

City of Sacramento
City Council - 5PM Report
915 I Street Sacramento, CA 95814
www.cityofsacramento.org

File ID: 2026-01380

7/28/2026

2026 Semester @ City Hall: Summer Edition (Sem@CH) Presentations

File ID: 2026-01380

Location: Citywide

Recommendation: Receive and discuss reports from the 2026 Semester @ City Hall: Summer Edition Link Crew members related to:

- 1) Start Today, Work Tomorrow
- 2) Empowering Youth Voices for Mental Health
- 3) Bin There, Do That!!
- 4) Sacramento Youth for Change

Contact: Kris Wimberly, Recreation Superintendent, (916) 808-6172, kwimberly@cityofsacramento.org; Domyinique Herndon, Program Coordinator, (916) 808-1989, dherndon1@cityofsacramento.org; Mauro Solis Rodriguez, Program Coordinator, (916) 808-6036, marodriguez@cityofsacramento.org; Department of Youth, Parks, and Community Enrichment

Presenter: Semester @ City Hall: Summer Edition Link Crews

- 1) Sporty Oranges
- 2) Blues Prevention
- 3) Project Noir
- 4) The Cardinals

Attachments:

Item 1.1: Sporty Oranges: Start Today, Work Tomorrow

Item 1.2: Blues Prevention: Empowering Youth Voices for Mental Health

Item 1.3: Project Noir: Bin There, Do That!!

Item 1.4: The Cardinals: Sacramento Youth for Change

City of Sacramento
2026 Semester @ City Hall: Summer Edition Report
915 I Street Sacramento, CA 95814
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Title: Start Today, Work Tomorrow

File ID: 2026-01380

Location: Citywide

Recommendation: Receive and discuss.

Contact: Kris Wimberly, Recreation Superintendent, (916) 808-6172,
kwimberly@cityofsacramento.org, Department of Youth, Parks, and Community Enrichment

Presenters:

Sporty Oranges:

Sujithra Balamurugan, Natomas Pacific Pathways Prep High School, Junior
Celeste Miranda Barragan, Inderkum High School, Sophomore
Pritampaul Singh Bhatti, Natomas Pacific Pathways Prep High School, Junior
Charles Delasalle, Capital College & Career Academy, Junior
Ariana Jacquez, Natomas Pacific Pathways Prep High School, Sophomore
Noor Khan, Natomas Pacific Pathways Prep High School, Junior
Jasmine Liang, West Campus High School, Sophomore
Kamike Oti, Natomas Pacific Pathways Prep High School, Junior
Jordan Quon, Inderkum High School, Junior
Kenzy Rashid, Natomas Pacific Pathways Prep High School, Junior
Niyati Tandel, Inderkum High School, Senior

Peer Mentors:

Nafeesah Mahmood, Sierra College, Freshman
Raghav Misra, Natomas Pacific Pathways Prep High School, Junior

Attachments:

1-Description/Analysis
2-Presentation (TBD)

Issue Detail: Many young people are eager to work but struggle to find opportunities because employers often require experience they have not yet had the chance to gain. Youth

unemployment limits financial independence, skill development, and confidence during some of the most important years of a person's life. Communities and businesses also miss out on creativity, energy, and fresh ideas that young workers can contribute. We can address this issue by raising awareness of these opportunities. We, Sporty Oranges, request Council's support as we discuss the lack of awareness regarding youth employment opportunities.

Most high schools in Sacramento have between 1,000 and 2,000 students. For example, Inderkum High School has 2,169 students, and Natomas High School has 1,094 students. Yet, according to the U.S. Census, about 10,000 youth aged 16-24 are unemployed. Many teens struggle to find jobs not because they don't want to work, but because they simply don't know where job opportunities are or how to start looking. Social media often shows people celebrating new jobs or posting "first day" pictures, but it rarely shows the confusing process behind job searching. As a result, many youths don't realize how much guidance they need. The U.S. Department of Labor notes that young people often lack access to job-search tools, career information, and employment resources, which limits their ability to find openings or understand hiring requirements (U.S. Department of Labor, Employment and Training Administration, Youth Programs). This lack of awareness is especially harmful because federal policy under the Workforce Innovation and Opportunity Act (WIOA) identifies "limited work experience" as a major barrier, meaning teens need support early on to even begin building a work history (U.S. Department of Labor, WIOA Youth).

Motivation is another hidden barrier that social media doesn't show. Teens may feel discouraged before they even start applying because they assume employers won't hire them, or they compare themselves to others who seem more successful online. Many youths also don't understand scheduling rules, school commitments, or labor laws affect their ability to work, which can make job searching feel pointless. The U.S. Department of Labor explains that young workers' availability is restricted by school-related hour limitations, which can make job searching feel overwhelming or discouraging (U.S. Department of Labor, YouthRules!). On top of that, some youths are considered "basic skills deficient," meaning they lack foundational academic or workplace skills needed for employment, another barrier formally recognized by WIOA (U.S. Department of Labor, WIOA). These challenges contribute to higher unemployment rates among youth compared to adults, as shown in federal labor force data (U.S. Bureau of Labor Statistics, Youth Labor Force). Raising awareness matters because teens cannot overcome barriers they don't know exist, and communities must help youth understand job-search tools, build confidence, and access real opportunities.

The City of Sacramento has the Youth Workforce Development Division within the Department of Youth, Parks, and Community Enrichment, which houses programs such as Prime Time Teen, Young Leaders of Tomorrow, Landscape & Learning, Jr. Rec Aide, North Natomas Workforce Development Program, and our own WIOA (Workforce Innovation & Opportunity

Act) program which assists with preparing young people to enter the workforce and even employing them. These programs are extremely beneficial and offer high-quality workforce development training; however, one of the biggest issues is that teens are unaware of their existence, or if they are aware, programming fills up extremely quickly.

According to recent reports from the Be Healthy Sacramento website, an emphasis is placed upon the negative implications that unemployment has on teenagers in our area. Such problems may arise in youth due to little knowledge about jobs and internship openings. Through a decreasing line graph system, it's proven that youth ranging from ages 16-19 show to carry long term career barriers caused by unemployment and financial burdens. In addition, it's also considered that Sacramento youth are 1.9% less than that of the U.S value. Statistically implying that aid would be beneficial for the success of your future adults. And as implied through the Be Healthy website, proper career counseling and support may be the solution.

Youth employment opportunities in our Sacramento communities are hidden in plain sight. As the youth of this generation, we would like to change this and make these opportunities visible and well-known to support our future success. We came up with two solutions to solve this issue. Firstly, we believe creating advertisements such as posters, flyers, and billboards would help address this issue. Placing advertisements around populated and/or popular locations throughout Sacramento will catch people's eyes and bring attention to youth employment. Not only should we advertise around the city, but we should also advertise online. This is where social media comes in handy—where all the pre-teens and teenagers are. Posting consistently about open opportunities on Facebook, Instagram, and other apps is what will be most noticed by teens. The Department of Youth, Parks, & Community Enrichment (YPCE) website has most of the information, but few know about it or search for it specifically. Additionally, the city's social media pages should be reorganized to include separate sections for each topic. For example, separate Youth Employment opportunities from other unrelated categories/events. This would make the page easier to navigate when searching for something specific. The YPCE social media page can consistently post job openings.

Another solution we would like to propose is to increase the frequency of the Youth Job Fair each year. This local event in Sacramento happens only once a year, in March. Even if there are youth aware of this event, many cannot attend due to the inconvenience at this time of year. We would like to host the Youth Job Fair each summer, in addition to the event already held in the spring. The summer season is a time when most teenagers are out of school and less busy. Having the event occur more than once a year would allow more people to attend as well as boost overall community engagement and awareness.

We believe these solutions make a difference by improving and expanding awareness among youth in our community. Youth deserve to take part in the change and work of Sacramento, too. We believe that by encouraging and presenting youth with the opportunities already available to them, will alleviate youth unemployment. Overall, our group strives to promote youth employment for the benefit of our Sacramento communities, and what better way to advertise than on social media, which is a constantly growing hub of young people seeking entertainment and information. Here, the City of Sacramento can publish job openings and internship opportunities in just a few clicks.

City of Sacramento
2026 Semester @ City Hall: Summer Edition Report
915 I Street Sacramento, CA 95814
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Title: Empowering Youth Voices for Mental Health

File ID: 2026-01380

Location: Citywide

Recommendation: Receive and discuss.

Contact: Kris Wimberly, Recreation Superintendent, (916) 808-6172,
kwimberly@cityofsacramento.org, Department of Youth, Parks, and Community Enrichment

Presenter:

Blues Prevention:

Ella Boreen, Hiram Johnson High School, Junior

Alina Camacho, C.K. McClatchy High School, Sophomore

Kyle Lan, Natomas Charter School High School, Junior

Aaminah Mahmood, Natomas Pacific Pathways Prep High School, Sophomore

Veer Avtar Minhas, Inderkum High School, Junior

Ava Ordonaz, C.K. McClatchy High School, Junior

Sia Patil, Natomas Pacific Pathways Prep High School, Junior

Ruth Porche, John F. Kennedy High School, Sophomore

Curisa Rule, C.K. McClatchy High School, Sophomore

Miranda Williams, Christian Brothers High School, Sophomore

Peer Mentors:

Alyssa Calderon, Leroy Greene Academy, Senior

Mahit Katyal, Inderkum High School, Senior

Attachments:

1-Description/Analysis

2-Presentation (TBD)

Description/Analysis:

Although mental health issues are the leading cause of hospitalization in California, only 35% of surveyed youth were aware of the resources available to help them, according to the

Sacramento Children's Fund Oversight Commission. Our goal is to spread awareness about preexisting organizations and make options more accessible. We hope that with the help of the Sacramento City Council and the Department of Youth, Parks, and Community Enrichment, we can increase engagement by having an active social media presence and distributing flyers. By making information and resources available in places that youth frequently spend time, we can increase engagement and awareness with mental health programs.

Mental health is a growing issue among teenagers and can affect their grades, behavior, relationships, and overall well-being. Mental health is the emotional, psychological, and social well-being of a person. It shapes how they think, behave, and manage their emotions. According to the U.S. Centers of Disease Control (CDC), four in ten students had persistent feelings of sadness or hopelessness. This reflects that a significant number of teens are affected by mental health issues. However, teens often don't feel comfortable talking about mental health issues, which is why youth empowerment is important as well. Youth empowerment is the process where young people are encouraged to take charge and make a change in communities by using their voices.

Awareness and access for youth struggling with mental health is significantly low. A statistic shared by the Sacramento citiesRISE organization, showed that 65% of the youth in Sacramento surveyed didn't have awareness of the mental health organizations or resources available to them. The issues of mental health in youth ties into the topic of youth empowerment, as we want to encourage teens to have the confidence to voice their concerns and points of view. The statistics highlight the importance of increasing awareness to support young people.

Our group, Blues Prevention, wants to improve ways for young people to speak about mental health so that it is healthy and safe. We want to change this because youth need more safe outlets to express their feelings instead of bottling them up and turning to other things like self-harm and substance abuse. We want youth to be treated as equals and give them resources and platforms to use their voices.

Our call to action is giving the youth ways to voice their mental health through flyers and social platforms. We believe that through social media and flyers, we can help boost youth voices and spread awareness. Giving youth a positive and safe way to express themselves can boost their confidence and help decrease mental health related issues.

We have created flyers as well as a social media platform about youth mental health to spread awareness within the community. These flyers and social media platforms are meant to give vital information about what mental health is and the resources available to youth in Sacramento. We want to spread information on the topic through social media and working

with the City Council to help encourage teens to be more open and safely express their feelings. Youth should feel comfortable speaking up and talking about heavy topics. They should not fear feeling vulnerable or ashamed of them. Raising awareness on mental health is important to benefit youth in our communities who might be feeling afraid to bring up their struggles in their home, school, and social media lives.

Today, youth mental health is a pivotal issue in Sacramento, and it has been overlooked for far too long. It has been impacting many teenagers negatively and this shows up in their grades as well as their social life, creating an abundance of problems for them and those around them. By creating flyers and social platforms, it would increase awareness of the issue of youth mental health and enable those affected to advocate and speak for themselves. We urge City Council to support pushing forward these initiatives, so youth no longer suffer in silence.

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Title: Bin There, Do That!!

File ID: 2026-01380

Location: Citywide

Recommendation: Receive and discuss.

Contact: Kris Wimberly, Recreation Superintendent, (916) 808-6172,
kwimberly@cityofsacramento.org, Department of Youth, Parks, and Community Enrichment

Presenter:

Project Noir:

Mohamed Badiss Chettouh, Inderkum High School, Junior

Shriya Banerjee, Inderkum High School, Sophomore

Atamyrat Korash, Rosemont High School, Sophomore

Karunya Lakkidi, Natomas Pacific Pathways Prep High School, Junior

Amy Liang, School of Engineering and Sciences, Junior

Rohin Rakkar, Natomas Pacific Pathways Prep High School, Junior

Tejashri Ranga, Natomas Pacific Pathways Prep High School, Sophomore

Henry Riphagen, Natomas Charter School, Sophomore

Alivia Rubiono, Natomas Pacific Pathways Prep High School, Sophomore

Mariyam Shahid, Natomas Pacific Pathways Prep High School, Sophomore

Peer Mentors:

Amroz Gill, Inderkum High School, Senior

Katie Nguyen, School of Engineering and Sciences, Junior

Attachments:

1-Description/Analysis

2-Presentation (TBD)

Description/Analysis:

Litter is everywhere in Sacramento. We all have seen it in the streets, residential areas, downtown, schools, and in shopping centers. Unfortunately, not enough people in Sacramento

know about the different ways to reduce the amount of illegal dumping and littering in our communities. We, Project Noir, request the Sacramento City Council's support as we discuss the implementation of resources and necessities to combat the growing problem of environmental waste and pollution in Sacramento. Every year, nearly 1.4 million tons of trash are processed by Sacramento facilities, yet thousands of tons of litter remain scattered across Sacramento's eight council districts. As youth growing up in this city, we find it devastating to see our streets and neighborhoods stained by unsanitary detritus.

