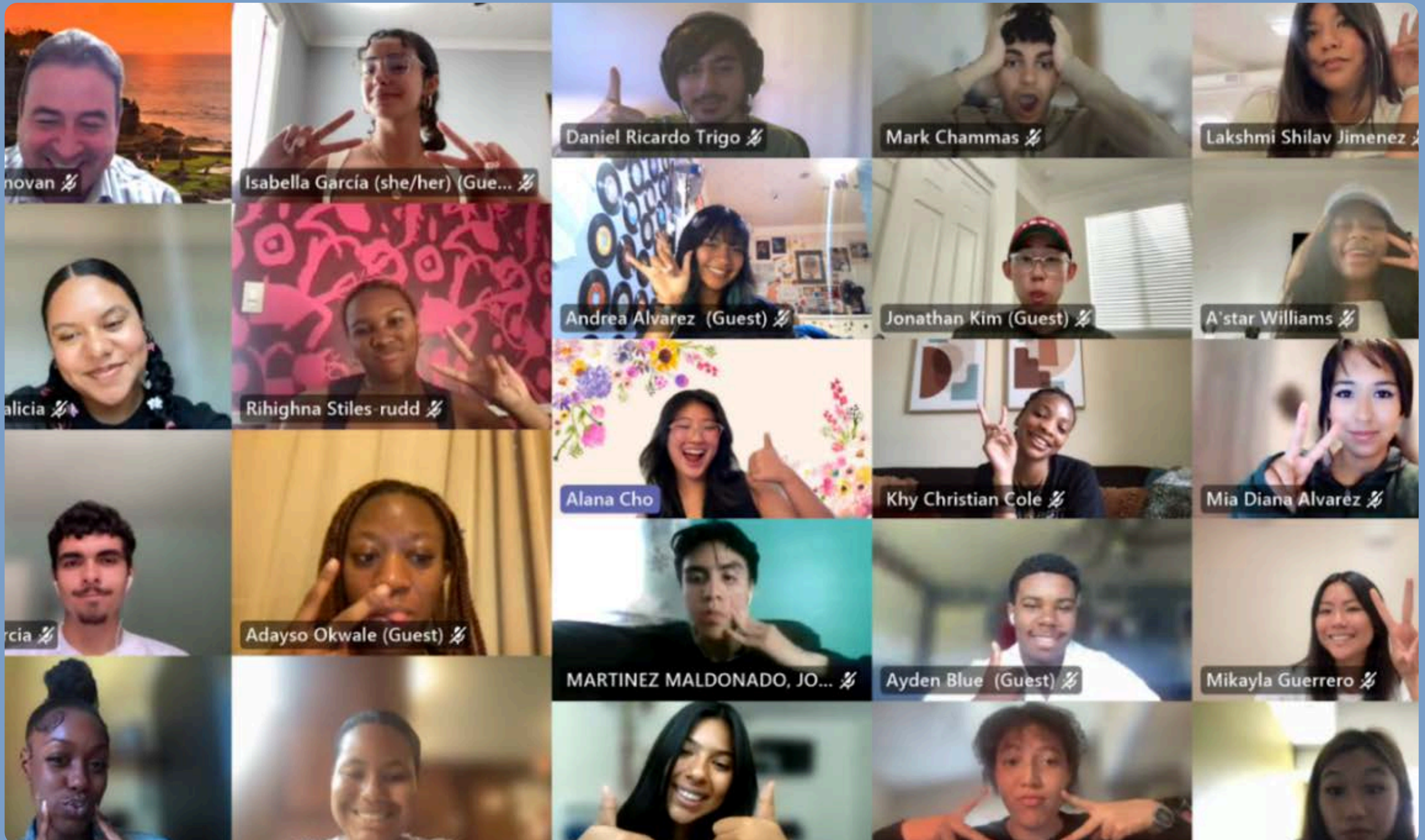


December Hybrid Celebratory Meeting December 22, 2023

Virtual Monthly Meetings



Cohort 4 Graduation Meeting



Cohort 5 Welcome Meeting

What Youth Advisors have to say about their experiences:



The best lesson I've learned from my YAC tenure this year is the importance of prioritizing your mental health, as through the workshops and speakers we've had in our monthly meetings, this topic is a highlight every time. Whether it be learning how to destress, the necessity for breaks from time to time, and even how crucial it is sometimes to take a step back, all of this allows me to move forward with a positive perspective. My best memory from YAC so far was when I had the opportunity to meet everyone through our first online meeting since I was a nervous wreck that day however the supportive and encouraging environment that culminated, allowed me to quickly lose my nerves and become engaged with the discussions at hand. Through every meeting, I feel like I've been able to learn more about myself and the differing ways I can impact my community positively, which continues to encourage me as I strive towards a career in public health one day.

