



Behavioral Health Commission

Approved Minutes

Wednesday, December 3, 2025 | 3:30 PM – 4:30 PM



Hybrid Meeting – 2000 Alameda de las Pulgas, Room 201, San Mateo, CA 94403; 840 Deep Woods Trl, Polebridge, MT 59928; 2 Dinkelspiel Station Ln, Atherton, CA 94027; 3801 Miranda Ave, Palo Alto, CA 94304; 1 Shady Lane Farm Rd, Ossining, NY 10562; 1230 Broadway Ave, Burlingame, CA 94010; 104 Hilton Way, Pacifica CA 94044; and online

BHC Members:	<input checked="" type="checkbox"/> Jean Perry – Chair (online) <input checked="" type="checkbox"/> Leticia Bido – Vice Chair <input type="checkbox"/> Yoko Ng – Vice Chair <input checked="" type="checkbox"/> Bill Silverfarb – BOS Rep <input checked="" type="checkbox"/> Dan Keohane <input type="checkbox"/> David Rice <input checked="" type="checkbox"/> Frieda Edgette (online)	<input type="checkbox"/> Jason Sutherland <input checked="" type="checkbox"/> Kate Saywell (online) <input checked="" type="checkbox"/> Kristin Kurczak <input type="checkbox"/> P.D. Kristina Bell <input checked="" type="checkbox"/> Laura Gomez (online)	<input checked="" type="checkbox"/> Michael Lim <input checked="" type="checkbox"/> Paul Nichols <input checked="" type="checkbox"/> Sid Palani <input checked="" type="checkbox"/> Veer Chowdhary (online) <input type="checkbox"/> Victoria Yu
SMC BHRS Staff:	<input checked="" type="checkbox"/> Dr. Jei Africa <input checked="" type="checkbox"/> Chantae Rochester	<input checked="" type="checkbox"/> Kristie Lui <input type="checkbox"/> Doris Estremera	
Others Present (in-person)			
Others Present (online)	Charles Huggins, Clara Boyden, Iny Li, Jonathan, Mary Mcgrath, Maria Lorente Foresti, Susan Cortopassi, Walter Ng, OCFA, Sylvia Tang,		

Meeting called to order at 3:32 by Chair Jean Perry.

ITEM	DISCUSSION/ACTION
Roll Call/ Introductions	Roll call was completed.
Approval of Agenda	Adapt change to read “Support the Futures Commission Initiative” ► M/S/C Nichols/ Bido
Approval of Minutes	The meeting minutes were unanimously approved. ► M/S/C Nichols/ Keohane
Correspondence, Announcements & Public Comment	No announcements and no public comments.
UN Declaration on Future Generations and Futures Commission Presented by Frieda Edgette, Ariya Kaushek, Iny Li, Seona Srivastava, Veer Chowdhary	<ul style="list-style-type: none"> The Future's Commission is a new globally connected, local initiative led by young people to build a thriving future. This is new to San Mateo County but not a new government commission. Our goals for the year include leading the nation by being the first US county to adopt the UN Declaration on Future Generations, jumpstart county's next vision with 10k youth visions and ensure youth have real seats on all boards and commissions, launch a county-wide well-being holiday of the future challenge, host 2026 FIFA world cup and activate partners locally and globally, establish a sustained Futures Commission structure Futures Commissions is going beyond treating systems and instead changing systems. It aims to be hopeful, purposeful and build connection. With the County's Shared Vision 2025 sunseting, we can lead the nation in embedding long-term thinking and a "whole-of-society" approach that connects wellbeing through an intersectional lens. San Mateo County can be the first to adopt UN's Declaration on Future Generations that centers decision making beyond election and budgetary cycles and in the interest of future generations. Other municipalities like Wales and Australia have initiatives that are doing this. The declaration contains different pillars including intergenerational solidarity and dialogue; science, data and foresight for long term thinking,

