

## Application Form

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### Profile

Yanelit

First Name

Madriz Zarate

Middle Initial

Last Name

Home Address

SAN PABLO

City

Suite or Apt

CA

State

94806

Postal Code

Primary Phone

Email Address

[District Locator Tool](#)

### Resident of Supervisorial District:

☒ District 1

Pacific Homecare Services

Employer

Care Provider

Job Title

### Length of Employment

August 2018 - Present

### Do you work in Contra Costa County?

☒ Yes ☐ No

### If Yes, in which District do you work?

District 1

### How long have you lived or worked in Contra Costa County?

Lived in Contra Costa County for 23 years

### Are you a veteran of the U.S. Armed Forces?

☐ Yes ☒ No

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### Board and Interest

### Which Boards would you like to apply for?

Mental Health Commission: Submitted

**Seat Name**

District I Member at Large

**Have you ever attended a meeting of the advisory board for which you are applying?**

☐ Yes ☒ No

**If Yes, how many meetings have you attended?**

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**Education**

**Select the option that applies to your high school education \***

☒ High School Diploma

**College/ University A**

**Name of College Attended**

Berkeley Community College

**Degree Type / Course of Study / Major**

AA-T / Sociology & CA / Social Work and Human Services Paraprofessional

**Degree Awarded?**

☒ Yes ☐ No

**College/ University B**

**Name of College Attended**

University of California, Berkeley

**Degree Type / Course of Study / Major**

Bachelor's Degree / Sociology (Current Student)

**Degree Awarded?**

☐ Yes ☒ No

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**College/ University C**

**Name of College Attended**

**Degree Type / Course of Study / Major**

**Degree Awarded?**

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☐ Yes ☐ No

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**Other Trainings & Occupational Licenses****Other Training A**

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Mental Health First Aid USA

**Certificate Awarded for Training?**

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☒ Yes ☐ No

**Other Training B**

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**Certificate Awarded for Training?**

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☐ Yes ☐ No

**Occupational Licenses Completed:**

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**Qualifications and Volunteer Experience**

**Please explain why you would like to serve on this particular board, committee, or commission.**

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I would like to be appointed to and serve in the Mental Health Commission in order to bring more awareness to the first-hand experiences with mental health in the Hispanic/Latinx population. As a first-generation Mexican American woman living in San Pablo, California, it is imperative to bring a cultural and holistic lens to the mental health commission in order to better serve Contra Costa County residents. Personally, I have dealt with and continue to navigate mental health challenges such as anxiety, intrusive thoughts, depression, and body issues. While it was difficult to deal with, I began facilitating mental health discussions with my immigrant parents and siblings in order to de-stigmatize it and provide healing. Additionally, I began working as a mental health advocate at Berkeley City College's Undocumented Community Resource Center where I used my story and experiences to positively impact students and help them with mental health challenges. I realized through my experiences that many of the same mental health challenges I have dealt with as a Latina are all too common in the Hispanic/Latinx community. These challenges are also a sign of the macro level root issues and needs that need to be addressed in our communities in order to improve the mental, physical, emotional, and social well being of residents. As I have advocated and continue to advocate for mental health awareness, I am ready to bring my skills and experiences as a Latina to serve on the Mental Health commission and better help residents in my community.

**Describe your qualifications for this appointment. (NOTE: you may also include a copy of your resume with this application)**

I am bilingual in Spanish and English, reside in San Pablo, California and am familiar with the community, and I have a strong background in Mental Health Advocacy. I have experience working as a Mental Health Advocate for Berkeley City College's Undocumented Community Resource Center and am skilled in networking with community members and organizations, providing peer-to-peer support to students of color (particularly Hispanic/Latinx individuals), facilitating trainings, and allocating mental health, legal, and academic resources. I hold a Mental Health First Aid USA Certificate and am certified by the National Council for Behavioral Health. I am experienced in providing help to individuals experiencing mental health problems such as depression, anxiety disorders, psychosis, and substance use disorders. I served as Define American's West Regional Chapter Representative where I learned to advocate for social justice and learned how to best have cultural competence and humility when advocating for Mental Health in the undocumented community.

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Upload a Resume

**Would you like to be considered for appointment to other advisory bodies for which you may be qualified?**

☒ Yes ☐ No

**Do you have any obligations that might affect your attendance at scheduled meetings?**

☒ Yes ☐ No

**If Yes, please explain:**

I am currently an undergraduate student majoring in Sociology at UC Berkeley. While my current class schedule is finalized and I am available to attend scheduled meetings for the Mental Health Commission, my homework and assignments might affect my ability to attend 1-3 meetings during midterms and finals season.