-Joseph Martinez, First-Year Youth Advisor



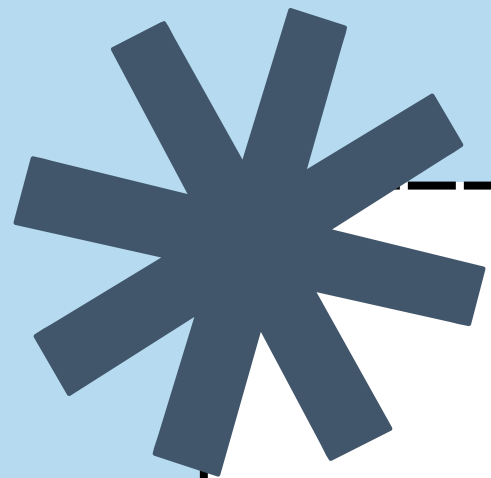
The work I have been able to do through the Youth Advisory Council has instilled so much confidence to make community wide change within me. It is only through the mentorship and resources the Youth Advisory Council has given me that I have been able to continue pursuing my passion project, and truly realize I can contribute to deconstructing health issues within my community. The support and love I have felt has been overwhelming, and I am incredibly blessed to have been given this opportunity."

-Mark Chammas, First-Year Youth Advisor



Hello everyone! My name is Amber Esqueda and I joined the Youth Advisory Council this past year. I was in search for a summer internship related to public health when I came across this amazing opportunity. At first glance, I was a bit intimidated by the process of applying and felt anxious about being a part of YAC. Despite this, I was welcomed into YAC with open arms and have had nothing short of a great experience throughout the past couple of months. Being in YAC has given me the opportunity to learn more about the unique public health issues that impact different areas in Los Angeles and participate in trainings related to public health topics I am interested in. Having the opportunity to participate in open-minded discussions and interact with other individuals who are also passionate about public health and are actively seeking out ways to solve the public health issues present within their own communities has also been a unique and eye-opening aspect of YAC. As such, I believe that anyone who is interested in medicine, public health, or any discipline for that matter should apply to YAC."

-Amber Esqueda, First-Year Youth Advisor



Youth Advisors

A Youth Advisor is a person aged 16 to 21 years old who offers guidance to the Los Angeles Department of Public Health and possesses less than one year of experience within the council. Additionally, Youth Advisors undertake a passion project aimed at benefiting and educating their communities, integrating their personal interests with public health concerns.

Meet this cohort's youth advisors on pages 13-19!

Amber Esqueda (she/her) Youth Advisor



Amber Esqueda is a fourth-year student at the University of California, Los Angeles, majoring in Human Biology and Society and minoring in Spanish. Her interest in public health and passion for serving underprivileged communities inspired her to become a part of the Youth Advisory Council as a first-time Youth Advisor. After completing her undergraduate studies, she plans on applying to graduate school to earn her Master's degree in both Public Health and Genetic Counseling.

Outside of the classroom, Amber is involved in Advocating for Intersectional Medicine, Teens for Screens, American Medical Women's Association, CampMed, Caraway, and the REACH Lab. As an active member of these organizations, Amber has been able to give back to her community by volunteering at outreach events, mentoring high school students, and educating others through informative presentations. For example, as a member of Caraway, a healthcare company dedicated to providing AFAB individuals with increased access to healthcare, she has been able to spread awareness of the impact of STDs and the importance of birth control within her community. She also recently completed a summer internship with the Los Angeles Department of Public Health Center for Health Equity where she worked closely with staff to build the city's faith-based organizations database. In her free time, Amber enjoys reading, thrifting, and trying out new coffee shops. Within YAC, she hopes to raise awareness about important issues impacting her community, educate others on the importance of accessibility, and learn more about the overall field of public health.

Andrea Alvarez (she/her) Youth Advisor



Andrea Alvarez is a junior at The Applied Technology Center High School (ATC) in Montebello, California. After she graduates, Andrea plans on attending a 4-year college close to home to pursue a career in medicine. Since she has always been fascinated with psychology, she can be seen studying the work of many famous psychologists like Sigmund Freud and Carl Jung. When Andrea isn't studying, you can find her learning new songs on the piano or playing her favorite video games!

