

Application Form

Profile

Natasha

First Name

Monica

Middle Initial

Griffith

Last Name

Suite or Apt

Pittsburg

City

CA

State

94565

Postal Code

Primary Phone

Email Address

District Locator Tool

Resident of Supervisorial District:

☒ District 5

IHSS

Employer

In home Provider

Job Title

Length of Employment

10

Do you work in Contra Costa County?

☐ Yes ☒ No

If Yes, in which District do you work?

5

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

14

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

☐ Yes ☒ No

Board and Interest

Which Boards would you like to apply for?

African American Holistic Wellness and Resource Hub Transitional Community Advisory Board: Submitted

Seat Name

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?

Education

Select the option that applies to your high school education *

☒ High School Diploma

College/ University A

Name of College Attended

Ashford university

Degree Type / Course of Study / Major

BA- Psychology

Degree Awarded?

☒ Yes ☐ No

College/ University B

Name of College Attended

KPSHAS

Degree Type / Course of Study / Major

MA -Counseling MFT - in progress

Degree Awarded?

☐ Yes ☒ No

College/ University C

Name of College Attended

Diablo Valley College

Degree Type / Course of Study / Major

Liberal Arts

Degree Awarded?

☒ Yes ☐ No

Other Trainings & Occupational Licenses

Other Training A

Community Education Leadership Institute

Certificate Awarded for Training?

☒ Yes ☐ No

Other Training B

Certificate Awarded for Training?

☐ Yes ☐ No

Occupational Licenses Completed:

Qualifications and Volunteer Experience

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

My passion for behavioral health is both deeply personal and professionally driven. My journey began in the aftermath of a life-altering trauma — the tragic murder of my fiancé. That experience profoundly impacted my mental health and forced me to confront the gaps and challenges within our behavioral health systems firsthand. Rather than allow that trauma to define me, I chose to channel it into purpose and growth. Today, I am in my second year of graduate school at Kaiser Permanente School of Allied Health Sciences (KPSAHS), working toward a Master's in Counseling with a focus on Marriage and Family Therapy (MFT). This educational path allows me to combine lived experience with clinical knowledge to better serve individuals and families facing complex behavioral health challenges. In addition, I am the parent of a neurodivergent child — my daughter, who is on the autism spectrum and also lives with depression and anxiety. Navigating the healthcare, educational, and social systems on her behalf has made me acutely aware of the systemic barriers that families like mine encounter every day. My involvement with CELI (Community Equity Leadership Initiative) has strengthened my understanding of equity, advocacy, and community engagement, and it has equipped me with the tools to amplify underrepresented voices within our behavioral health systems. Serving on this board would allow me to contribute a unique perspective — as a survivor, a parent, a student-therapist, and an advocate — to help shape policies, programs, and services that are compassionate, accessible, and equitable for all.

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

Qualifications for Appointment: I bring a unique combination of lived experience, academic training, community involvement, and a deep commitment to mental health advocacy that aligns with the mission of this board. Lived Experience: As someone who has navigated the behavioral health system personally — stemming from the traumatic loss of my fiancé to homicide — I understand the importance of accessible, compassionate, and trauma-informed mental health services. My healing journey has given me empathy, insight, and resilience that I now use to support others. Parent Advocate: I am also the parent of a daughter on the autism spectrum who lives with depression and anxiety. Advocating for her needs has taught me how to navigate school systems, healthcare services, and support networks, all while pushing for more inclusive, equitable solutions for neurodivergent youth and families. Academic and Professional Training: I am currently in my second year of graduate school at Kaiser Permanente School of Allied Health Sciences (KPSAHS), pursuing a Master's in Counseling with an emphasis in Marriage and Family Therapy (MFT). This education is providing me with evidence-based clinical training, as well as an understanding of systems of care, therapeutic modalities, and the ethical standards of the mental health profession. Community Engagement: Through my work with the Community Equity Leadership Initiative (CELI), I have gained skills in leadership, policy engagement, and equity-focused advocacy. CELI has reinforced my commitment to elevating marginalized voices and promoting culturally responsive behavioral health services. Commitment to Service and Equity: My background equips me to bring both compassion and critical thinking to this board. I am committed to advocating for underserved communities, improving transitional services, and working collaboratively with stakeholders to create meaningful, lasting change.

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:

Currently In masters program and internship Mon - Wed

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.

Volunteer and Community Experience: Vice President, Build My Heart Foundation: I served as Vice President of the Build My Heart Foundation, a nonprofit organization dedicated to supporting children born with congenital heart disease. Inspired by my own daughter's diagnosis, I helped lead initiatives that provided resources, emotional support, and advocacy for families in at-risk communities navigating the challenges of pediatric heart conditions. Advocate for Deaf and Hard of Hearing Youth in the East Bay: As a parent of a child with hearing loss and cerebral palsy, I have worked closely with organizations and school districts in the East Bay to support Deaf and Hard of Hearing youth. My involvement includes spreading awareness, promoting inclusive education, and advocating for access to early intervention services and accommodations. Disability Rights Advocate: Through personal experience and community engagement, I have been a strong advocate for disability rights. I've assisted families in navigating complex systems such as Regional Center services, Medi-Cal, and special education (IEPs and 504 plans), helping ensure that children and adults with disabilities receive the support they deserve. In-Home Support Services (IHSS) Provider: I serve as an IHSS provider, caring for my daughter and advocating for equitable treatment of caregivers within the disability and public health systems. This role has deepened my understanding of long-term care, respite services, and the vital role that in-home providers play in maintaining quality of life for individuals with disabilities. These experiences have allowed me to build strong community ties and develop a deep understanding of the systemic barriers facing underserved populations. They have also strengthened my ability to serve as a compassionate, informed, and equity-focused voice on any advisory board

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)

☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

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

☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

Please Agree with the Following Statement

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.

☒ I Agree

Natasha Monica Griffith

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.