Littering is the illegal or improper disposal of waste materials in public or private spaces, such as throwing trash on streets, leaving picnic rubbish on the ground, or failing to use a designated receptacle. In Sacramento, this problem is very prevalent. In 2023, a CBS News article ranked Sacramento the "Second Dirtiest City in America." The article states that in 2023, the city received more than 34,000 complaints related to sanitation and waste. This data stains our city's reputation, because it factors in outside opinions and impressions of Sacramento. Additionally, a 2026 article written by The Sacramento Bee, found that "52% of respondents were either 'very dissatisfied' or 'somewhat dissatisfied' with the city's response to illegal dumping". As youth, many of us experience firsthand the effects of littering, and the scale at which this problem perpetuates across all districts.

According to a report commissioned by Sacramento County and the Sacramento Regional Solid Waste Authority, Sacramento has seen a 32% increase in illegal dumping over the last three years. Not only is this a constantly growing problem, but that the residents of Sacramento are displeased with how it is being handled. We have numerous statistics and studies that show how dire the littering problem has become in Sacramento. Now, with this data, we can work to counter and reduce the severity of littering.

To help reduce the amount of garbage in the streets of Sacramento, Project Noir is proposing a multi-phase initiative that will create more awareness around this issue. The first step in the process involves making sure that the residents of Sacramento know of the different ways that they can combat littering on an individual scale with posters and signage explaining how to report littering and dumping sites and flyers with details regarding local city cleanup events. This includes looking over current designs and placements of park signs to optimize their effective coverage. By focusing on a community-driven educational effort, we can encourage more individuals to take part in the march towards a cleaner Sacramento. Additionally, Project Noir is calling on the City of Sacramento to improve or rework its current 311 application to ensure ease of access to the dumpsite reporting feature. Having the ability to report the location of littering is important, but this feature must be accessible and easy to use, as opposed to being placed in a potentially cluttered and confusing location.

The second phase strives to make it more convenient for those prone to littering to dispose of their trash in the proper disposal area by recommending the addition of new trash and recycling bins throughout Sacramento. We aim to lower the number of areas citywide where it is inconvenient to walk to a nearby garbage can. Project Noir calls on the City Council to support the additional receptacles in our communities to help make sure that cleaning up and being a model citizen are always the easier option.

Littering in Sacramento is more than just an eyesore or inconvenience, as it has now become a matter of public health and safety. By having to commute through roads with trash and debris scattered about, Sacramento residents' risk being exposed to harmful chemicals or sanitation hazards. Despite these risks, we face littering because many of those who partake believe that one discarded item will not make a difference. We must raise awareness regarding littering so that citizens of Sacramento recognize the magnitude of the problem. Project Noir is proposing a course of action that both bolsters cognizance regarding littering and makes it much more convenient to throw away garbage in the proper receptacle, as opposed to casting it onto the streets of Sacramento. If the City Council follows through with our recommendations, we predict that there is potential for an immediate reduction in the amount of littering in Sacramento, followed by future projects tackling other specific areas and problems related to illegal dumping. It cannot be restated enough that littering is an issue that is felt by everyone nowadays, and therefore, it should be addressed as such.

In Sacramento, there is a plethora of different potential solutions that we have discussed to help reduce the amount of littering and pollution in our neighborhoods. By having the support of City Council to request the rework on the 311 processes, raising awareness with flyers, posters, additional signages, and community clean-up events, along with implementing more trash cans and recycling bins, the result of growth and progress towards a cleaner city can be achieved. By taking steps to push back against littering on a citywide scale, real change can occur locally and regionally. Acting now is the first step in ensuring that the residents and visitors of Sacramento can live litter-free today, tomorrow, and in the future.

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Title: Sacramento Youth for Change

File ID: 2026-01380

Location: Citywide

Recommendation: Receive and discuss.

Contact: Kris Wimberly, Recreation Superintendent, (916) 808-6172,
kwimberly@cityofsacramento.org, Department of Youth, Parks, and Community Enrichment

Presenters:

The Cardinals:

Ahad Ali, Natomas Pacific Pathways Prep High School, Junior

Malik Ali, Inderkum High School, Sophomore

Jasraj Singh Banwait, Natomas Pacific Pathways Prep High School, Junior

Aryan Gandagari, Mira Loma High School, Sophomore

Amare Hawarneh, Natomas Pacific Pathways Prep High School, Sophomore

Harneet Klair, Granite Bay High School, Senior

Jermaine Lester, John F. Kennedy High School, Sophomore

Maahi Modi, Natomas Pacific Pathways Prep High School, Sophomore

Nuriyah Muhammad, Natomas Pacific Pathways Prep High School, Junior

Aaron Muther, West Campus High School, Senior

Genesis Valencia, Grant Union High School, Sophomore

Jimena Aviles Velazquez, Inderkum High School, Senior

Peer Mentors:

Jasmeet Kaur Cheema, Natomas Pacific Pathways Prep High School, Junior

Nafeesah Mahmood, Sierra College, Freshman

Attachments:

1-Description/Analysis

2-Presentation (TBD)

Description/Analysis:

Mental health is a significant factor contributing to youth violence in Sacramento. Untreated trauma, anxiety, depression, and other mental health challenges can increase the risk of aggressive behavior when young people lack access to appropriate support. Stretching mental services, early intervention, and community-based resources can help address these underlying issues, reduce violence, and improve outcomes for youth.

According to the Sacramento County District Attorney's Office, there was a 74% increase in crimes committed by juveniles from 2022 to 2023. This can be linked to things like emotional distress and antisocial behavior. Youth violence is a constant and growing concern in our city that needs to be addressed. The City of Sacramento has already begun addressing youth violence and mental health concerns through Measure L. Two out of the five goals being implemented are preventing and reducing youth violence along with supporting the mental and emotional health of children and youth.

From 2020 to 2022, 26 young people ages 0–17 were killed in Sacramento, compared to zero from 2018 to 2019. This violence is not spread evenly across the city; it is concentrated in specific neighborhoods and small groups of youth are at higher risk. Sacramento's youth homicide rate is more than three times the state average. Older youth ages 15–24 make up most of these cases, with a 2022 homicide rate nearly double that of younger children. In 2022, most youth homicides involved young people from communities that face higher impacts of violence across the city. This information comes from the Sacramento Children's Fund Strategic Investment Plan (2024–2029). According to the City of Sacramento's webpage regarding Measure L funding, there are funded programs that align with our goal to reduce youth violence, but the information is not known by youth or even being advertised to youth.

This is why our proposed solution is to create an awareness campaign. It will aim to spread awareness about the bridge between mental health and youth violence and how that affects our communities. We hope that this campaign will make the information more well known throughout the neighborhoods, schools, and city-operated locations. We can use advertisements such as flyers and stickers to teach youth and parents that there are options to get help before violence erupts.

We hope to highlight the necessity for resources and programs that are specifically geared towards combating mental health stigma and reducing youth violence. The resources and services already being provided by community and faith-based institutions already exist. The goal is to connect at-risk teens and parents to resources that they might need. We aim to use our own network as well as ask the City Council and the community members to assist us in spreading awareness of the work that is already being done in partnership with the city and community-based organizations, and put it front and center.

Additionally, we propose that the Sacramento Youth Commission reopen the Youth Voice Survey on the City of Sacramento's website. This survey was created to allow youths to share their views on their community and would be a valuable tool to keep open indefinitely. We encourage the Mayor and Council to check the survey results on a quarterly basis. This would allow the Mayor, Councilmembers, and the Sacramento Youth Commission direct feedback from the youth of the city.

Being proactive and providing awareness to young people, parents/guardians, and community members of vetted and successful programming can lead to the prevention of violence in our communities. Giving young people the map to resources and programming they need to manage their emotions and resolve conflicts peacefully is necessary. A more engaged youth population in programming builds a safer community for today and tomorrow.

Presented By :
The Sporty Oranges



Youth **EMPLOYMENT**

OUR ISSUE



Youth Employment Awareness

- Lack of youth employment awareness in Sacramento
- Teens want jobs but don't know where to find opportunities
- Information is unclear, scattered, or not visible
- Many teens don't know about existing City programs
- Job-searching feels confusing and overwhelming for youth



WHY THIS IS A PROBLEM

When youth can't find job opportunities:

- They miss out on skill-building experiences
- They lose confidence in applying
- They feel discouraged before they start
- They struggle to gain early work experience
- They don't know about the city programs made to help them



WHAT THE CITY HAS DONE SO FAR

- City of Sacramento Youth Workforce Division
- Offers workforce development & employment programs
- Programs include:
 - Prime Time Teen
 - Young Leaders of Tomorrow
 - Landscape & Learning
 - Jr. Rec Aide
 - North Natomas Workforce Development
 - WIOA Youth Program
- Provides valuable job training & work experience
- Many teens aren't aware these programs exist



Jr Red Aide



WIOA

The Challenge: Low awareness among teens

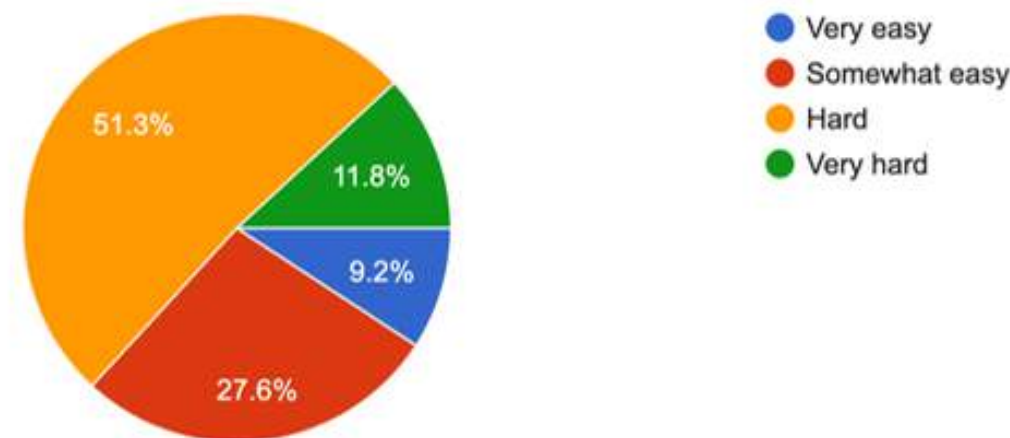
The Result: Low professional skill development

SURVEY & DATA



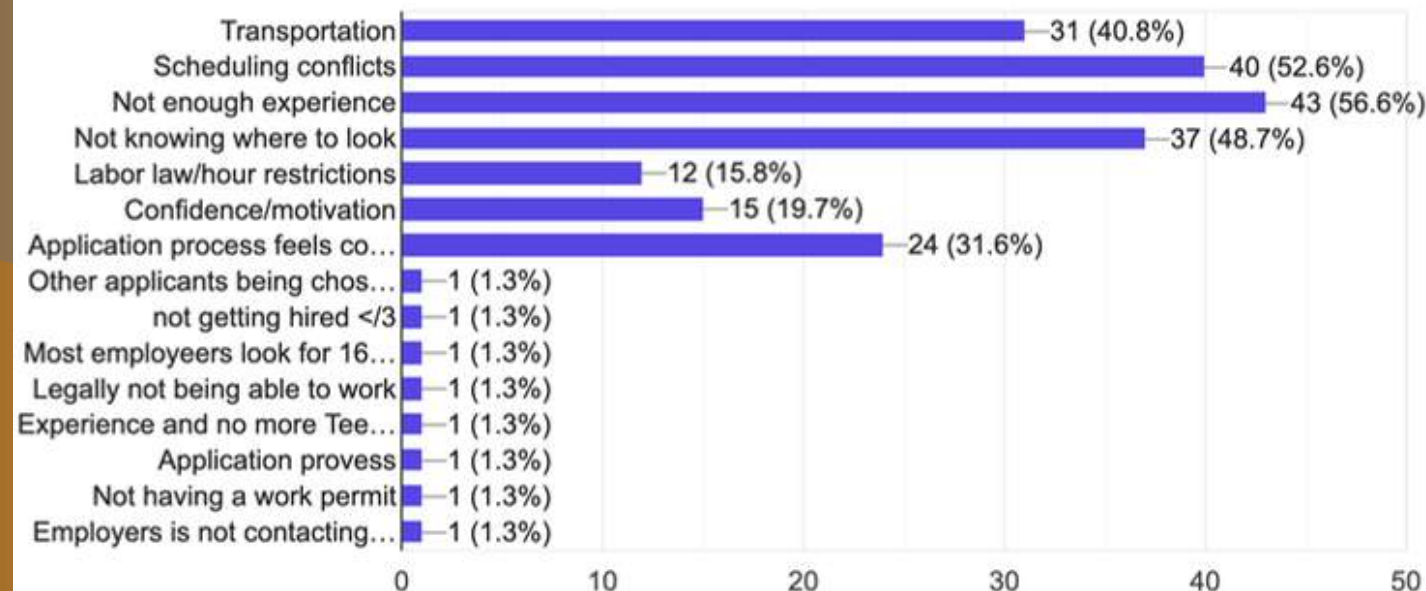
How easy has it been to find job opportunities?

76 responses



What difficulties have you faced when finding a job? (Check all that apply)

76 responses



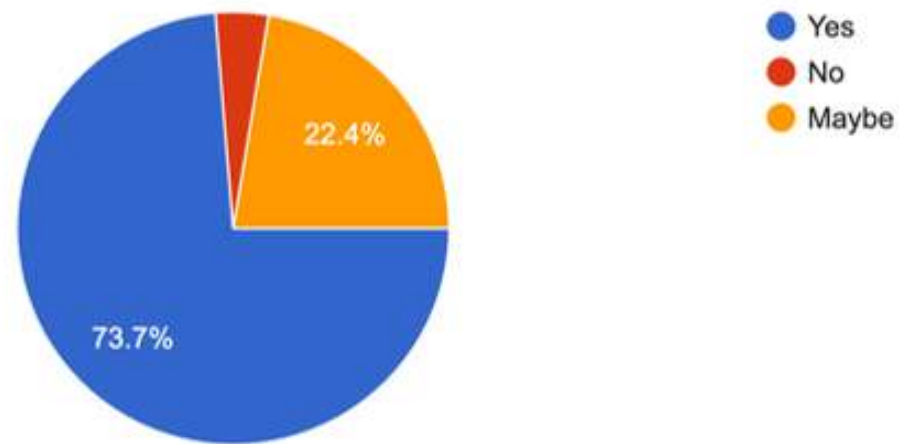
- Be Healthy Sacramento, reports that youth employment in our area is approximately **1.9%** lower than the California average.
- This gap shows that youth unemployment remains a local challenge despite statewide progress.
- Our survey results connect with this trend, proving many students face barriers when looking for jobs.
- Together, these findings support the need for better career guidance and employment opportunities for youth in our city.