Andrea is no stranger to leadership. With the surplus of extracurricular activities offered at her school, Andrea had no trouble finding a position that was right for her. Andrea's ambition and passion for health led her to become part of the cabinet for the HOSA chapter (Health Occupations Students of America) at ATC. Although new to this position, she is eager to encourage other students to take on leadership positions like hers and step out of their comfort zones! Throughout her time in the Youth Advisory Council, Andrea hopes to apply her leadership skills to make a difference in her community as well as foster her interest in psychology through the various resources that YAC offers.

Anely Cortez Lopez (she/her) Youth Advisor



A current junior at Gardena High School, Anely Cortez Lopez has dedicated her high school years to serving her community and bringing ideals of health equity to fruition. Through her time serving on Key Club International, Period Project Los Angeles (PPLA) boards, and the LAUSD Superintendent Student Council to Superintendent Carvalho and Spicer, Anely hopes to uplift the voices of marginalized communities. As President of the Medical Services Academy Student Council, she has brought connections to Title I schools with resources, internships, and shadowing opportunities from the USC Keck School of Medicine, UCLA Geffen School of Medicine, and Charles Drew University. Further, she is a Youth Advocate at her school's on-site clinic. She works with the Wellbeing Center and the UCLA Department of Family Health, creating campaigns that bring awareness to important topics such as mental health, domestic violence, and fentanyl use. She has aided and worked to raise funds for the Pediatric Trauma Program (PTP) from being on the board of her Key Club Division, working to establish a cohesive club environment among 9 different schools, ranging from El Segundo to Santa Monica.

In addition, she enjoys playing volleyball on her school's varsity team and running for Students Run Los Angeles, raising money for a multitude of charity causes. Anely's creativity is expressed within her calligraphy skills, allowing her to create cards for local senior citizens, raising the spirits of isolated individuals to promote healthy mental health practices. As a rising junior, she earned a scholarship to the USC SHINE Biomedical Program, working alongside Ph.D. engineering candidates, and fabricating hearts for research on cardiovascular diseases. She hopes to work in a pediatric ward and aspires to become a Certified Nursing Assistant before her Senior Year. Through the Youth Advisory Council, she hopes to bring resources to low-income mothers and families within her community, to ensure that they are capable of living a life full of longevity, health, and happiness.

Ayden Blue (he/him) Youth Advisor



Ayden Blue is a 16-year-old junior at Loyola High School of Los Angeles. With a background in water polo during his first and second years of high school and a current commitment to rugby, Ayden enjoys sports and hard work. He also recognizes the broader impact of public health on communities, working to better the communities and people around him. His interest in biological sciences fuels his ambition to attend prestigious institutions such as UCLA and UCSD to further his education.

Beyond his athletic pursuits and academic ambitions, Ayden has a keen eye for photography and enjoys making art of everyday encounters. His interest in community service encouraged him to join the council, where he aims to engage actively in community initiatives and make a positive impact. While participating in the council, Ayden would like to enhance his people skills and communication abilities, recognizing the importance of effective dialogue. As a community-oriented individual, Ayden Blue is more than excited to be a council member.

Omar Garcia (he/him)
Youth Advisor



Omar Garcia is a first-year computer science major at El Camino College in Torrance, California. Omar has a strong commitment to addressing youth substance misuse and young involvement in public health. Being a young person who survived cancer the year he joined the council, he has a strong interest in cancer education. Omar is incredibly grateful that he has overcome this challenge life has thrown at him.

Omar joined the Los Angeles County Department of Public Health in 2023 as a Youth Advisor, and since then, he has had the opportunity to give back to his community by participating in food distribution programs and CPR trainings. By serving on the council, he intends to learn more about public health and develop a stronger bond with his neighborhood. Omar also aspires to use his role at YAC to raise awareness and educate others about childhood cancer. During his free time, Omar likes to go for runs or spend time with his two dogs. Omar's early cancer experience sparked an interest in public health and a desire to get more involved in his community.

