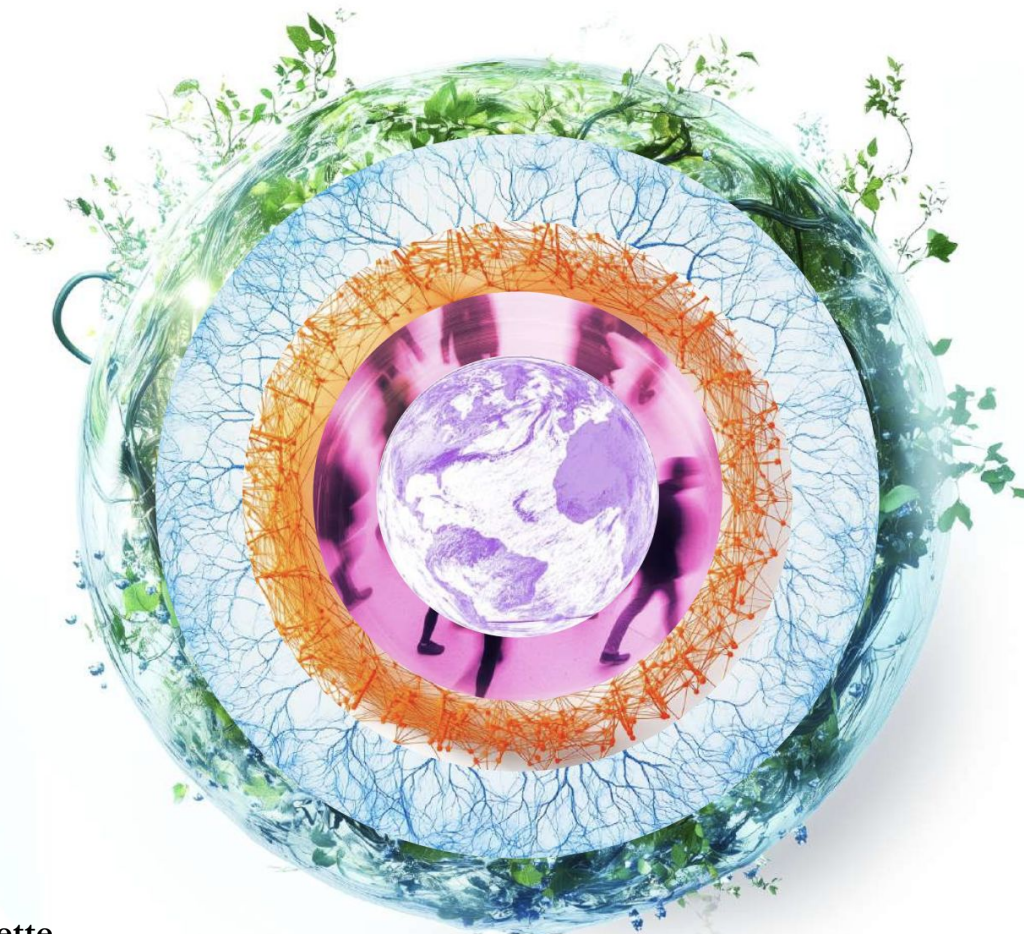


Welcome to the *Futures Commission*

Shaping a San Mateo County where
current & future generations grow,
prosper & thrive through
long-term thinking &
intergenerational action

Presented by:

San Mateo County Behavioral Health Commissioner Frieda K. Edgette
Youth Action Board Ariya Kaushek, Iny Li, Seona Srivastava
YAB Member & Youth Commissioner Veer Chowdhary



The future belongs to those
who ask questions, who dream,
who dare, and who take action
for something greater –
something we *will* achieve when
we do it together.

For Today

- Explain what the Futures Commission is & case for change
- Share this exciting once-in-a-generation opportunity to shape our collective thriving for current and future generations
- Invite feedback & join from the start



Who We Are

The *Futures Commission* is a new globally connected, local initiative led *with* young people to build a thriving future -- one where your voice shapes what's next.