SURVEY & DATA



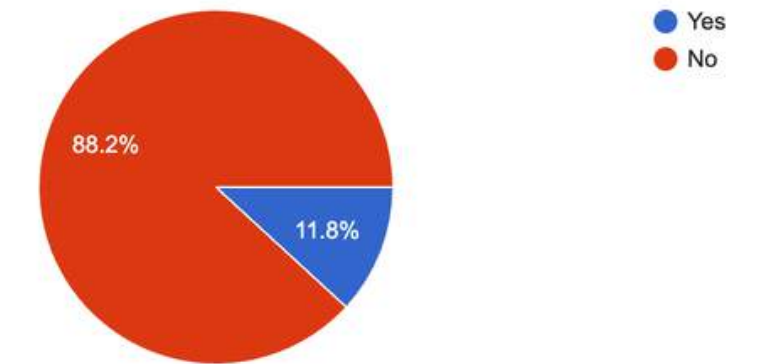
Would you pay attention to job opportunities if the City posted them consistently on social media?

76 responses



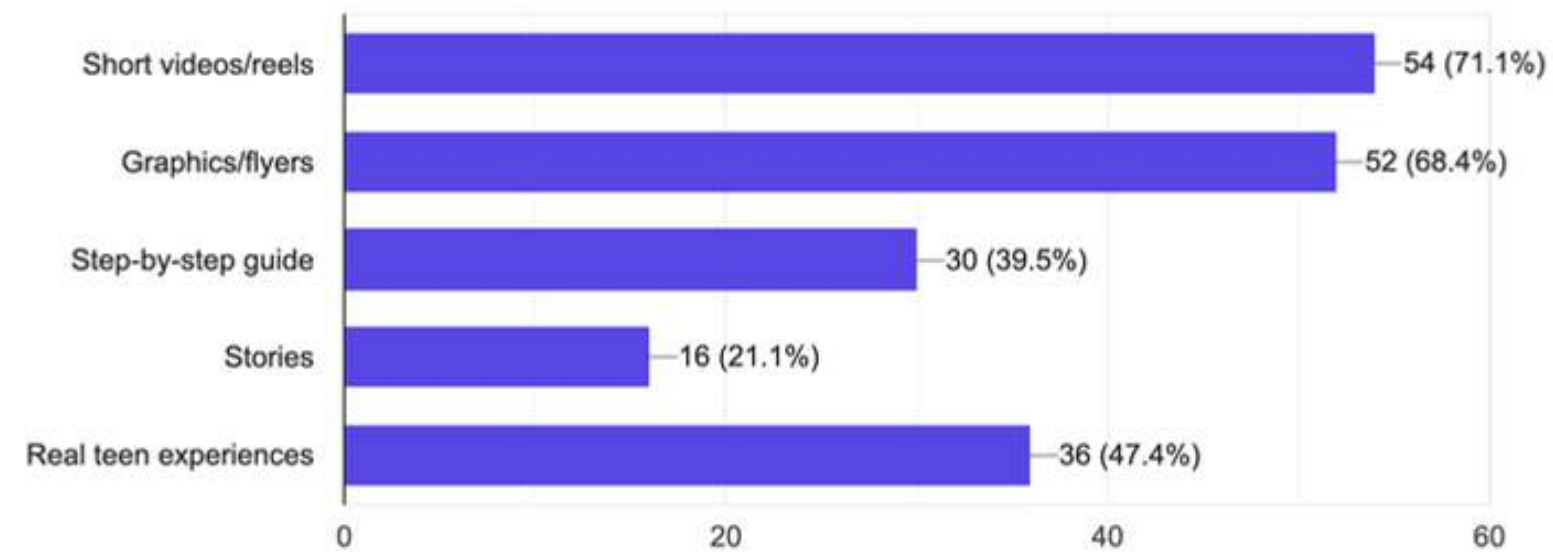
Have you attended the City of Sacramento Youth Resource and Employment Fair at City Hall?

76 responses



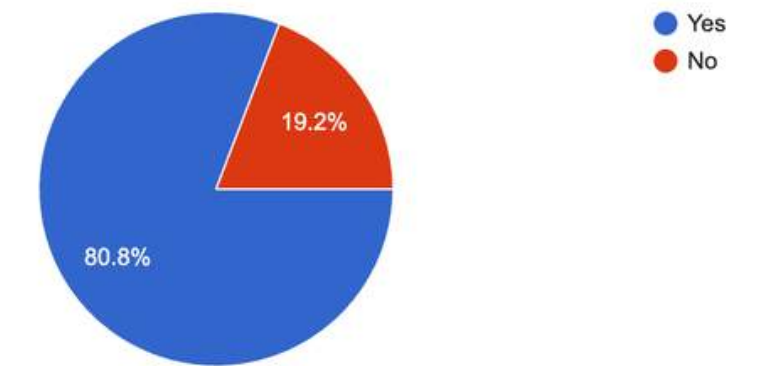
What type of posts would catch your attention?

76 responses



If previously answered no, would you attend if it happened more than once a year?(spring + summer)

73 responses





OUR VIDEO



OUR SOLUTIONS



Advertising

- Post youth job opportunities consistently on social media pages
- Organize social media pages/flyers for easy navigation
- Place flyers throughout the City of Sacramento

Youth Job Fair

- Have the Youth, Resource, and Employment Fair be hosted twice a year, in the spring and summer as well

OUR ASK



- Adding a Youth Resource and Employment Fair during the summer in addition to the spring
- Increasing advertisements for youth employment
- Reorganizing topics on social media pages

FLYERS+LOGOS



YOUTH CIVIC ENGAGEMENT
Working to make a difference

YOUTH WORKFORCE OPPORTUNITIES

What are Youth Workforce Development Programs?

The Youth Workforce Development are programs provided by Sacramento City where youth participation, community involvement, relationship and skill building are focused on.

LIST OF CITY OF SACRAMENTO'S YOUTH WORKFORCE OPPORTUNITIES

- JR. REC AIDE
- LANDSCAPING AND LEARNING
- NORTH NATOMAS WORKFORCE DEVELOPMENT PROGRAM
- PRIME TIME TEEN
- WORKFORCE INNOVATION & OPPORTUNITY ACT (WIOA)
- YOUNG LEADERS OF TOMORROW

SCAN THIS LINK TO LEARN MORE ABOUT THESE PROGRAMS

City of SACRAMENTO
Youth, Parks, & Community Enrichment

For any additional information or questions, contact
The Department of Youth, Parks, & Community Enrichment **(916) 808-5200**



Youth Employment Sacramento



FREE RESOURCES FOR
JOB-SEEKING YOUTH
IN THE SACRAMENTO
AREA

Kenzy Rashid,
Celeste Miranda
Barragan



Additional Sacramento Youth Employment programs

Semester at City Hall

Who can apply: High school students who meet program requirements.

Age: 14-19

Offers: Paid work experience, exposure to local government, and career skills

[Apply](#)

Jr.Rec Aide

Who can apply: High school students interested in developing workplace and leadership skills.

Age: 16-18

Offers: Communication and teamwork skills, preparation for future Recreation Aide positions.

[Apply](#)

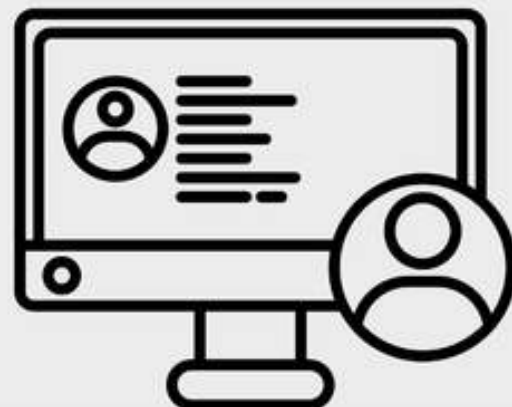
Landscape and Learning

Who can apply: Sacramento youth who meet program requirements

Age: 14-17

Offers: paid work experience, teamwor, responsibility and leadership skills, and career workplace skills

[Apply](#)



WEBSITE



How to be Interview ready

In preparation for your interview, dress in business causal to show your readiness and desire to work in a professional setting. You may also want to quiz yourself on common interview questions for whichever place you're applying to. Take a look at these two youtube videos by Indeed and the Harvard Bussiness Review.

[Indeed Youtube](#)



[Harvard Business Review Youtube](#)

Frequently Asked Questions

HOW OLD DO I HAVE TO BE?

The age requirement depends on the program but typically ages from 13-24.

DO I NEED EXPERIENCE TO GET A YOUTH JOB?

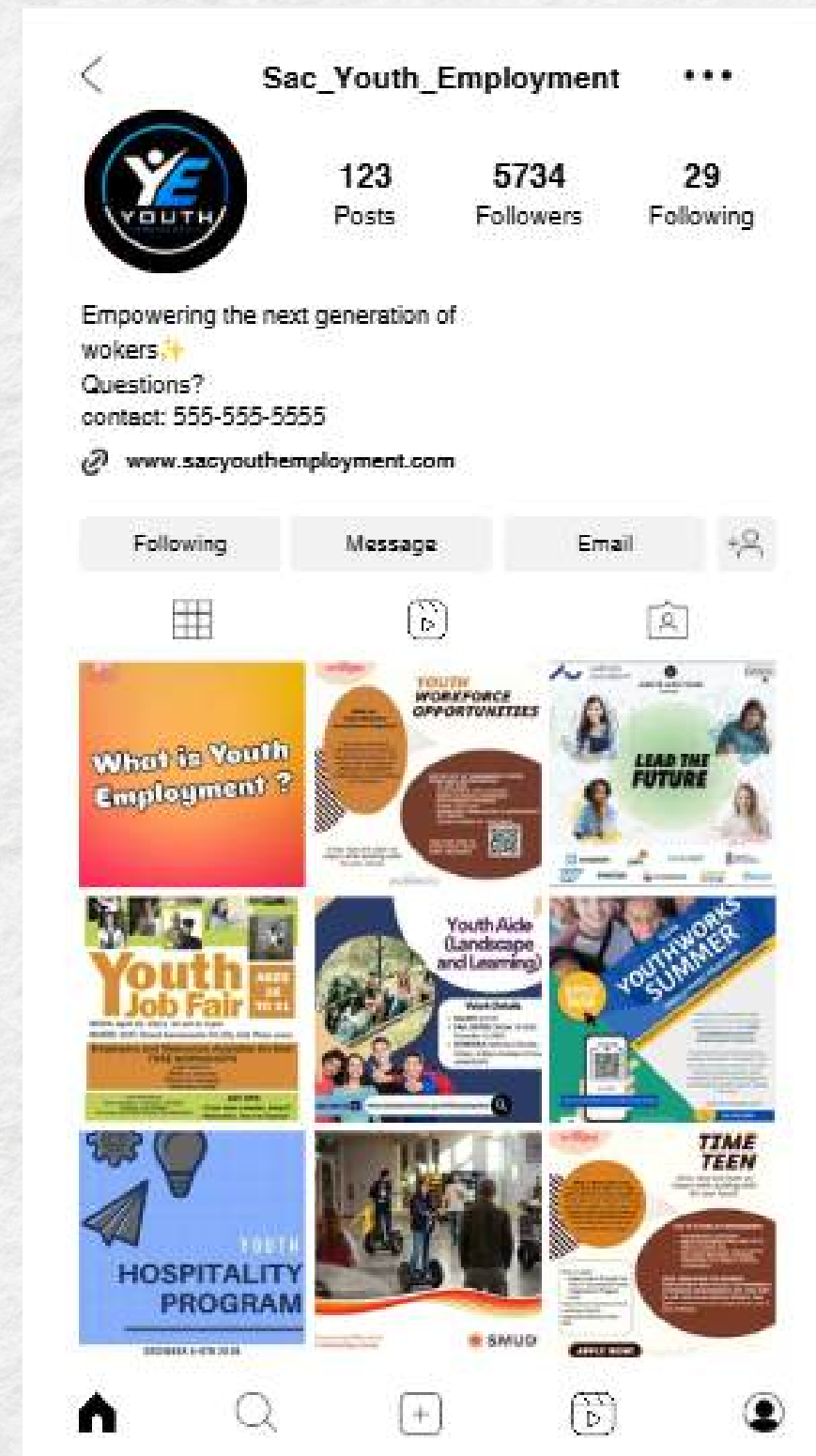
No! Most youth Employment programs are designed for first time job seekers. They are more focused on your willingness to learn than previous work experience.

HOW CAN I FIND YOUTH EMPLOYEMNT PROGRAMS?

Check your cities website , your schools counseling office, local community organizations. . Following these organizations on social media can also help you stay updated.



SOCIAL MEDIA





CONCLUSION

Every Teen Deserves the Opportunity to Work.