Isabella Garcia (she/her)
Youth Advisor



Isabella Garcia is a junior at Glendora High School. She is interested in mental health and hopes to study within the field of psychology after high school. As a way of pursuing this interest, she is on the board of her school's NAMI chapter, working in the Community Outreach Position. Here, she connects outside resources, such as those through the YAC to her school, helping to create exciting events that bring more people into NAMI. Last year, she conducted research throughout the school for a final project, exploring the topic of self-harm and its addictive attributes. With her research, she recorded a mini-podcast episode, presenting it to peers at school. Over the course of the summer, she was accepted into a Summer Springboard Program at Berkeley, where she spent two weeks learning from research psychologist, Sean Chandler. With this position on the Youth Advisory Council, she hopes to find an outlet for her passion for mental health where she can help educate herself and others, while helping destigmatize mental health in her community. Representing SPA 3, she hopes to bring more resources to students within San Gabriel Valley that will work to make people feel safer and more understood.

Joseph Martinez (he/him)
Youth Advisor



Joseph Martinez is a senior at Theodore Roosevelt High School who plans to major in public health through secondary education. He recently was able to visit USC's campus and teach on goers the skills needed for hands-on CPR, working alongside nursing students to accomplish this. Furthermore, Joseph also strives to make an impact within his school, partnering with Saint John's Peer Advocate Program in order to raise awareness on the issues of substance abuse, holding a booth event during lunch as a result. This sparked alongside his two-year journey with HOSA had allowed him to explore the benefits and necessity of public health and ignite his passion as well. Some of Joseph's hobbies include reading, staying active, having an unhealthy obsession with Star Wars, as well as enjoying alone time. Overall, Joseph shares a passion for public health and his community, eventually wanting to pursue a career as a doctor and find ways to make a positive impact on those around him.

Karen Chau (she/her)
Youth Advisor



Karen Chau is a Sophomore at the University of Southern California. She is currently studying Global health with an intended minor in biopharmaceutical business. She is currently on the Pre- PA track, hoping to pursue a career as a Physician Assistant to help her community. She was born and raised in San Francisco, California where she first learned about the importance of addressing community health issues at the root. Karen was apart of the San Francisco Department of Public Health's youth council community back in high school where she was able initiate projects relating to covid vaccine information and where to access it. She also collaborated with the nonprofit group (Southeast Asian Development Center) to create community projects like the promoting streetlights in low-income neighborhoods and creating anti-AAPI hate safety bundles for the elderly. Through the youth advisory council, she hopes to be able to make a difference in the Los Angeles community by interacting with community members and creating projects or initiatives to advocate for change.

Lakshmi Jimenez (she/her)
Youth Advisor



Lakshmi Jimenez (she/her/hers) is a high-school senior in the Medical Pathway at STEM Academy of Hollywood. Lakshmi is dedicated and driven when it comes to her education. Growing up as a first-generation Mexican American, her hardships made her realize that she wanted a better future for her family, community, and herself. She turned traumatic experiences into lessons. She began advocating for different issues such as immigrant rights, healthcare, and equitable transportation through many organizations such as the Coalition for Humane Immigrant Rights and the Metro Youth Council. During her free time, she loves rewatching Criminal Minds, reading webtoons, and exercising. Lakshmi Jimenez is grateful to have been allowed to join YAC. She has met many fellow peers who have the same passion for public health and civic engagement and hopes to make a great impact in her community.

Mark Chammas (he/him)
Youth Advisor



Mark Chammas is a junior at Gabrielino High School. In his free time, Mark enjoys croquetting, spending time with his friends and family, and journaling. He is interested in disease prevention and community equity, hoping to study the fields of epidemiology and racial equity after high school. As a way of pursuing his interests, he is on the Youth Executive Board of his American Red Cross territory, serving as the Community Outreach Officer of the San Gabriel and Pomona Valleys Red Cross territory. As the Community Outreach Officer, he has connected hundreds of youth within his territory to volunteer opportunities through the Red Cross, recruiting blood drive and disaster response volunteers within the Los Angeles region. He has held multiple blood drives at his school, collecting in total over two hundred sign ups and eighty-one pints of blood, and saving an estimated two hundred forty lives. Last year, he also worked as the student chair of his school's Ethnic Studies Committee, successfully developing an Ethnic Studies curriculum which allows students at his school see themselves represented within their education, and thus have better academic and success outcomes overall.

Through his position on the Youth Advisory Council, he hopes to find an outlet for his passion of disease prevention and community equity by educating others, and working to erase the disparities which exist within his community. Representing SPA 3, he hopes to empower other youth within San Gabriel Valley to have more successful outcomes through awareness, overcoming boundaries by recognizing their worthiness and taking advantage of the resources available to them.