**Are you currently or have you ever been appointed to a Contra Costa County advisory board?**

☐ Yes ☒ No

**If Yes, please list the Contra Costa County advisory board(s) on which you are currently serving:**

**If Yes, please also list the Contra Costa County advisory board(s) on which you have previously served:**

**List any volunteer or community experience, including any advisory boards on which you have served.**

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**Conflict of Interest and Certification**

**Do you have a familial or financial relationship with a member of the Board of Supervisors?  
(Please refer to the relationships listed under the "Important Information" section below or  
Resolution No. 2021/234)**

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☐ Yes ☒ No

**If Yes, please identify the nature of the relationship:**

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**Do you have any financial relationships with the County such as grants, contracts, or other  
economic relationships?**

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☐ Yes ☒ No

**If Yes, please identify the nature of the relationship:**

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**Please Agree with the Following Statement**

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**I CERTIFY that the statements made by me in this application are true, complete, and correct  
to the best of my knowledge and belief, and are made in good faith. I acknowledge and  
undersand that all information in this application is publicly accessible. I understand that  
misstatements and/or omissions of material fact may cause forfeiture of my rights to serve  
on a board, committee, or commission in Contra Costa County.**

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☒ I Agree

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Important Information

1. This application and any attachments you provide to it is a public document and is subject to the California Public Records Act (CA Government Code §6250-6270).
2. All members of appointed bodies are required to take the advisory body training provided by Contra Costa County.
3. Members of certain boards, commissions, and committees may be required to: (1) file a Statement of Economic Interest Form also known as a Form 700, and (2) complete the State Ethics Training Course as required by AB 1234.
4. Meetings may be held in various locations and some locations may not be accessible by public transportation.
5. Meeting dates and times are subject to change and may occur up to two (2) days per month.
6. Some boards, committees, or commissions may assign members to subcommittees or work groups which may require an additional commitment of time.
7. As indicated in Board Resolution 2021/234, a person will not be eligible for appointment if he/she is related to a Board of Supervisors' member in any of the following relationships:
  - (1) Mother, father, son, and daughter;
  - (2) Brother, sister, grandmother, grandfather, grandson, and granddaughter;
  - (3) Husband, wife, father-in-law, mother-in-law, son-in-law, daughter-in-law, stepson, and stepdaughter;
  - (4) Registered domestic partner, pursuant to California Family Code section 297;
  - (5) The relatives, as defined in 1 and 2 above, for a registered domestic partner;
  - (6) Any person with whom a Board Member shares a financial interest as defined in the Political Reform Act (Gov't Code §87103, Financial Interest), such as a business partner or business associate.

# Yanelit Madriz Zarate

First-generation college undergraduate student at UC Berkeley majoring in Sociology. Passionate about mental health and social justice advocacy in order to better the lives of low income and oppressed communities of color.

San Pablo, CA 94806

## EXPERIENCE

### **Pacific Homecare Services — Respite Care Provider**

AUGUST 2018 - PRESENT

- Assist patients with special needs with personal care and daily living
- Prepare and monitor care plan to meet goals
- Engage clients in brain stimulating activities

### **Berkeley City College, Undocumented Community Resource Center — Student Worker: Mental Health Advocate**

JUNE 2019 - MAY 2021

- Provided one-on-one peer sessions and resources to students
- Networked and collaborated with community organizations
- Managed Instagram social media page
- Facilitated undocumented ally trainings to college administration, staff, and faculty

## EDUCATION

### **University of California Berkeley, Berkeley CA — Bachelor's in Sociology**

AUGUST 2021 - PRESENT

Undergraduate student majoring in Sociology with a focus to pursue social work and advocate for mental health and social justice.

### **Berkeley City College, Berkeley CA — Associates in Arts for Transfer Sociology | Certificate of Achievement in Social Work & Human Services Paraprofessional**

AUGUST 2018 - MAY 2021

Co-chair of the Latinx Collective from 2019-2020 where I co-planned meetings, events, and the 2019 Latinx graduation ceremony.

### **Richmond High School, Richmond CA — Diploma**

MAY 2013 - JULY 2017

## SKILLS

Exceptional communication, networking, and organizational skills.

Ability to demonstrate cultural competence and humility.

Fluent in Spanish and English

## HONORS & AWARDS

**HACU Adelante Leadership Student Sponsorship Award** - September 2021

**Concetta Branson Memorial Scholarship** - April 2021

**PACLA Scholarship** - April 2021

**California Community College E.O.P.S Scholarship** - September 2020

**Chicana Latina Foundation Scholarship** - June 2020

**Define American West Regional Chapter Representative** October 2019 - March 2021

## LICENSES & CERTIFICATIONS

**Mental Health First Aid Certificate** - National Council for Behavioral Health February 2020