- Sacramento already has great youth employment programs
- Awareness is the biggest barrier
- By improving advertising, organizing resources, and expanding youth job fairs, more teens can find meaningful employment

Investing in youth today creates a stronger workforce and a stronger Sacramento tomorrow



THANK YOU

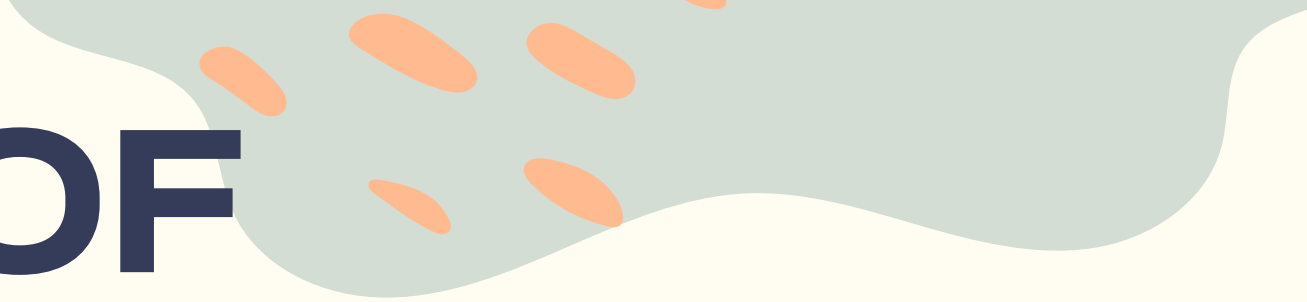
EMPOWERING YOUTH VOICES

for mental health

Presented by: Blues Prevention



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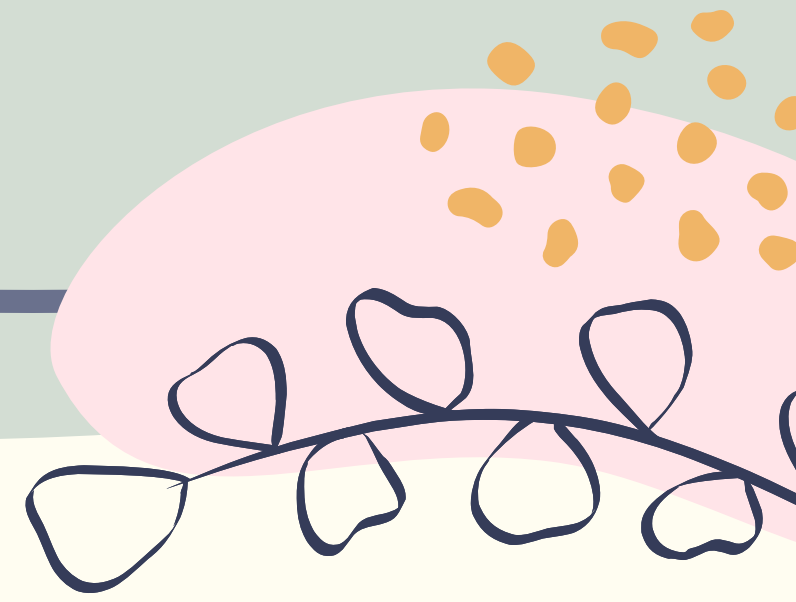
Page 12 - Thank You



PROBLEM



- **65%** of surveyed youth in Sacramento were not aware of the mental health resources that are available (Sacramento Children's Fund)
- According to Centers for Disease Control, **4 in 10** students had persistent feelings of sadness or hopelessness
- Mental health problems are common and have serious effects on daily life
- This is resulting in poor academic performances and increased absences



EXISTING PROGRAMS

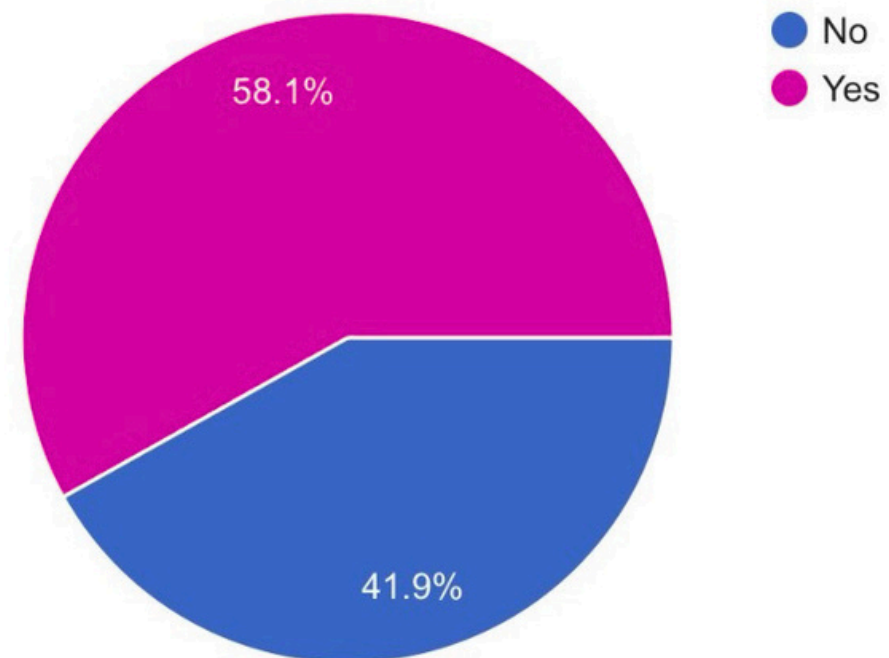
- Sacramento Children's Fund
- Youth Help Network
- Allcove Sacramento
- Cal Voices Youth Connection Circle
- Nami Sacramento
- Sacramento Youth Center



Data

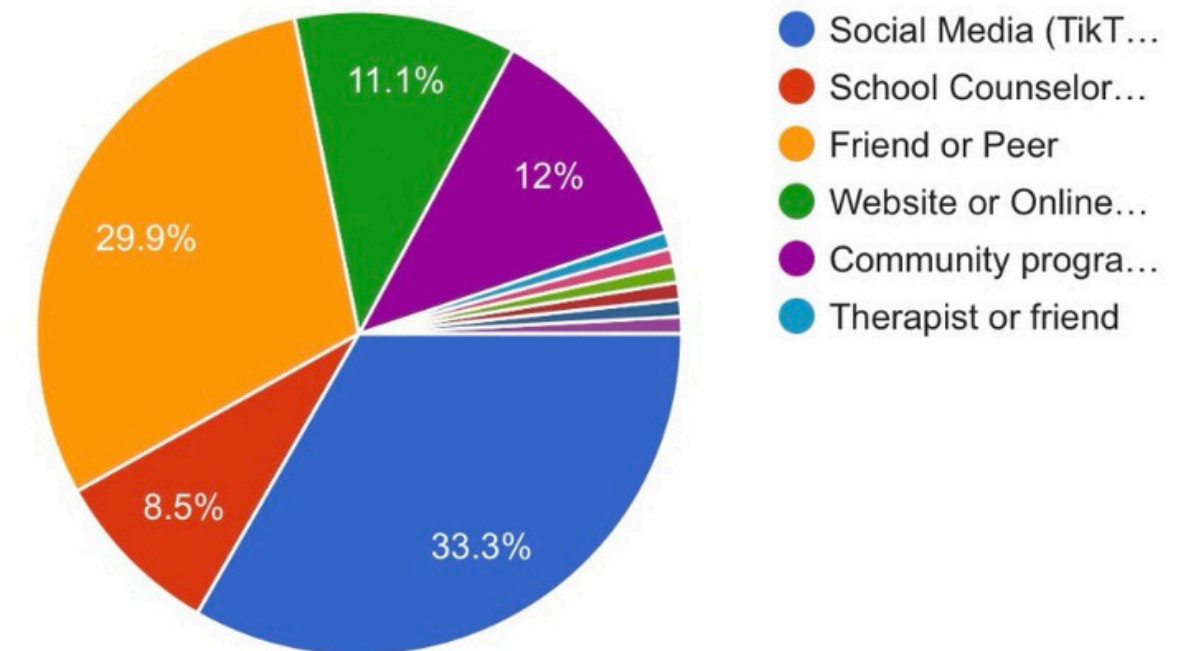
Do you feel comfortable talking about your mental health with someone you trust?

117 responses



Which of the following methods would you prefer for receiving information about mental health? (Select 1)

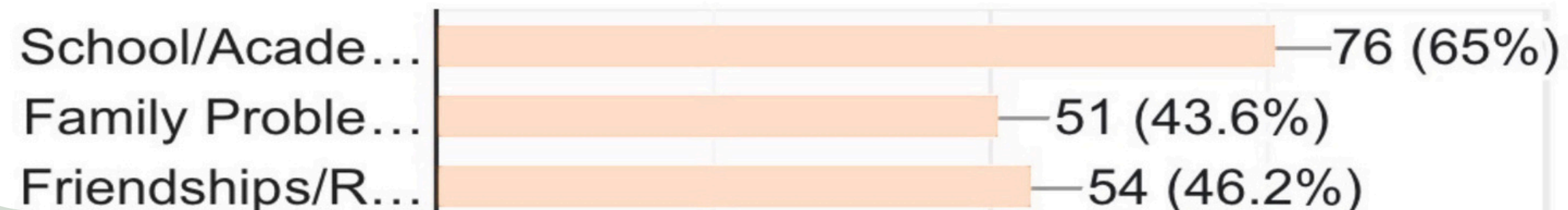
117 responses

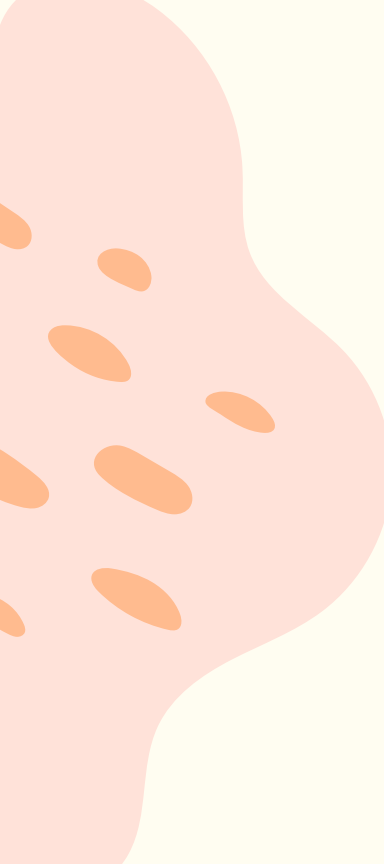


Data

What do you think is the biggest challenge affecting your mental health? (*Select all that apply.*)

117 responses





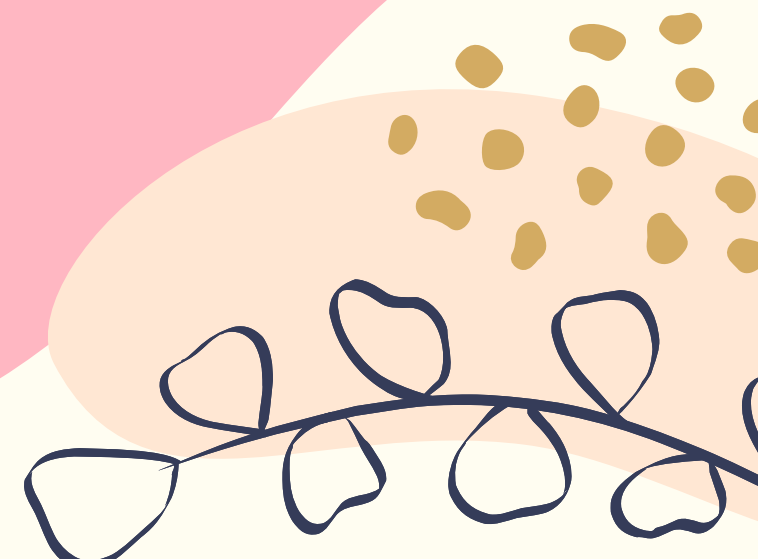
WHAT WE LEARNED

- Our data shows that **65%** of youth's mental health issues comes from school and academic pressure, and **43.6%** of youths mental health comes from family problems
 - Data also shows that most youth prefer to receive information from social media or a friend than a counselor or a teacher and community resources
 - **41.9%** teens do not feel comfortable talking to someone about their mental health.
 - The issue is more of a regular occurrence than most people think
- 
- 

SOLUTION



- Distribute flyers across Sacramento at parks, community centers, and shopping centers
- Show teens where to get mental health support
- Use an Instagram account to spread awareness
- Connect teens with support from other youth



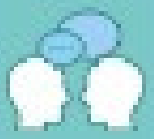
BLUE'S PREVENTION: MOCK FLYERS



5 WAYS TO TAKE CARE OF YOUR MIND

City of SACRAMENTO
Youth, Parks, & Community Enrichment
[YOUTH CIVIC ENGAGEMENT]
Working to make a difference

REACH OUT TO FRIENDS AND FAMILY



- Reaching out to loved ones can combat isolation-induced depression
- Making others aware of what you're going through allows them to help and support you

BUILD A ROUTINE



- Make sure you are getting a least 7 hours of sleep each night and exercising regularly
- A daily routine and consistency can make tasks feel more manageable

PRACTICE "BOXED BREATHING"



- Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds, continuing until you feel calmer
- Practice this exercise when you are feeling overwhelmed or panicked

CONTACT NAMI FOR SUPPORT



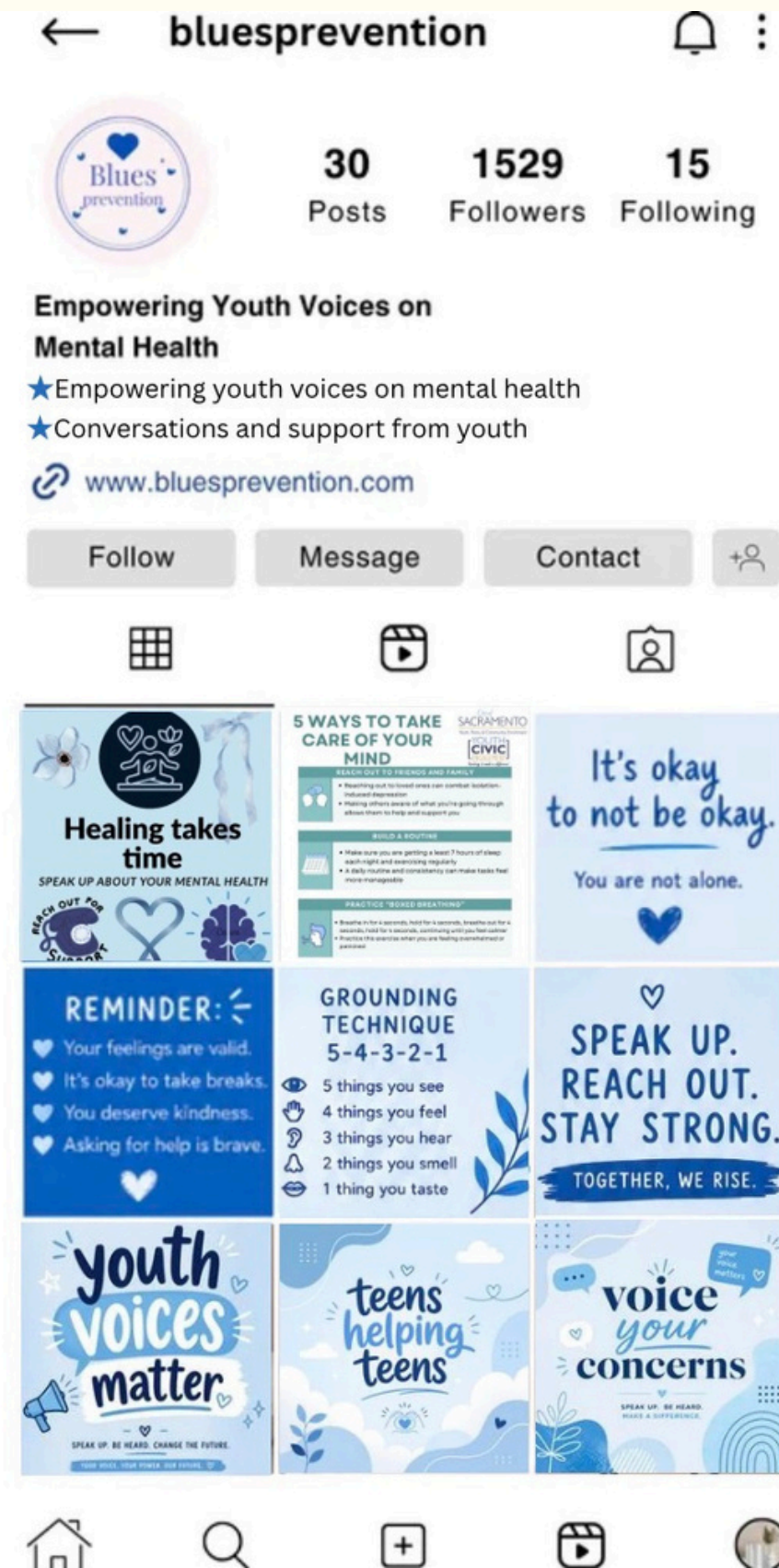
- Nami is a non-emergency mental health helpline
- Call at 916-890-5467 or text "NAMI" to 62640 to be connected with a peer specialist for free support