	<p>shifting from reactive to anticipatory; well-being needs, and interests of current and future generations; capacity and resilience for future global shocks, crises and challenges; civic participation with youth and marginalized communities; whole-of-society partnerships across generations.</p> <ul style="list-style-type: none"> • In 2025, Wales passed the Well-being of Future Generations Act which restructured how their government operates. Now 10 years later, we can learn from what they have found. They have experienced both large and small changes. • Video on Wales' Well-being of Future Generations Act: https://www.youtube.com/watch?v=xk6UqUZb0_U&t=2s • San Mateo County launched Youth Commission in 1993 which is embedded in how San Mateo County operates. • In 2010, Shared Vision 2025 was developed with youth involvement. The same year WHO declares youth mental health a leading public health issue. • In 2021 the BHC Youth Action Board was created, same year as WHO developing the Youth Council which brings us to 2025. • We are trying to reach 3 different groups: policy makers, civil society, and organization/ community members • Call to Actions: <ul style="list-style-type: none"> ○ 1) A letter of support for SMC Resolution Supporting the well-being of current & future generations and UN Declarations on Future Generations ○ 2) Support of the "Futures Commission" initiative. This concept has already taken traction globally and we want to be part of this international movement.
UN Declaration on Future Generations and Futures Commission Presentation Questions and Responses	<ul style="list-style-type: none"> • Leticia Bido- This is very exciting, and I can't imagine any county not being involved in this opportunity. I want to have an understanding as commissioners how this aligns with our focus as commissioners in supporting the local delivery and quality of behavioral health services in the county. I really look forward to better understanding the local impacts and needs. <ul style="list-style-type: none"> ○ Frieda Edgette: The request is to sign on support and it's whatever feels right for each entity. Some are jumping right in, and they're incredibly enthusiastic about it. Fundamental to this is community dialogues, discussions, and understanding what is most important to support their well-being. Every nation does it differently based on their local culture. One thing our Youth Action Board already identified as a priority is intergenerational dialogues. There was a recent resolution from President Canepa's office acknowledging the rise in suicide for young boys and men and that has brought up the need for conversations with the youth to see how this is impacting them. For organizations that are partnering, this is a community discussion so information would be anonymous, but the synthesized data would be shared. We're really looking at where is the greatest intersectionality across these domains. At this stage the priority is about having those conversations and dialogues with organizations that want to have them and partnering with other youth activations. • Paul Nichols – One of the things that strikes me as I'm listening to the presentation is the anxiety of youth based on gun violence, climate change, technology mediated harms, etc. There's nothing a local government can do to address these issues, but what they can do is to help the mental health of those people impacted by it by showing support, by enhancing communication and demonstrating that local government is concerned about the well-being of its citizens and youth. It's not about

	<p>fixing the problem but showing concern and getting them involved. Kudos to you and your group for all the work you do.</p> <ul style="list-style-type: none"> ○ Frieda Edgette – One guiding question is what would happen to our mental health if we were equipped and empowered with foresight skills, the ability to see and think for the future, and empowered with the agency to be co-creators in policy because study shows that anxiety and depression decline and hope and purpose increase with foresight, skills and literacy. And somebody who has experienced passive ideation, when you are in that state of despair, the future does not exist, and what we are trying to do is make the future exist for many people. • Bill Silverfarb – I like it, but we still get push back on the loneliness resolution. Money is tight everywhere. We have how many commissions in the county? The topics you are talking about with foresight can fit into every one of these groups. • Sid Palani – What is the second ask for the commission for? <ul style="list-style-type: none"> ○ Frieda Edgette – It will explore all age governance and acknowledge that foresight will decrease depression and anxiety and increase hope and purpose.
New Business	<ul style="list-style-type: none"> • Action Item: Vote for Letter of Support for San Mateo County Resolution Supporting the Well-Being of Current & Future Generations and UN Declaration on Future Generations ▶ M/S/C Edgette/Keohane • Action Item: Support "Futures Commission" Initiative ▶ M/S/C Edgette/Nichols
New Business	<ul style="list-style-type: none"> ○ Retreat Updates <ul style="list-style-type: none"> ▪ The planning committee met with Doris Estremera and we are finalizing logistics. We are currently saving this location (2000 Alameda de las Pulgas) for our retreat location. Doris is working with us to provide some pre-meeting reads. The ask is for everyone to think about ideas for collaboration. Think about ideas in terms of goal setting. The focus is on community building and strategic planning for 2026. More info to come.
Adjournment	This meeting was adjourned at 3:44 p.m. by Chair Jean Perry.

Next BHC Meeting:	Wednesday, January 7, 2025, from 3:30-5:30 p.m. 2000 Alameda de las Pulgas, Room 201, San Mateo, CA 94403, and Online Information will be posted on www.smchealth.org/BHC .
Next Executive Committee Meeting:	Wednesday, January 7, 2025, at 5:30p.m. 2000 Alameda de las Pulgas, Room 201, San Mateo, CA 94403, and Online
Note:	PLEASE BE SURE TO CONTACT KRISTIE LUI AT KFLUI@SMCGOV.ORG . IF YOU ARE UNABLE TO ATTEND EITHER THE BHC OR EXECUTIVE COMMITTEE MEETING. In compliance with the American with Disabilities Act (ADA), auxiliary aids and services for this meeting will be provided upon request when given three-day notice. Please call 650.573.2544.