GOALS BY 2027



Lead

Make history by becoming the *first*
U.S. county to adopt the UN
Declaration on Future Generations



Empower

Jumpstart the County's next vision
with *10K youth visions* & ensure
youth have *real seats* on all boards &
commissions



Design

Launch a county-wide "*Well-being*
Holiday of the Future" challenge
— where the best ideas get built



Inspire

Activate partners locally and globally
during the *2026 FIFA World Cup*

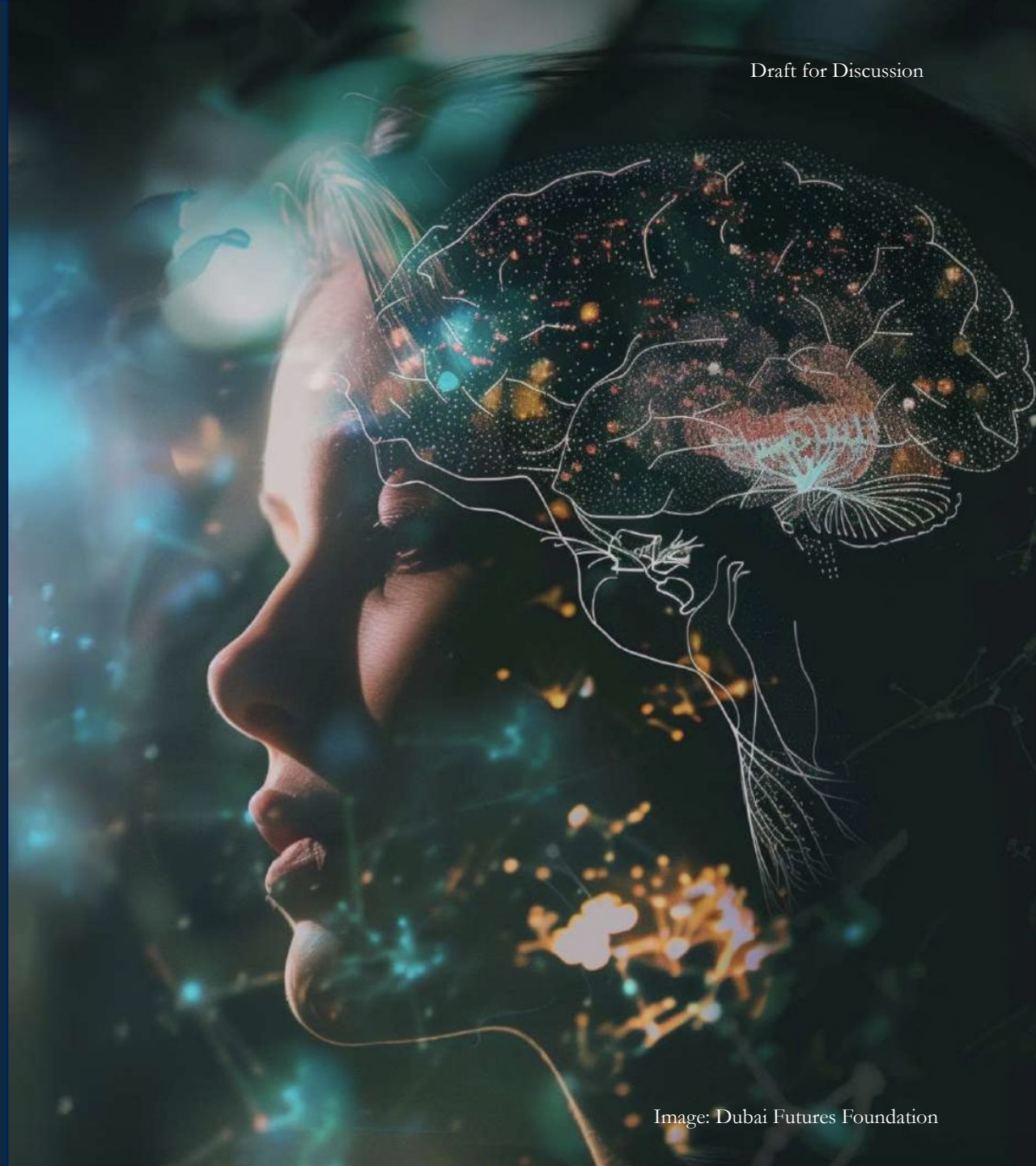


Deliver

Establish a *sustained*
Futures Commission structure

The Challenge

We face a cascading mental health emergency driven by systemic upstream conditions —loneliness, rising costs, climate instability, technology-mediated harms, employment uncertainty, and declining public trust.