Contact 988 immediately if you are experiencing a mental health emergency

BLUE'S PREVENTION MOCK INSTAGRAM

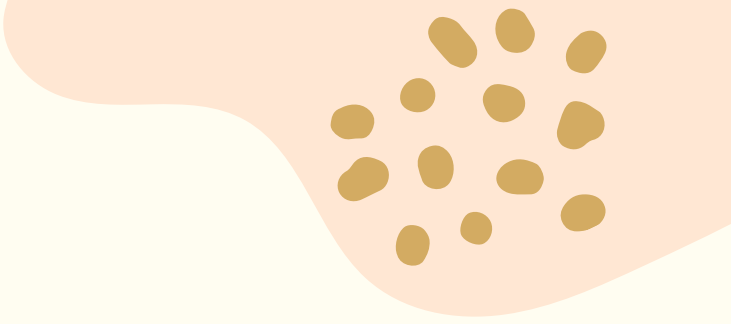
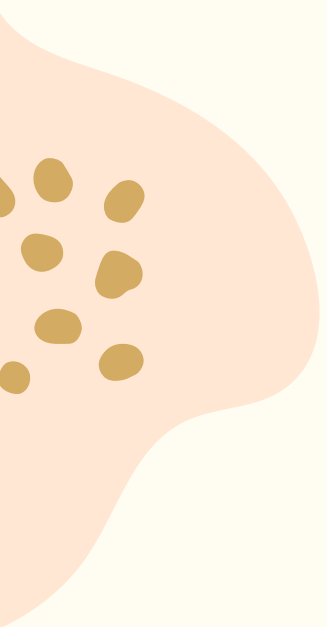
Purpose:

- Spread awareness about resources for teens in Sacramento
- Spread information about what mental health is
- Encourage youth to express their feelings



CONCLUSION

- Youth Mental Health is a serious issue, and without empowering the youth to talk about it, they will suffer in silence
- By distributing our flyers around Sacramento and promoting mental health awareness/resources through our mock Instagram, we believe youth inability to talk about mental health would decrease
- With your assistance, we hope to make a better environment for youth to express their mental health



THANK YOU!

Questions and concerns?



— —

BIN THERE

DO THAT!

PRESENTED BY – PROJECT NOIR

City of
SACRAMENTO
Youth, Parks, & Community Enrichment





PLASTIC BAGS



ALCHOHOL CANS



WRAPPERS



TAKEOUT BAGS



DRINKS



CARDBOARD



CANS



PLASTIC BOTTLES

THE PROBLEM

THE SCALE OF LITTER IN SACRAMENTO

- Litter spans all 8 districts
- 1.4M tons processed, litter remains
- Ranked "2nd Dirtiest City in America"
- 34,000+ sanitation complaints in 2023
- Reputation and youth impact felt



THE PROBLEM

A GROWING AND UNSOLVED CRISIS

- Illegal dumping up 32% in 3 years
- 52% people dissatisfied with dumping response
- Public health/safety issue
- "It won't matter" mindset
- Growing problem, public feels unheard



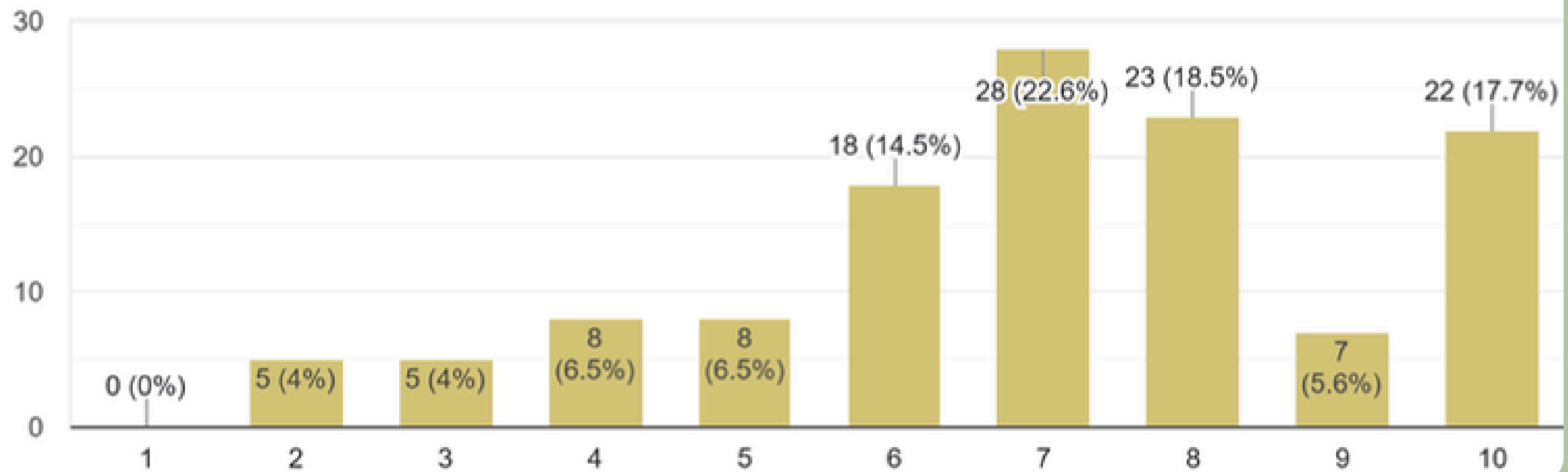
SURVEY DATA

SUBMISSIONS

- Created a survey about littering
- Gathered 127 responses
- 77% of responses were from Sacramento youth
- Responses from all districts in Sacramento

SURVEY DATA

How often do you SEE littering in Sacramento?



plastic drink cups

Cigarettes

Water bottles

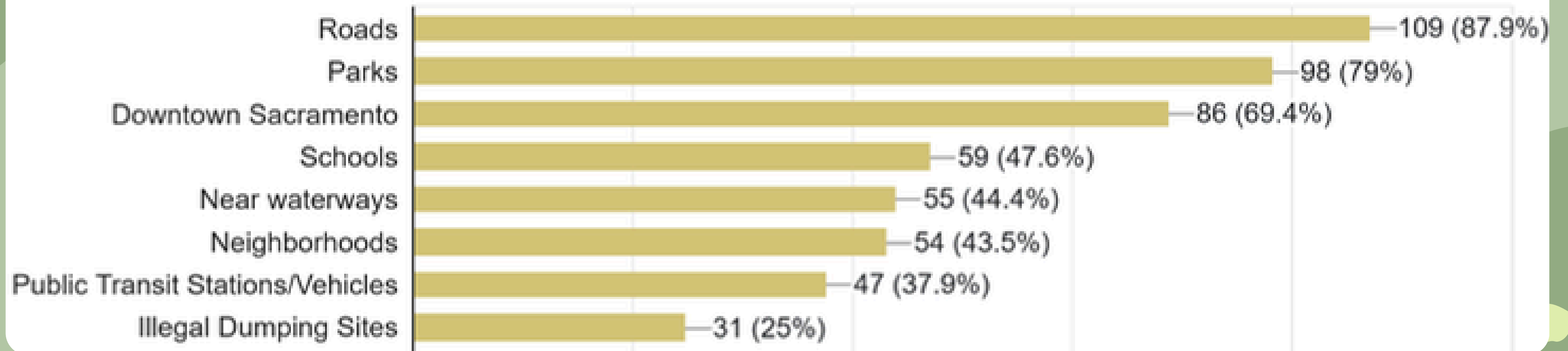
Food wrappers

Cans and wrappers

Plastic bags

SURVEY DATA

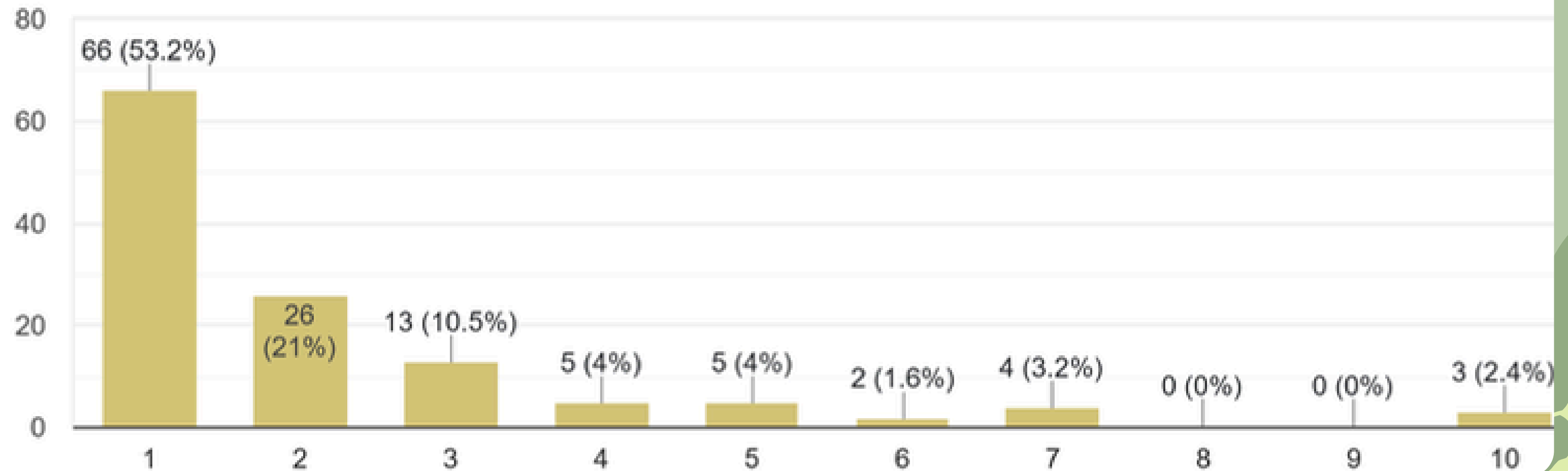
Where do you see this litter or where have you seen littering happening?



SURVEY DATA



How often DO YOU litter? (Please be Honest!)

