



San Mateo County Youth Commission



HYBRID MEETING - IN-PERSON AND BY VIDEOCONFERENCE

This meeting of the San Mateo County Youth Commission will be held in 455 County Center Building, Room 101, First Floor, Redwood City, CA 94063. Members of the public will be able to participate in the meeting remotely via the Zoom platform or in person in 455 County Center Building, Room 101, First Floor, Redwood City, CA 94063. For information regarding how to participate in the meeting, either in person or remotely, please refer to the instructions at the end of the agenda.

Members of the public are welcome to join the meeting:

Join by Device: <https://smcgov.zoom.us/j/9404686015>
Join by Phone: **+1 669 900 6833**, Meeting ID: **940 468 6015**
Meeting Location: 455 County Center Building,
Room 101, First Floor,
Redwood City, CA 940063.

Special REGULAR MEETING **Minutes**

Thursday, November 16, 2023
6:00 PM - 8:00 PM

Community Agreements

Diversity, Equity, Inclusion, Accessibility
Be true to yourself.
Step in, step out.
Communicate efficiently and proactively.
Accountability- be honest about what you can do and follow through with it.
Community advocacy and empathy.
Use your voice and strength, represent.

1. **This meeting was called to order at 6:05 P.M**
2. **Roll Call**

Commissioners Abraham, Braunstein, and Zou were absent. All others present.

3. **Public Comment**
None

4. **Approve Agenda (Action)**

- **Motion:** Commissioner Agarwal
- **Second:** Commissioner Shah

This motion passed unanimously

5. **United for Youth: Blueprint for Youth Well-Being (Discussion)**

Facilitated workshop to provide SMCYC perspective on the [United for Youth](#) partnership

- Commissioners discussed where they're from and what in their community benefits youth mental health.

- Purpose of understanding the behavioral health needs of children and youth in San Mateo County. Goal of adopting a plan of action to improve youth behavioral health and well-being.
- Goal to have Plan of Action completed for review & adaptation by May 2024.
- Commissioners brainstormed needs, equity, and strategies of improving mental health recognition in schools and communities.

6. **Work Plan Presentations**

Civic Engagement Subcommittee

- Aims to increase voter registration by hosting monthly voter registration venues.
- Host a Civil Empowerment Event to combat the feeling of political unpowerness among youth. Will have different speakers lecture about politics and how to get involved. Plans to hold the event in March.
- Creating and distributing pamphlets that aim to spark conversations about civics between families.

Immigrant Youth Subcommittee

- Continuing with Immigrant Youth Scholarship which will provide \$1000 to five students.
- Expanding the distribution of red cards to more than just high schools, such as community centers and public libraries.
- Plans to write a letter to the Board of Education about implementing textbooks that represent diverse backgrounds with historical accuracy.

Educational Equity Subcommittee

- Continue the Reading Rainbows Literacy Project to represent diverse stories and cultures in children's literature. Final deliverable will be to host a series of read out louds targeted for children.
- Write a letter of support for the continuation of Ethnic Studies in school, and emphasize its importance in our county. This aims to combat negative feedback from parents.
- Mentorship program that aims to mitigate disparities within education/career development. This program will be implemented into every school within the JUHSD.

Health and Wellness Subcommittee

- Plans to promote safe use of social media with the goal of benefiting mental health among youth.
- Planning to write a letter to the Board of Ed about implementing no-homework weekends or similar tactics to benefit student mental health.
- Will collaborate with local mental health resources and community agencies to provide resources at middle school.
- Hosting Narcan training among the SMCYC and then in schools.

Environmental Justice Subcommittee

- Limit plastic waste in SMC school's by implementing regulation for biodegradable/reusable products

- Implement an Environmental Literacy Library Project to educate children on the importance of being environmentally conscious by engaging them in children's books and conversations about the environment.
- Expand the Climate Emergency Resolution and declare climate emergencies in high school districts that don't already have one in San Mateo County.

7. **Liaison Reports**

Commission on Aging

- Working on improving education for seniors about fall prevention and home safety.

JJDPC Commission

- Discussed facilities where the girls camp is and possible improvements.

County Arts Commission

- In the process of hiring a new Executive Director. Heard presentations from Center of Creativity, who have a goal of creating an art center in San Mateo County.

County Board of Education

- Discussed what they are doing in schools to improve quality of life in students, such as their ongoing initiative to reward positive behaviors.
- School plan for Student Achievement that outlines goals they have and goals they have finished.

8. **Announcements**

- Terra Nova High School is having an Immigrant Resource Night on Wednesday, December 6th, 2023, 6pm-8pm
- Include Commissioner Watson on any emails regarding absences by emailing cassidyw2007@gmail.com

9. **This meeting was adjourned at 7:56 P.M.**

Upcoming Meetings:

12/14 Winter Retreat

Next Meeting: Winter Retreat, December 14, 2023