Why It Matters

With County mental health services transforming in response to Prop 1, come July 2026, an estimated 75%+ of prevention funding in Behavioral Health & Recovery Services will sunset – at a time when upstream stressors are intensifying.

26.4%

San Mateo County
population 24 or younger,
with 19.4% 65+

75%

of lifetime mental health
challenges begin by 25

94%

Gen Z struggle from
climate, affordability, gun
violence & discrimination
mental health challenges

Suicide

a leading cause of death for
San Mateo County youth

79%

employers expected to accelerate
automation with aging workforce



responsibility, play &
connection since the '90s



Mental health is more than the absence of illness; and youth need more than individual coping skills and crisis response.

It is time to go *beyond* treating symptoms to changing systems.

From

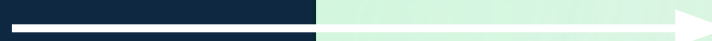
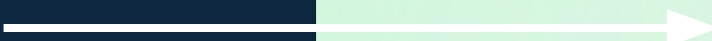
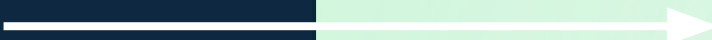
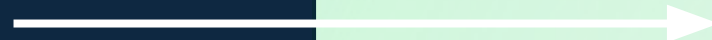
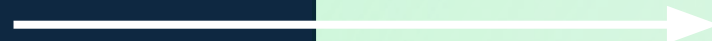
Despair