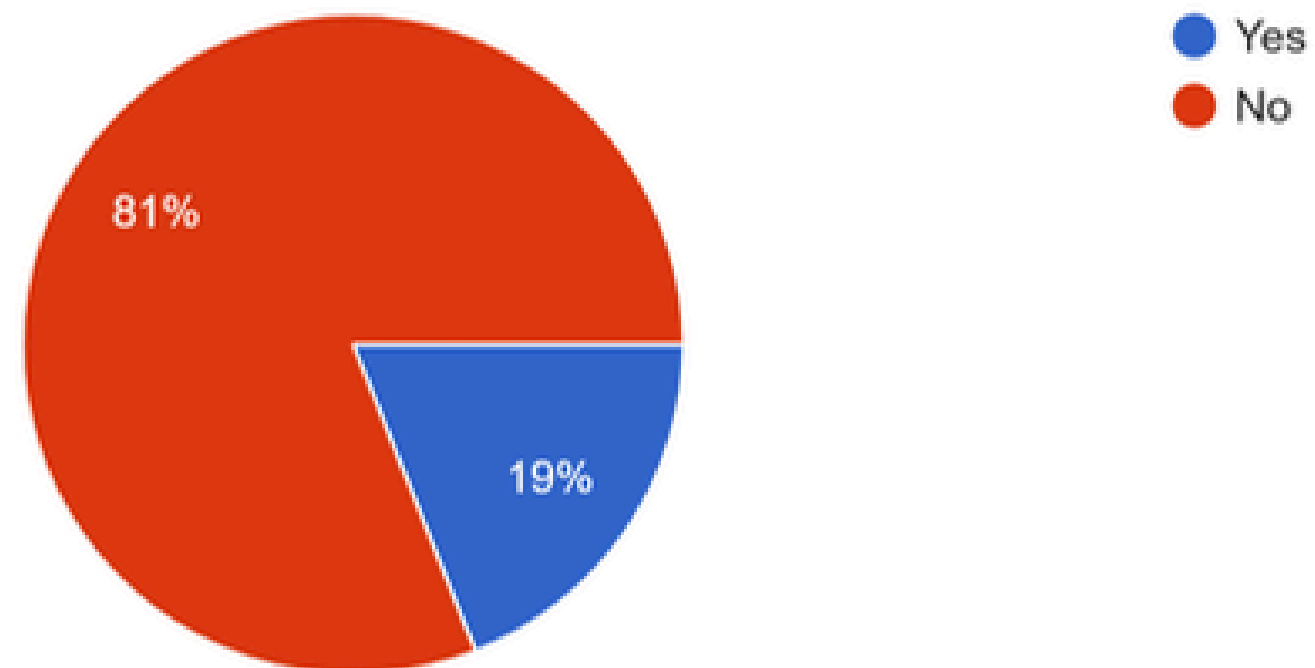
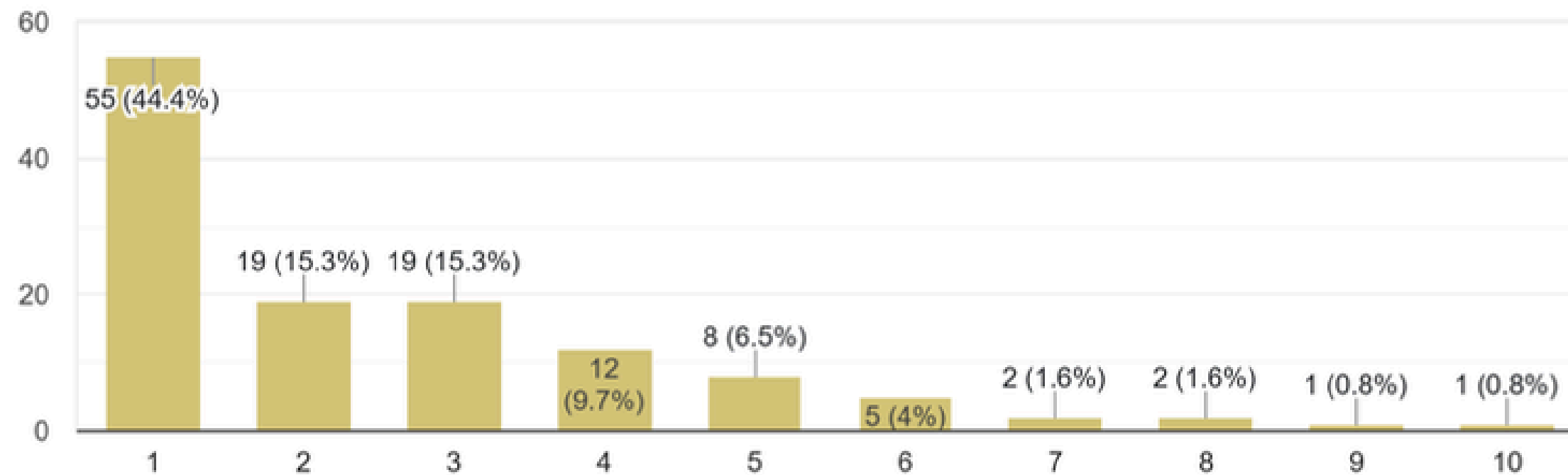


Little to no trash cans in the public so people can effectively feel obligated to throw there trash somewhere. The signs posted that say they will fine never get enforced.

SURVEY DATA

How much do you know about what Sacramento is doing to solve the problem of littering?

124 responses



SURVEY DATA

We asked:

“How do you feel about
Sacramento’s response to littering?”

I personally haven't encountered a lot of what sacramento has been doing, but I think It can be better.

Sacramento spends a lot of money to clean litter but perhaps the focus should be on prevention-making garbage cans more accessible for example might help.

From what I can see there is no real grand response as anywhere I go there always seems to be litter.

They're doing okay, they've created some policies and systems but they're not enforced.

No clue, clearly aren't doing enough.

OUR SOLUTION

- Increase accessibility
 - Trash cans
 - 3-1-1
 - Signage
- Spread awareness
 - Flyer
 - Billboard



PSA VIDEO



FLYER + BILLBOARD

City of SACRAMENTO
Youth, Parks, & Community Enrichment

BIN THERE, DO ♻️ THAT!

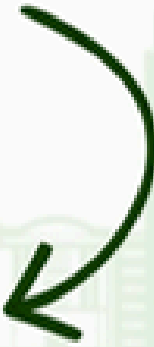
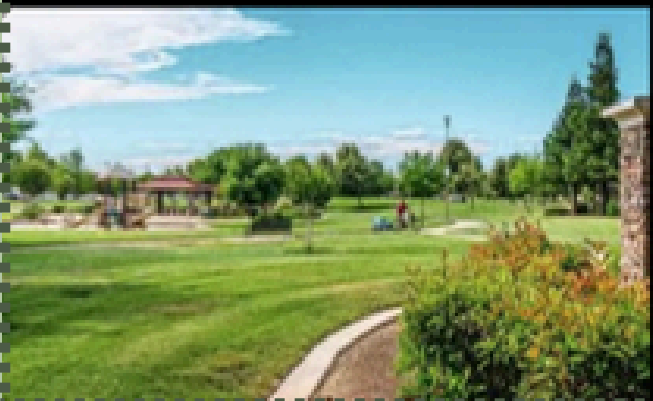
15K-20K pounds of litter found
in ONE local river just along
Truxel Rd & Green Hwy:
Steelhead Creek

How YOU can prevent this:

- Report any case of littering to the 311 app
- Join with others and participate in community clean-up events
- Throw away your trash & put the right thing in the right bin!
- 3 R's: Reduce waste amount, Reuse products, Recycle paper, plastic, glass, and metal

*Every Piece Counts,
Keep Sacramento Clean!*

YOUTH CIVIC
ENGAGEMENT
Working to make a difference



BIN THERE, DO ♻️ THAT!!



EVERY. **PIECE.** COUNTS.
KEEP SACRAMENTO CLEAN

City of SACRAMENTO

YOUTH CIVIC
ENGAGEMENT

ACCESSIBILITY

- More accessible trashcans and recycling bins
- Empty bins more regularly to prevent overflow
- Bins are evenly spaced out
- Community clean-ups
- Reworking 311 process



 Request Service

 Find Answers

 Explore

Illegal Dumping



Our Solid Waste Team removes illegal dumping in the public right of way. They can also investigate and prosecute individuals who illegally dump. To report trash on private property, please submit a Code Enforcement case.

[Request This Service](#)

[Browse Other Services](#)

OLD

PARK SIGNAGE

NEW

CHANGES

- REPLACED 'CA 374.4' WITH 'MINIMUM FINE: \$250'
- ADDED INFORMATION REGARDING 3-1-1 SERVICE

WHY?

- ACTUAL FINE AMOUNT IS MORE CONVINCING
- PROMOTE MORE ANTI LITTERING ACTION



NO LITTERING

Cal Pen Code § 374



NO LITTERING

MINIMUM FINE: \$250

**DIAL 311 OR DOWNLOAD
311 APP TO REPORT
DUMPING**

CONCLUSION

We hope Sacramento City Council will partner with Project Noir to turn these ideas into action and create a cleaner city and healthier Sacramento for everyone!

THANK YOU

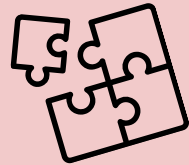
Bridge Between Mental Health & Youth Violence

Presented by the Cardinals



Table Of Contents:

3/4 - Problem



8/9/10 - Data

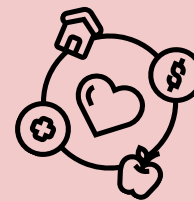


5 - Measure L

11 - PSA Video



6 - Solutions

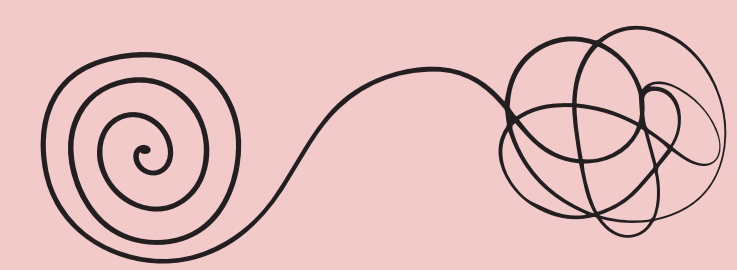


12/13 - Marketing
Materials



7 - Benefits

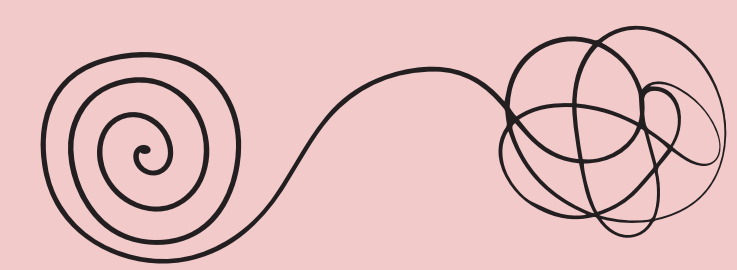




Problem

- Mental health challenges increase the risk of aggression without support
- 74% increase in crimes committed by juveniles - 2023 2024
- 26 deaths occurred from ages 0-24 from 2020 -2022





Problem

- Many programs are challenging to access
- Difficult to find the appropriate resources.
- The gap increases violence without a real solution

**STOP
VIOLENCE**

A graphic of a handprint with fingers spread, integrated into the word "STOP". The handprint is dark red and appears to be made of paint or ink, with the fingers spread out. The word "STOP" is in a bold, sans-serif font, and the word "VIOLENCE" is in a similar font below it. The entire graphic is set against a light red background.

What is Sacramento Children's fund (Measure L)?

- “Establish the Sacramento Children's Fund to support positive youth development and youth violence prevention programs”

Sacramento Children's Fund Award List

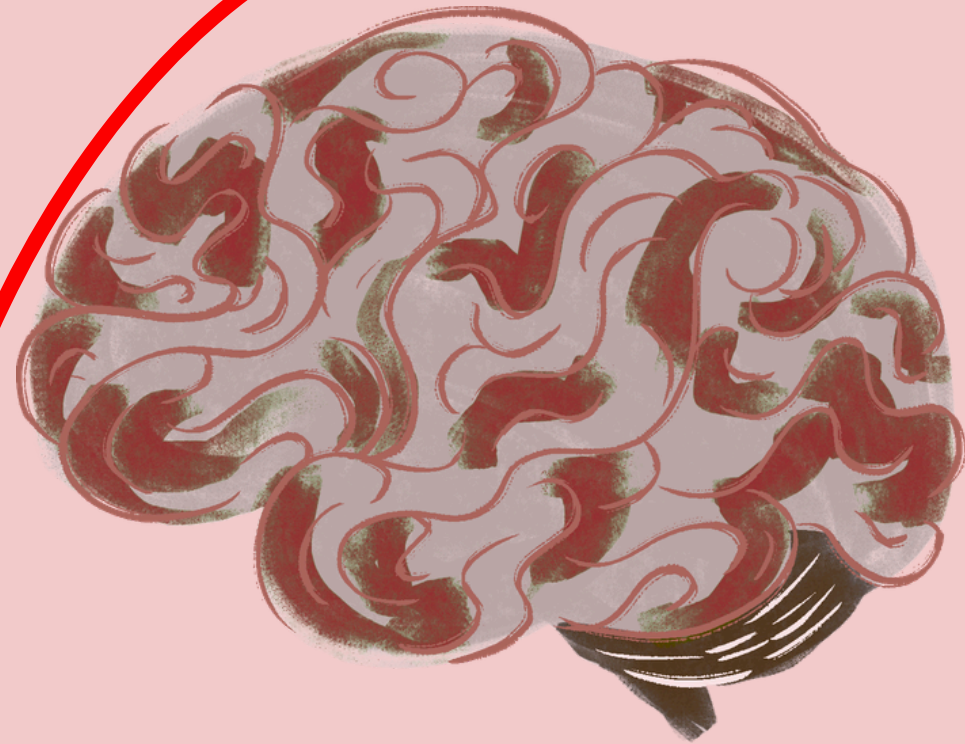
Fund Goal	Applicant	Amount Awarded	District Served
Mental Health	Food Literacy Center	\$1,038,382.00	1, 2, 4, 5, 6, 8
Mental Health	PRO Youth & Families	\$1,005,826.00	2, 3, 4, 5
Mental Health	Campus Life Connection	\$389,176.00	5, 8
Mental Health	Project Optimism	\$414,395.67	2
Mental Health	Sacramento LGBT Community Center	\$414,395.67	4
Mental Health	Arabic Language Education for Everyone, Inc. (ALEFE, Inc.)	\$75,000.00	2
Mental Health	Starting Point for Refugee Children	\$75,000.00	5, 8
Mental Health	City of Sacramento-Sacramento Fire Department High School Career Technical Education Partnership Program	\$1,499,208.00	1, 4, 8
Mental Health	City of Sacramento-Sac News & Review Building Conversion	\$1,500,000.00	2
Mental Health	City of Sacramento-Youth Program Scholarship Fund- ongoing funds	\$1,295,000.00	3, 4, 5, 6, 7, 8
Mental Health	City of Sacramento-Sutter's Landing (28th & B) Regional Park-Skate Park	\$750,000.00	4
Mental Health	City of Sacramento-Granite Regional Park	\$1,442,569.47	6
Youth Homelessness	Lao Family Community Development, Inc.	\$1,200,000.00	4
Youth Homelessness	Sierra Service Project	\$1,199,333.00	2, 5
Youth Homelessness	Sacramento City Unified School District-Homeless Education Services Coordinator	\$747,949.00	4, 5, 6, 8
Substance Abuse	We Can Work It Out Inc	\$75,000.00	6
Youth Violence	Roberts Family Development Center	\$731,326.00	2
Youth Violence	Code 4 Hood Edu	\$75,000.00	6
Youth Violence	Communication and Education Organization for Development- CEOD	\$75,000.00	2