Grayson Wayne Tooley (he/him) Youth Advisor

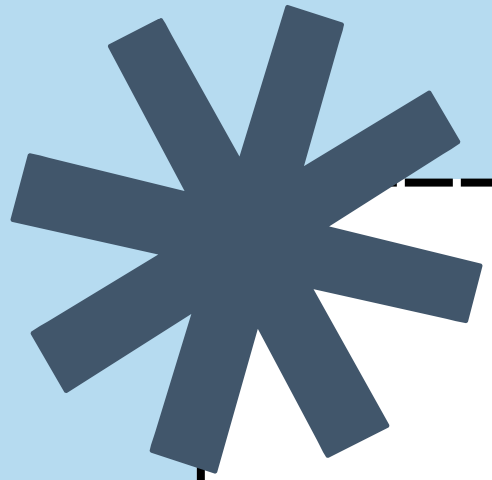


Grayson Tooley is a senior at Harvard-Westlake School in Los Angeles with an eye on pursuing economics and business in college next year. He is recognized for his leadership within the Black Leadership Awareness Culture Club (BLACC) at his school, where he creates a space for important conversations and shared cultural understanding.

As a peer support leader, Grayson is crucial in facilitating an inclusive and confidential environment for fellow students. The Peer Support organization is key to providing support and fostering a sense of community, allowing students to open up and share their personal experiences and feelings in a non-judgemental environment.

Grayson also excels in varsity track and field, showcasing his commitment and teamwork/leadership skills as team Co-Captain. Outside of his academic and extracurricular commitments, he enjoys playing chess, reading books, and watching classic movies with friends—activities that offer balance and enrichment to his busy life.

Looking ahead, Grayson intends to take the valuable lessons and experiences from his time with the DPH Youth Advisory Council and apply them to his community engagements, both in the immediate future and as he moves on to his college career and beyond.



Senior Youth Advisors

A Senior Youth Advisor is an individual aged 16 to 21 years who provides advisory services to the Los Angeles Department of Public Health, demonstrating more than one year of experience within the council. In addition to advising, they play a supportive role in the planning and facilitation of monthly meetings. Moreover, Senior Youth Advisors take on a mentoring role, bridging the gap between Youth Advisors and SPA (Service Planning Area) supervisors/staff, fostering a cohesive and collaborative environment within the council.

Meet this cohort's senior youth advisors on pages 20-24!

A'star Williams (she/her) Senior Youth Advisor



A'star Williams is an 18-year-old freshman at California State University Long Beach with a major in social work. A'star is the Class representative for the President Scholars 2023 Cohort and involved in a Christian club at her school called Intervarsity. In the future, she plans to become a medical social worker. This was inspired by her passion to educate people on how to accurately care for their medical diagnosis. A passion that comes from a recent program she completed where she was tasked with learning how to be a patient advocate. Besides that, she is a dedicated student, who prides herself on keeping her grades up and having a good relationship with her teachers. This all began in her 5th grade year when she got serious about school and tackled one of the biggest challenges of her life. That year she won student of the year, something she had desired for 3 years. 5th grade was her last opportunity to get it and it took lots of focus, work, and participation. During that school year, she learned how anything was possible through hard work and dedication. A sentiment she knows carries through any challenges she may face and especially when it comes to her academics.

Besides that, she does enjoy spending time with her family. She 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. Additionally, she 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 fellowshipping with other believers. She is very grateful for the life she has, and this program has become another thing that she is so thankful for.

Previously as she went into her first year as a senior youth advisor A'star hoped to active participant, expand her circle, become a great mentor, and grow in knowledge of the problems facing her community, but most importantly help give the new youth advisors the same amazing experience she had. Now however as A'star goes into her second year as a senior youth advisor what she hopes to gain from the YAC council has shifted. Now A'star is ready to take on a bigger leadership role, become a active member in subcommittees, and most importantly help give the new youth advisors the same amazing experience she had.

Imani Chatman (she/her) Senior Youth Advisor



Imani Chatman is currently a junior at University of California, Los Angeles (UCLA) who is a pre-med student majoring in Psychobiology. At UCLA, Imani is a Secretary for a non-profit organization named Melanin in Medicine. This club is 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 second 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 and 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.

Khy Cole (she/her)
Senior Youth Advisor



Khy Cole is a senior 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 Non-profit Leadership. She plans to help build community-based organizations in inner city communities. 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 a thousand people in the Watts, Willowbrook area. Khy is currently a senior youth advisor for Youth Advisory Council and hopes to further connect with other young adults who envision edifying their communities. She is excited that this experience can help her 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 the essence of life through the lens of her film camera.