Overwhelm

Isolation

Powerless

Stigma



To

Hope

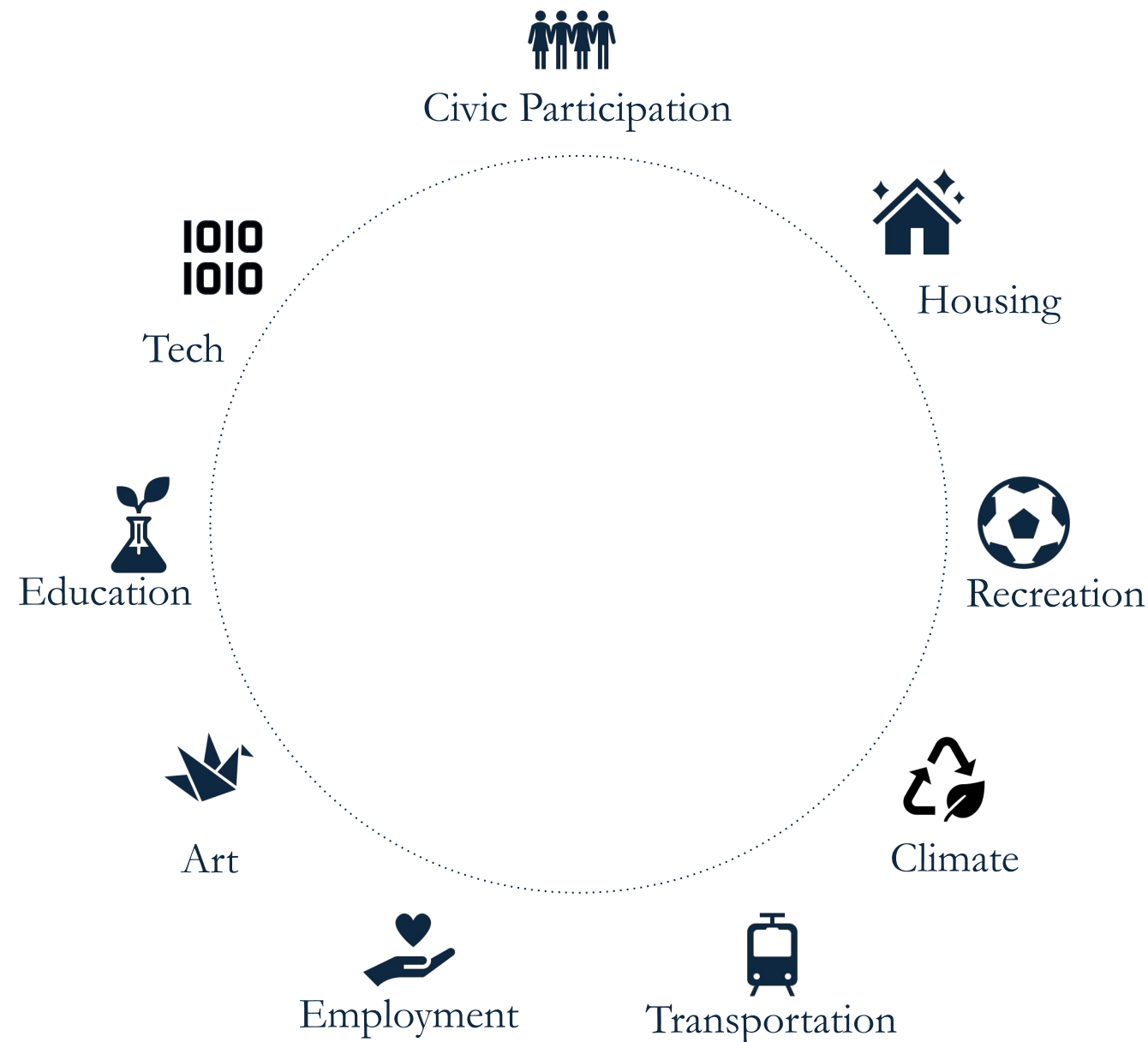
Purpose

Connection

Agency

Solidarity

With the County's Shared Vision 2025 sunset, we can lead the nation by embedding long-term thinking and a "whole-of-society" approach that connects well-being to:



Our Opportunity

San Mateo County can improve residents' lives by becoming the *first local government in America to enact the UN's Declaration on Future Generations* – a unanimously adopted groundbreaking agreement that centers decision making beyond election and budgetary cycles and in the interests of future generations.





UN's Declaration on Future Generations

-  **Intergenerational** solidarity & dialogue
-  Science, data & **foresight** for long-term thinking, risk mitigation & planning
-  More anticipatory, **adaptive** & responsive governance
-  **Well-being, needs & interests** of current & future generations
-  Capacity & **resilience** for future global shocks, crises & challenges
-  Civic participation – with **youth** & marginalized communities
-  **Whole-of-society** partnerships across generations

Wales Well-Being Act of Future Generations

In 2015, Wales committed to the well-being of future generations by embedding long-term thinking and a “whole-of-society” approach to foster collective growth, prosperity, and thriving. Under the leadership of a Future Generations Commissioner, the country has experienced both large and small changes.