Solutions

1 Spread awareness on prevention programs funded by Measure L

2 Reopen Youth Voice Survey





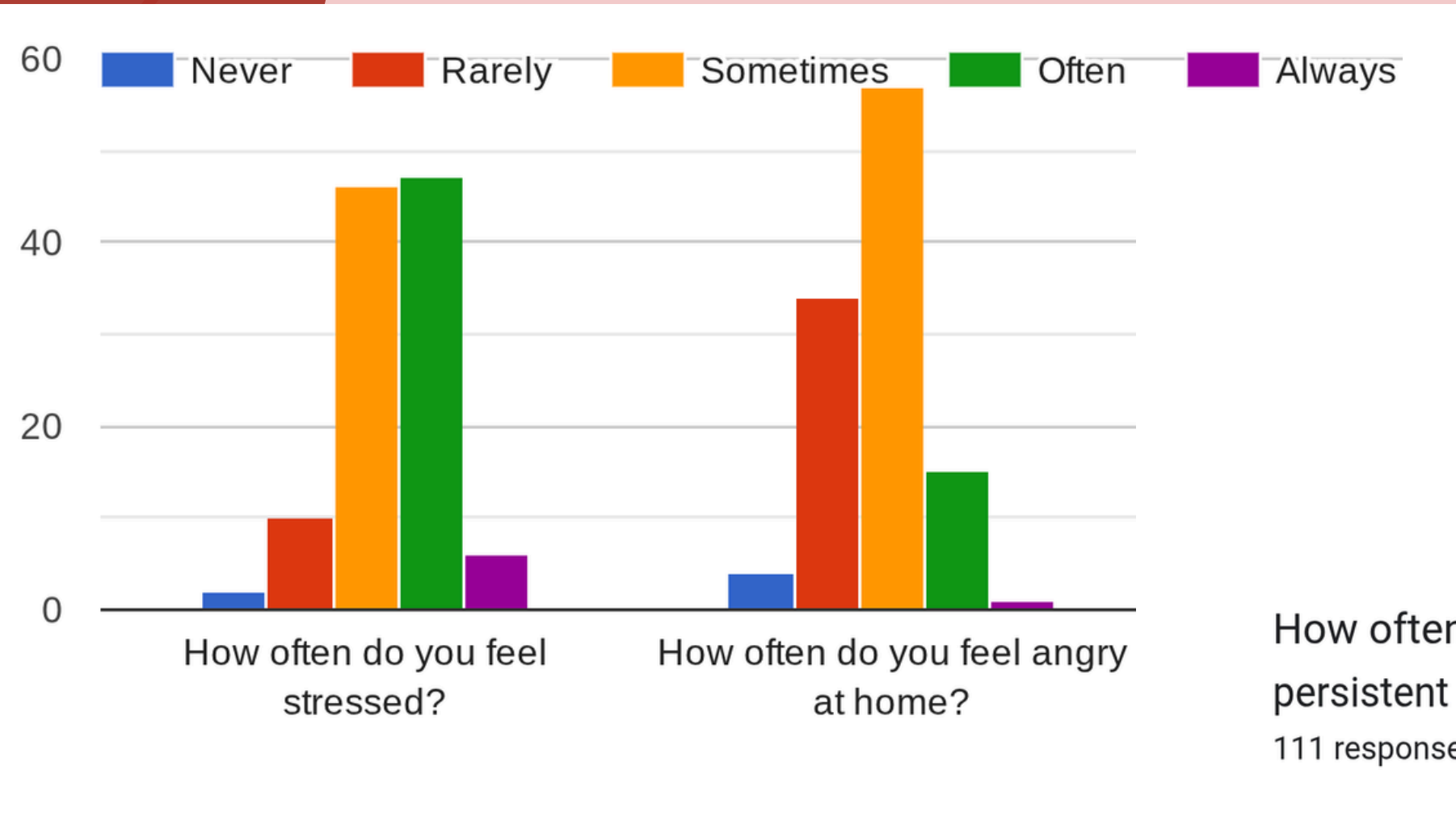
Benefits

- ! Youth will have greater awareness of available resources
- ! Youth will feel more supported and heard, rather than isolated
- ! Strengthened civic engagement between youth and city leaders

1

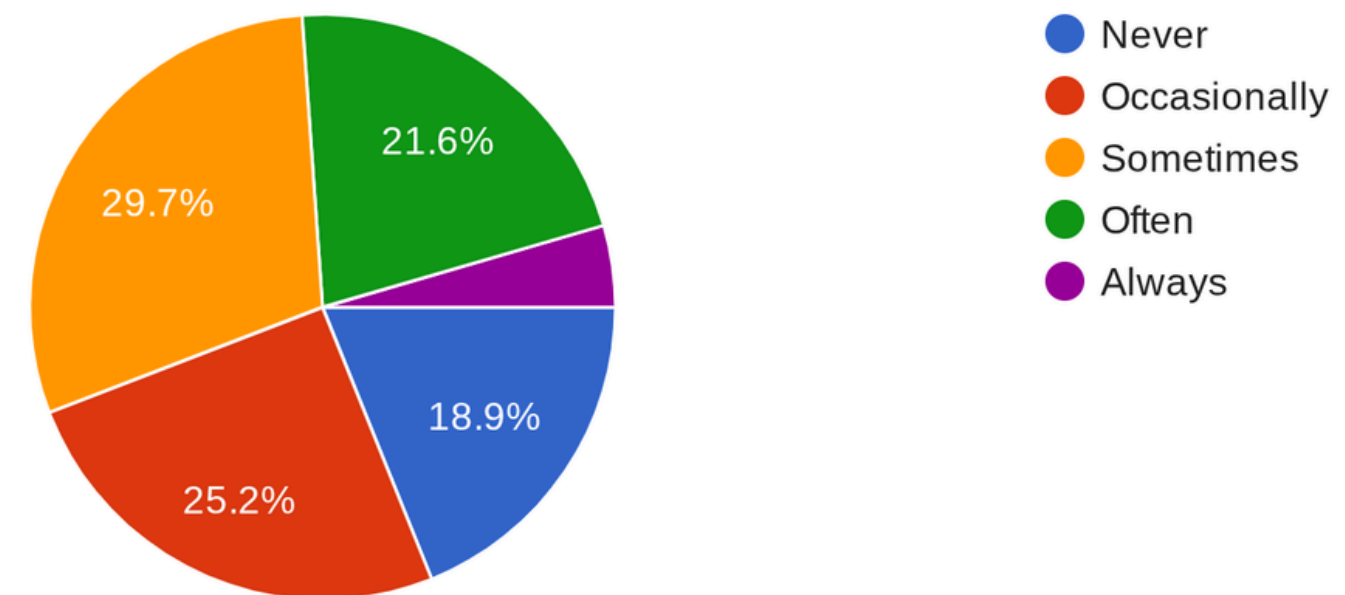
Data

Survey Results:



How often do you experience mental health symptoms? (which could include the following: persistent irritability, sudden withdrawal from friends, major changes in sleeping or eating habit, etc.)
111 responses

2

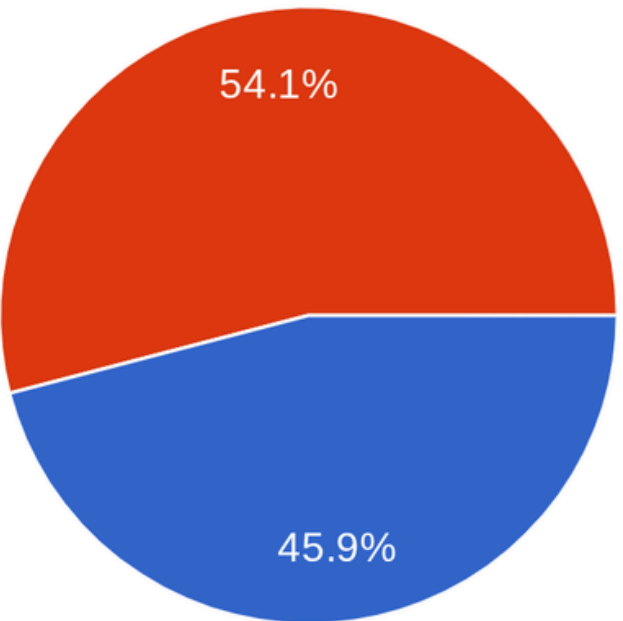


3

Data Continued...

Have you heard or experienced violence in your community within the last 6 months?

111 responses

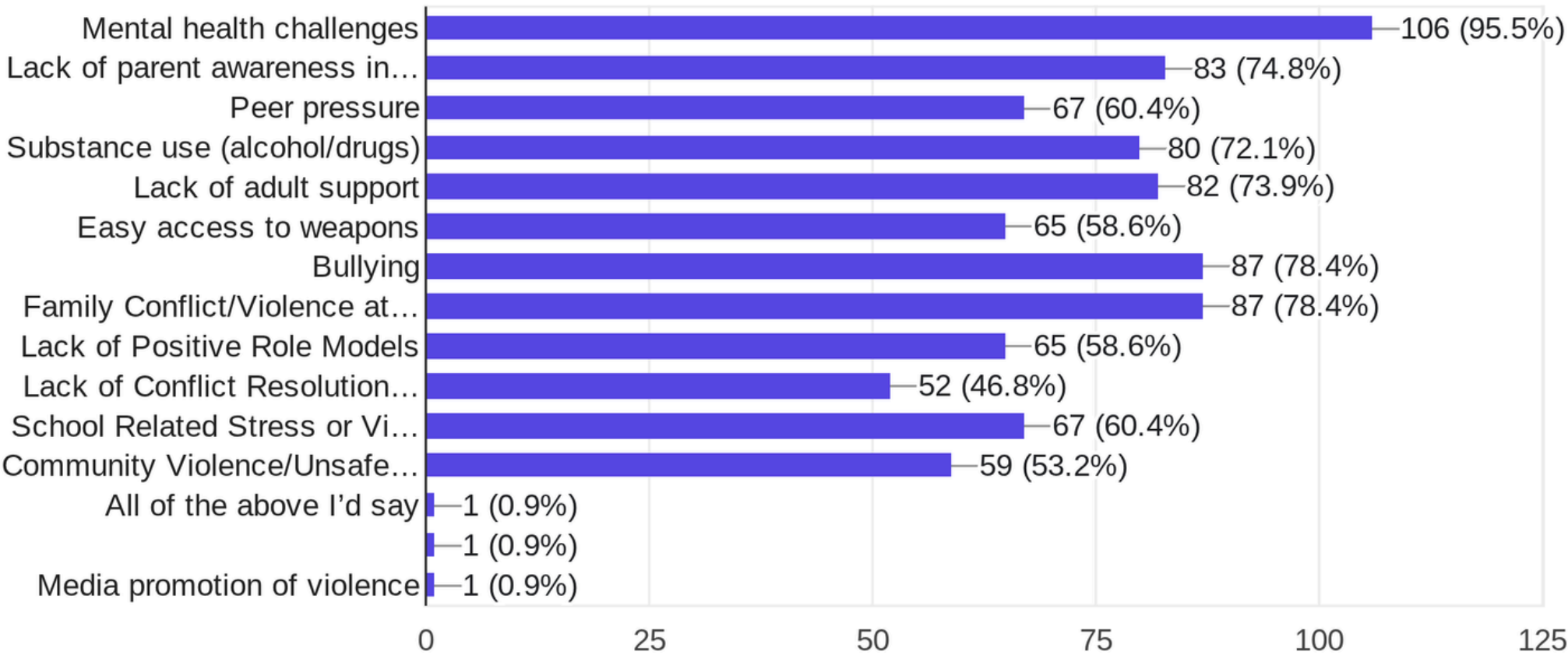


No
Yes

4

What factors do you think contribute to youth violence? (Select all that apply)

111 responses

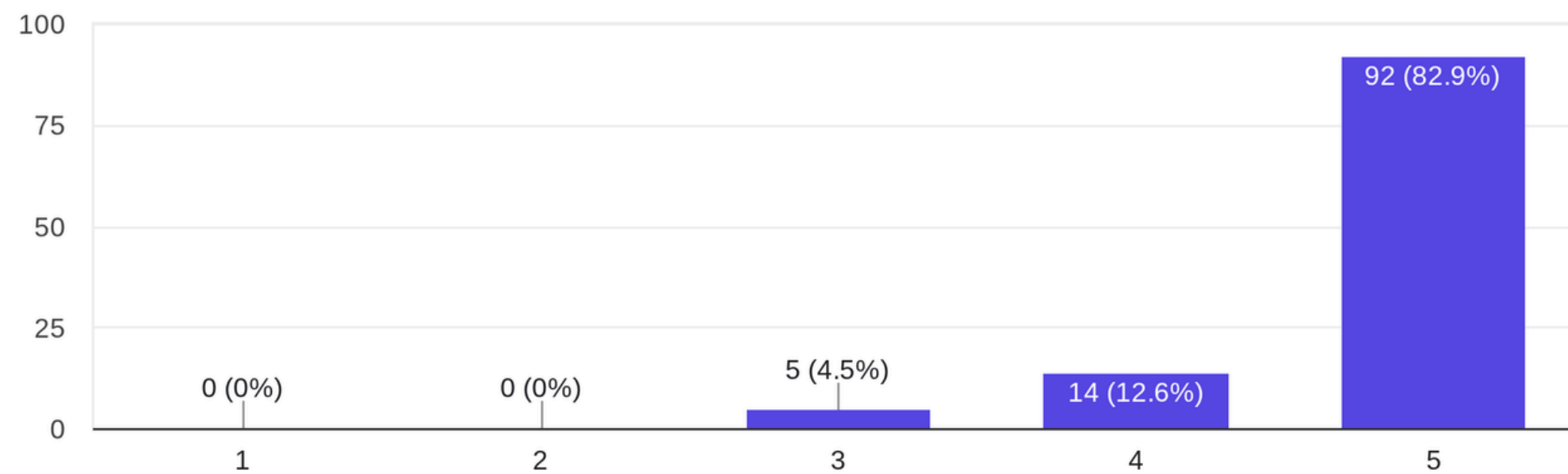


Data Continued...

5

How important do you think mental health is to a person's overall well-being?