Imani Chatman (she/her)
Senior Youth Advisor



Mia Alvarez is a 17-year-old senior at Temple City High School. She is part of the cabinet of the Engineering Club at her school. She is also in 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 major in Nuclear or Mechanical Engineering. 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 that need help or guidance.

Throughout her 2-year term at the Youth Advisory Council, she has participated in many Department of Public Health duties, such as helping facilitate the Parks After Dark summer program and the Public Health Youth Leaders program. For her YAC passion project in April of 2023, she hosted a 3-day health fair at her high school where vendors came and provided resources for students. Each day had a different focus, including mental health, sexual health, substance abuse and other relevant subjects that teens are facing. Through this health fair, she educated many students and was able to spread awareness about public health issues. She considers the health fair to be one of her greatest and most influential accomplishments in her term at the YAC.

This year, Mia hopes to host another event like her health fair, whether it be at her high school or at a public space like a park. She hopes to gain more chances to perform outreach in her city through the YAC about important issues that affect the individuals surrounding her. Additionally, she hopes to connect more with her peers at the YAC since there were difficulties due to the pandemic and online meetings, which didn't allow her to connect much. Lastly, she hopes to change lives through her work at the YAC, educating people and helping make a difference in her community.

In her free time, Mia enjoys doing art, listening to music and hanging with friends or family. She has a special interest in nuclear energy and harnessing the power it contains.

Mikayla Guerrero (she/her)
Senior Youth Advisor



Mikayla Guerrero (she/her) is a second year undergraduate student at the University of California, Los Angeles (UCLA) majoring in Psychobiology. This is her third year in the Youth Advisory Council- where she now serves as a Senior Youth Advisor for SPA 7. Throughout her time as a Youth Advisor, she participated in community events by advocating for youth mental health through speaking in panels alongside public health leaders. From these experiences, Mikayla was able to foster her passions for mental health and hopes to continue these efforts in a professional setting within the medical field. As a Senior Youth Advisor, Mikayla mentors current Youth Advisors and guides them towards resources for success in carrying out passion projects within fields of their interests. Overall, she has enjoyed every experience that the YAC has brought her! At UCLA, Mikayla is involved in different entities within Samahang Pilipino- an organization that encourages students to embrace their Pilipinx heritage through education, cultural performances, and social events. She is also a board member for UCLA Pre-Pharmacy Society and a writer for the UCLA Total Wellness Magazine- an organization that provides electronic and print publications to students about holistic wellness and wellbeing. In her free time, Mikayla enjoys spending time with family and friends, working out, journaling, watching Disney movies, and going to the beach.

Nare Setanyan (she/her)
Senior Youth Advisor



Nare Setanyan has been on the Youth Advisory council for the last three years, and is a second-year Senior Youth Advisor for SPA 2. She is also a transfer student at Glendale Community College, Pasadena City College, and LA Valley College, preparing for a pre-medical undergraduate degree.

Through her time on the council, Nare has led teen workshops and informational meetings for youth in the community about various topics around mental and physical health. She has also collaborated on planning and facilitating monthly meetings for the council and guests.

Nare's love for medicine and healthcare is what motivates her through her studies. She aims to obtain as much hands-on experience as possible, and therefore volunteers in multiple hospital departments assisting patients and shadowing doctors. In efforts to better understand the problems of her community, Nare also works at GCC's food pantry, helping students facing food insecurity receive free groceries. Her other passions include a love for her Armenian culture and a strong sense of family. Nare's favorite hobbies include cooking, playing piano, and going to concerts!

Orisha Lamon (she/they)
Senior Youth Advisor



Orisha Lamon is a student at the University of California, Los Angeles, majoring in Geography/Environmental Studies and plans to minor in African American Studies and Public Health. This is Orisha's second year as a part of the Youth Advisory Council with the Los Angeles County Department of Public Health. Throughout college they are interested in pursuing a career based in research and advocacy through utilizing geographic tools. They have begun this by providing a youth perspective on transportation equity with the creation of their passion project and how transit inequity can be considered a public health issue. Since beginning college, Orisha is now a member of several organizations such as the Facilities Commission and the Institute of Transportation Engineers as a staff member and intern respectively. They are currently interested in utilizing GIS tools to present public health information, and to promote ridership, transit equity, and black maternal wellness.