Leading the nation in well-being & youth leadership

Draft for Discussion



Local Action

1993

Youth Commission*

2010

Shared Vision 2025*

2021

BHC YAB*s

2022

SMC Mayor's
Mental Health
Initiative

2024

BHC YAB* scales
United for Youth
2030*

2025

~25% SMC
commissions w/
youth seat*
Youth Voting
Advisory Council*

Futures
Commission
launches*



*Global
Connection*

WHO declares youth
mental health a leading
public health issue

WHO Youth Council*

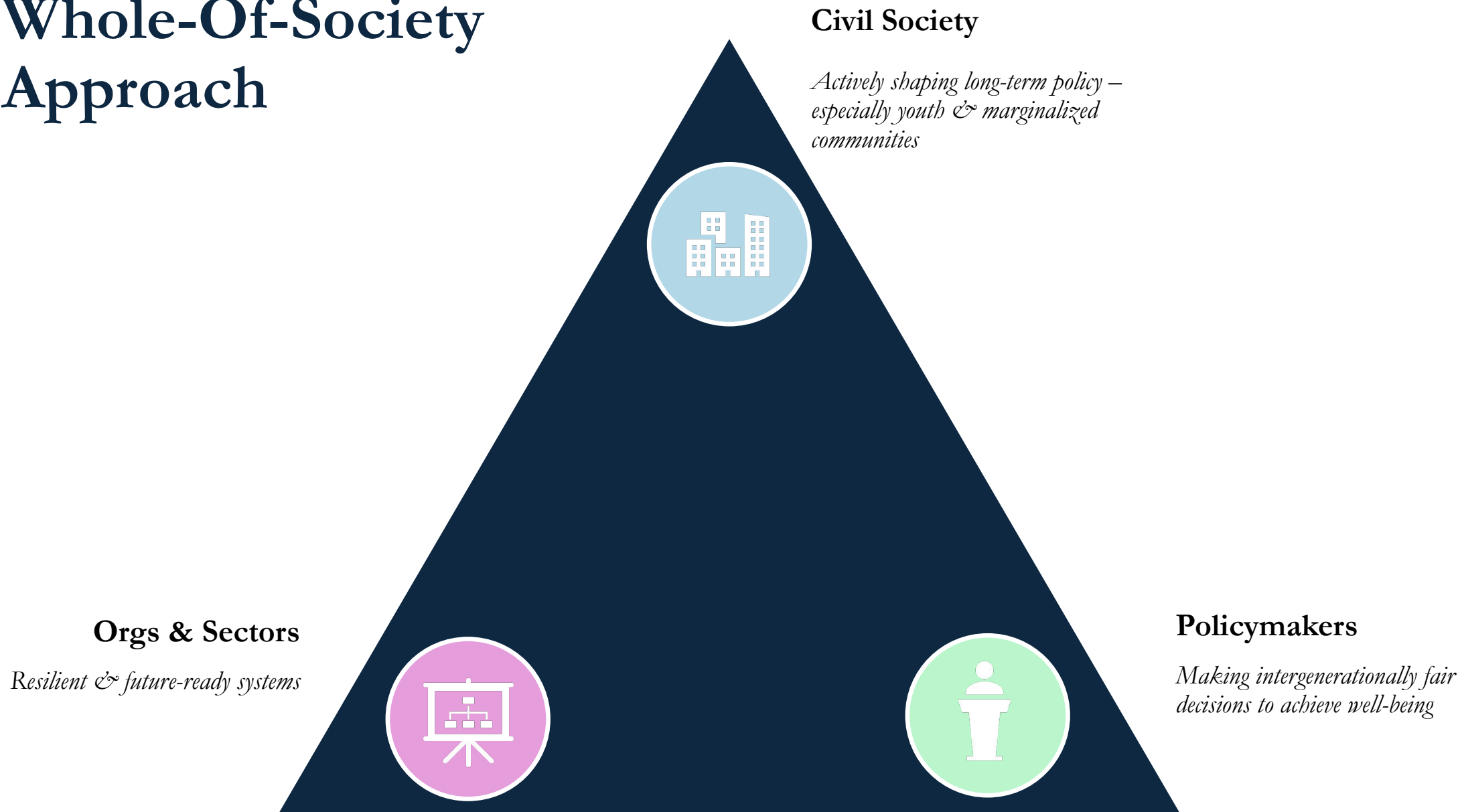
UN Youth Office

UN Declaration
on Future
Generations

UN Youth Office
launches flagship
Mental Health
Initiative &
#YouthLeads
festival*

* Youth involvement

Whole-Of-Society Approach





As a Policymaker

By 2027, here is how we can build well-being for current and future generations in San Mateo County:



Sign

A resolution to adopt the UN's Declaration on Future Generations (by January 2026)



Accelerate

Enact all age governance in boards & commissions with under 25 at every table



Embed

Foresight & intergenerational fairness into County visioning & planning through a Commission/Commissioner for the Future



**As an
Organization,
Community
Member**
*jumpstart the
movement:*



Endorse: Add your name to support long-term thinking, intergenerational solidarity & youth voice.



Activate: Help gather 10K ideas for the future we want.



Amplify: Share with your community & on social.



Design: Join the Well-Being Holiday of the Future Challenge.



Sponsor: Provide resources to engage more voices & grow our impact.

Pre-Launch: this is who has already signed on!