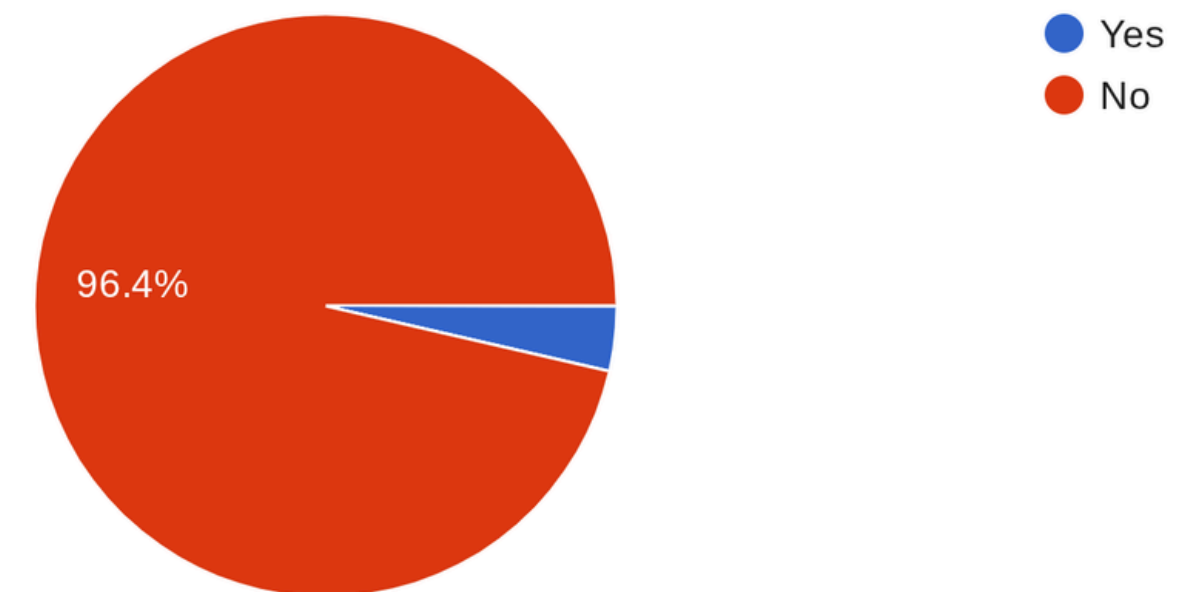
111 responses



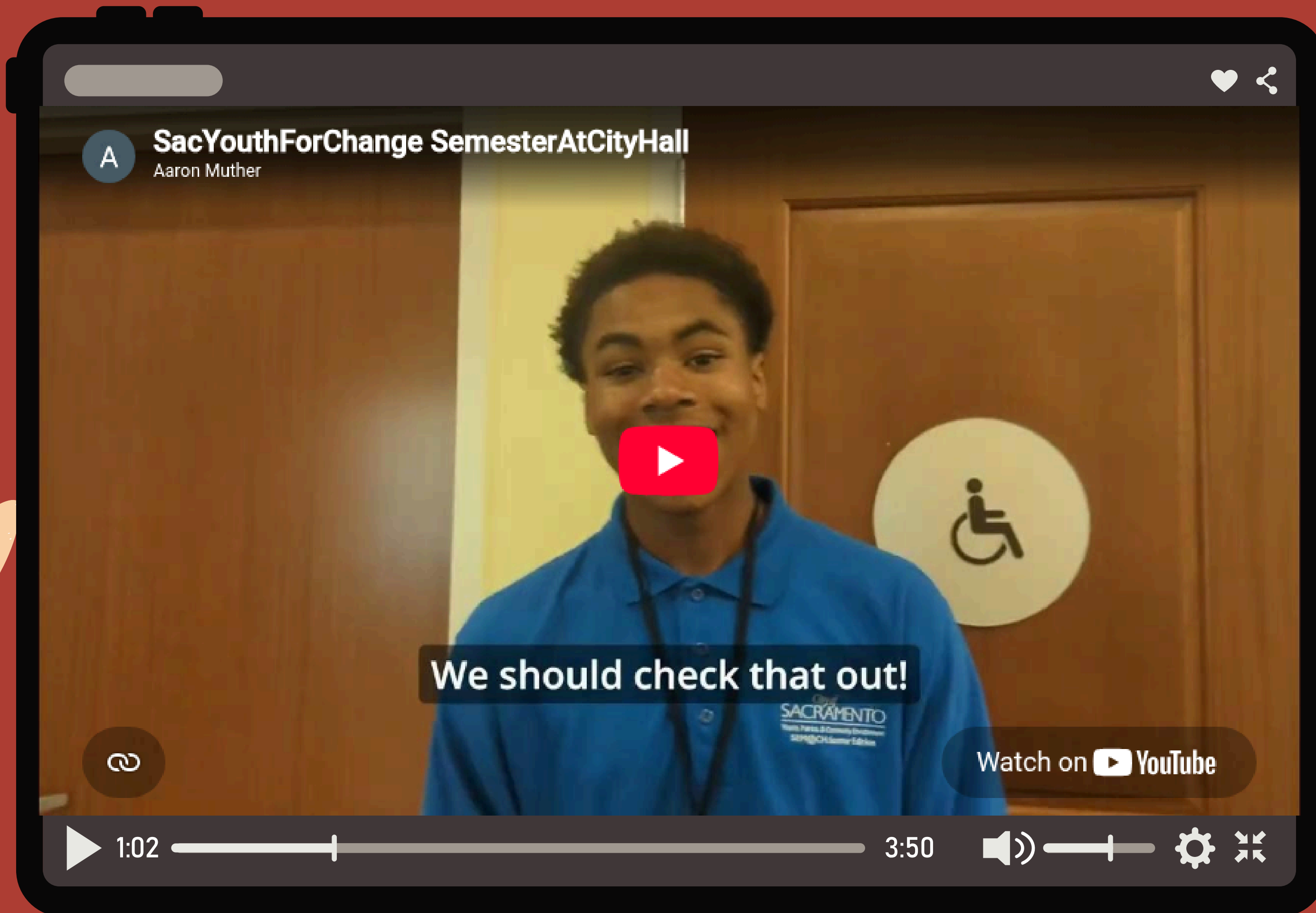
6

Do you know of any programs funded by Measure L?

111 responses



PSA Video



Flyer:

Sacramento Youth For Change

Bridge Between Mental Health and Youth Violence

YOUTH VIOLENCE

From 2020 to 2022, 26 young people ages 0-17 were killed in Sacramento, compared to zero from 2018 to 2019. This violence is not spread evenly across the city.



YOUTH VOICE SURVEY

We propose that the City Council to reopen the Sacramento Youth Voice Survey on its website to better understand the needs and perspectives of youth across the city.

FOR MORE INFORMATION
ACCESS SACRAMENTO
CHILDREN'S FUND: MEASURE L



The Cardinals

YOUTH LED GROUP
FOCUSED ON YOUTH
VIOLENCE
PREVENTION

**YOUTH
CIVIC**
ENGAGEMENT
"Working to make a difference"



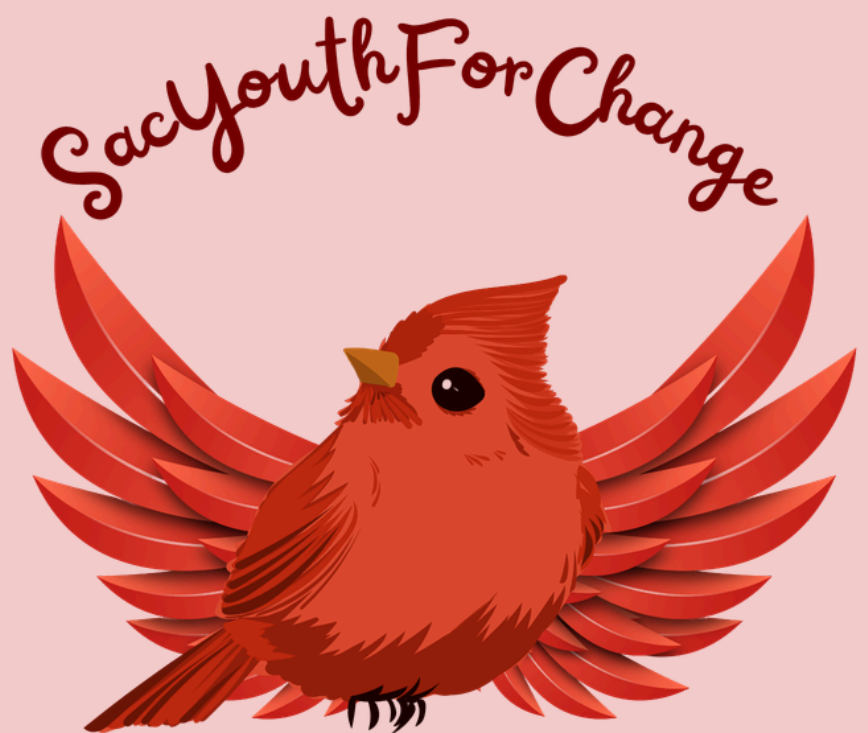
Sacramento Children's Fund Measure L:
Programs like the #SacTownYouthNights and
#SacYouthWorksFuture

City of
SACRAMENTO
Youth, Parks, & Community Enrichment

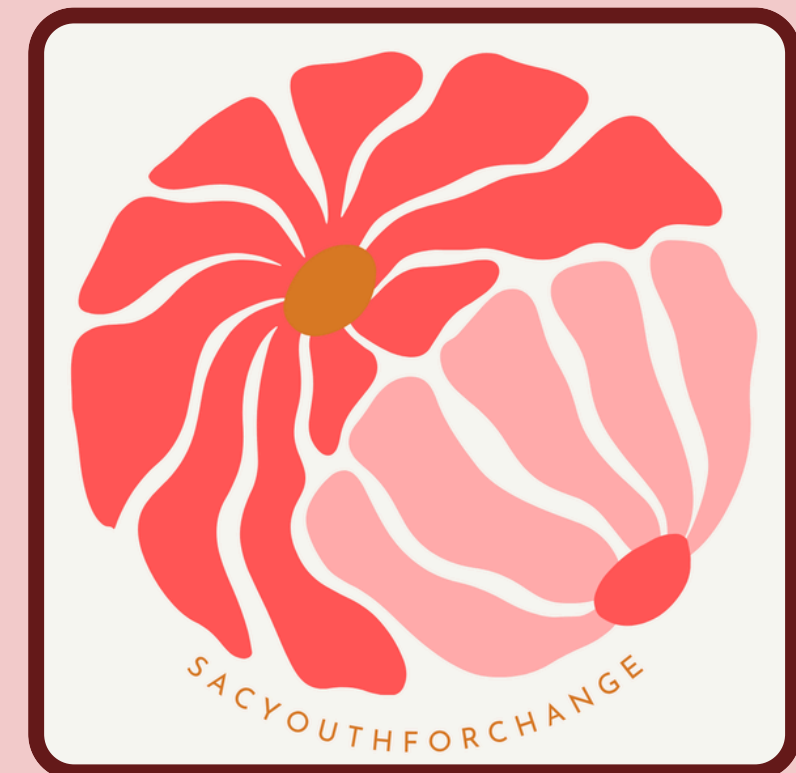
Marketing Materials

Flyer - Stickers - Buttons - Logo

Logo:

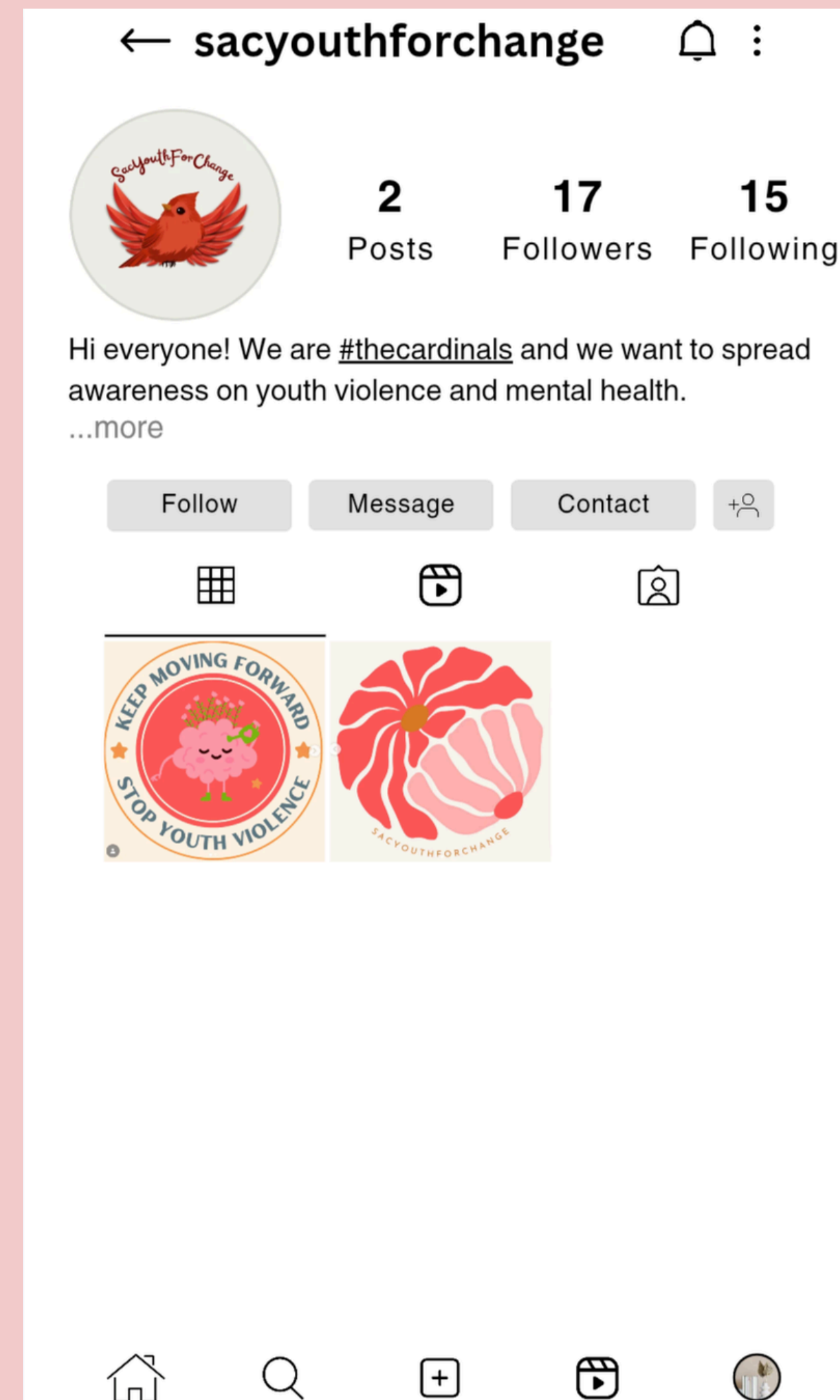


Sticker/Button Designs:



Marketing Materials Continued...

Social Media





Thank You

Any questions?