Rihighna Stiles-Rudd (she/her)
Senior Youth Advisor



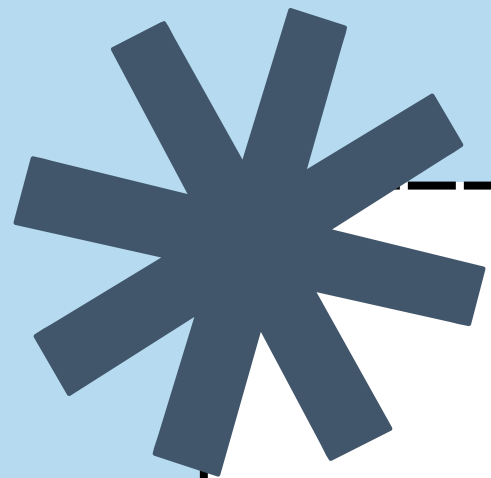
Rihighna Stiles, a senior dance major at Los Angeles County High School for the Arts, is currently a Senior Youth Advisor with LADPH's Youth Advisory Council. She plans to attend university, majoring in dance and the convergence between arts and technology to improve innovation. After her undergraduate studies, Rihighna plans to pursue a master's degree in business, and eventually start her own sustainable energy car company. As of right now in her free time, she is developing an app inspired by her passion project of using dance to prioritize mental health in teens.

One of her proudest achievements was getting the opportunity to join the Youth Advisory Council. Since joining the Youth Advisory Council, 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.

Rocio Escamilla (she/her)
Senior Youth Advisor



Rocio Escamilla (she/her) is a first-generation Mexican American. Rocio is a senior attending Dr. Olga Mohan High School, a small charter school near Downtown Los Angeles. During her year as a youth advisor, she presented in a youth-led conference called "Spring Into Love" a presentation about self love and youth rights. She's done various advocacy work for eating disorder care and youth mental health. She hopes to by continuing to raise awareness, more people become educated, increasing support to those struggling in silence. As a Senior Youth Advisor now for the Department of Public Health, Rocio hopes to continue to gain more knowledge about public health and continue to be the voice for her community. She plans to major in Biology for her undergraduate studies and later enroll in medical school. As for her career she hopes to be a pediatrician. Her goal is to work with women and children in underserved communities and help increase access to healthcare.



Council Coordinators

A Council Coordinator is an individual aged 16 to 21 years who offers advisory services to the Los Angeles Department of Public Health, demonstrating more than two years of experience within the council. Their responsibilities encompass the strategic planning and facilitation of both monthly meetings and subcommittees. In addition to these duties, Council Coordinators assume a mentoring role for both Youth Advisors (YAs) and Senior Youth Advisors (SYAs), contributing to their professional development. They further play a pivotal administrative role and maintain close collaboration with the staff team.

Meet this cohort's coordinators on pages 26-28!

Alana Cho (she/her)
Council Coordinator



Alana Cho (she/her/hers) graduated in 2023 as a Valedictorian from Palos Verdes Peninsula High School and is currently a first-year at the University of California Los Angeles majoring in Human Biology and Society. In her free time, Alana enjoys crocheting, scuba diving, and going to the gym. She enjoys reading and watching comedies/dramas like Brooklyn 99, Ted Lasso, The Office, New Girl, and Gilmore Girls. She serves the Youth Advisory Council as a Council Coordinator and works as an intern for the UCLA BioDesign fellowship program. She is a National Honor Society Scholarship Semi-finalist and a California Scholarship Federation's South Central Region Seymour Memorial Award Recipient. She has conducted research on the effects of cardiac-derived myocardial matrix hydrogel on cardiac stromal cells' paracrine activity at the University of California San Diego and is passionate about the applications of tissue engineering and regenerative medicines in the orthopedic surgery and sports medicine realms. Recently, she published a children's book called *Yuna Soars With STEM* with her sisters to empower young girls to pursue STEM at an early developmental stage. All the proceeds support girls in STEM programs, including one where she teaches girls STEM skills to custom modify ride-on cars for children 0-3 yrs who have limited mobility due to various medical conditions, including cerebral palsy. Wheelchairs are not possible for young children and cost thousands of dollars. These modified cars enable young children to have independent mobility, contributing to social, physical, and cognitive development.

Arnav Kacker (he/him)
Council Coordinator



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. This year, Arnav is serving the YAC as a Council Coordinator where he is establishing the YAC's first Alumni Network for YAC graduates to stay connected with the council and guide the new Youth Advisors. He's also working to conduct research on the YAC to help measure the impacts and qualitative data of the council for their year-end reports. Aside from the YAC, Arnav works at the Health Promotion Department of UC Riverside, interns at a health clinic, and is a research assistant at an organic chemistry lab. Through these opportunities and the YAC, he hopes to learn more about public health and medicine while giving back to his community.

Daniel Trigo (he/him)
Council Coordinator



Daniel Trigo is a senior at the University of Southern California. Currently, he is majoring in Psychology, minoring in Public Health and planning to begin his Master of Public Health degree track in Spring 2024. Within the field of public health, he is interested in learning about drug use impacts and policy, cross-level socioeconomic differences in quality of life, and mental health. In his free time, he likes to talk about basketball and play puzzle games.

Since 2019, Daniel has worked within the Youth Advisory Council representing Service Planning Area 7. During his first year at the Youth Advisory Council as a junior 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 catalogued for the SPA 7 area. In 2020, he became a Senior Advisor and mentored several incoming junior Advisors in developing their passion projects, such as research presentations focusing on youth mental health and health of homeless populations, while also co-developing YAC monthly meetings. He is now continuing his work in the Council in his fifth year as a Research Coordinator. His focus in the 2023-24 YAC term is to assist on research and technology-related matters within Council including in data analysis via programs such as R and QGIS.

Evan Bowman (she/her)
Council Coordinator



Evan Bowman (she/her) is a second-year History of Medicine and Science and Public Health major at Yale University. She works as a Council Coordinator at the L.A. County Department of Public Health, co-leading meeting facilitation and coordinating council operations. Through her work at DPH, she hopes to help increase well-being and health equity in her community. Evan is a pre-medical student with plans to pursue surgery. She will be taking the Spring 2024 semester off to study comparative public health abroad in India, South Africa, and Argentina.

Ivonne Galicia (she/they)
Council Coordinator



Ivonne Galicia is a first-generation Chicax undergraduate student at the University of California, Berkeley. She is a third-year majoring in Ethnic Studies and double minoring in Human Rights + Food Systems. Ivonne's passions for social justice and advocacy led her to the Youth Advisory Council four years ago. They have grown with the organization tremendously, earning a new position with each year's involvement. She currently serves as a Council Coordinator in which she leads meetings, mentors Senior Youth Advisors, and even runs her own Social Media Subcommittee.

Outside of the Council, Ivonne is involved in Berkeley's *bridges* Coalition- an organization that serves underrepresented BIPOC students in higher education. They serve as Finance Fellow and aspire to eventually serve as a Director for the coalition. Additionally, she is involved in Womxn in Politics as the Professional Development Chair, a club that helps women identifying students navigate the world of politics and law school.

In their free time, Ivonne enjoys exploring small business restaurants, spending time with dogs, and reading the latest rom-com books. Ivonne is looking forward to continuing her work with the Youth Advisory Council and hopes she can inspire the next generation of change makers.

KC Aldana (they/them)
Council Coordinator



KC Aldana (they/them/theirs) is a recent graduate from the University of Southern California, majoring in Sociology and minoring in Psychology. They are passionate about social justice and improving mental health outcomes amongst BIPOC and queer populations. In the future, KC wants to pursue their Master's in Social Work and become a clinical social worker.

KC has been apart of the Youth Advisory Council since 2021 and currently serves as a Consulting Coordinator where they lead the Newsletter Subcommittee, a team tasked with creating a monthly newsletter that highlights the work of council members and relays pertinent public health information. The Youth Advisory Council has also provided KC with a platform to mentor teens and young adults and to facilitate presentations on addressing disparities that lead to negative mental health outcomes amongst LGBTQ+ youth. KC is currently employed with a local non-profit where they provide tutoring and art lessons to youth from low-income and immigrant families at a free afterschool program.

When KC is not working, they enjoy drawing, playing video games, reading books, and watching horror movies. As a Consulting Coordinator, KC looks forward to seeing the council grow and providing support and guidance to future leaders in public health.

**Thank you to
all of our
partners for
their
support!**

Dr. Allen, Deputy Director, LACDPH
Dr. Franklin, MCAH Director, LACDPH
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Office of Violence Prevention
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Department of Youth Development

Substance Abuse and Prevention Control Program

Asthma Coalition LA County

Department of Mental Health

Los Angeles LGBT Center

Office of Cannabis Management

Office of Planning, Integration, and Engagement



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