AI Companion Coach

allcove San Mateo

Anamatangi

Bolder Futures Summit

BraveMakers

CORA

Daly City Youth Health Center

Edgewood

Felton Institute

Healthy Teen Project

Heirs to Our Ocean

One Life Counseling

Peninsula Conflict Resolution Center

NAMI San Mateo

Redwood City Together

SafeSpace

School of International Futures

Silicon Valley Bicycle Coalitions

Stanford Center for Youth Mental Health &
Well-Being

Stanford Haas Center of Public Service

Teach the Future

The Parent Venture

Youth Community Services

Youth Voices Network

Youth Leadership Institute

YMCA of SF

Advisors:

California100

Institute For The Future Governance Lab

Wales' First Future Generations

Commissioner

Leaders:

County of Education

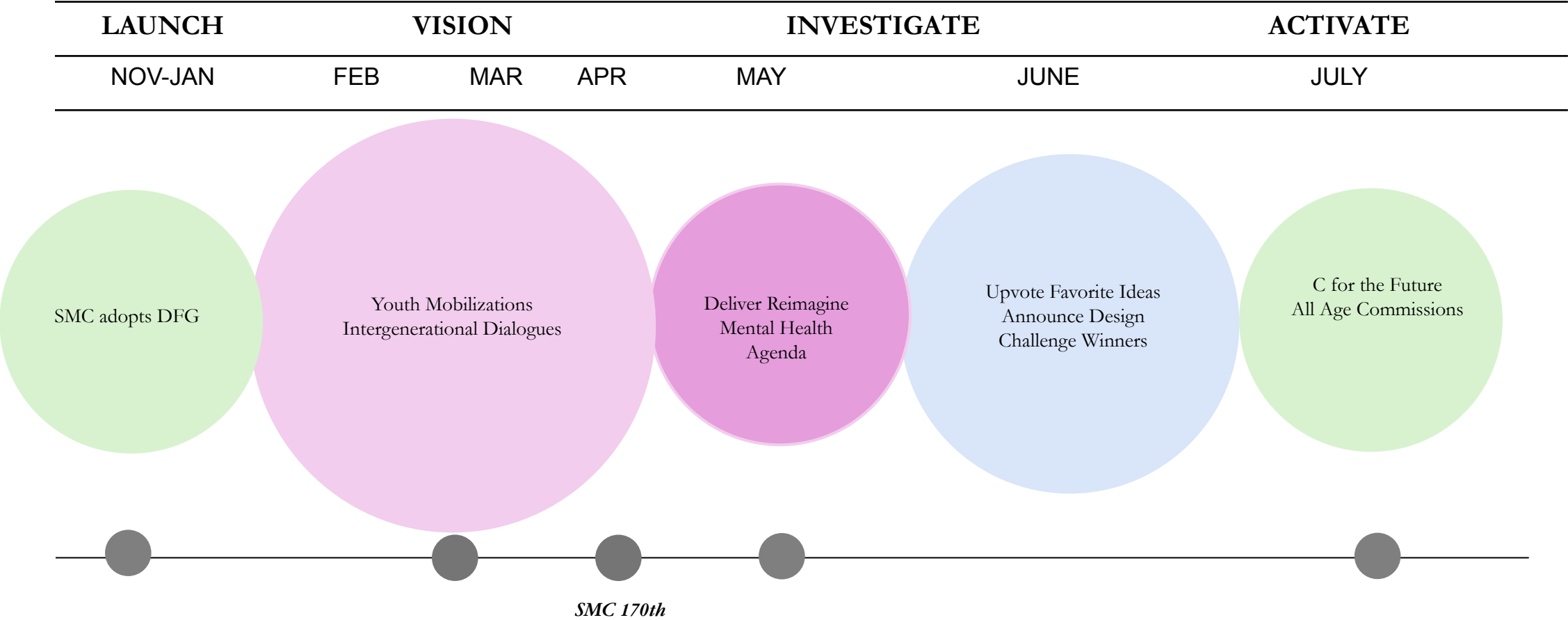
Youth Community Services

San Mateo County Poet Laureate

Youth Commission

Roadmap

World Cup



Our Goals *by 2027*

1. **Lead:** Make history by becoming the *first U.S. county* to adopt the UN Declaration on Future Generations – putting long-term thinking and well-being for current and future generations at the center of every decision
2. **Empower:** Gather *10,000 ideas from young people and deliver a “Reimagining Mental Health” agenda* to shape the county’s next vision; and make sure young people have *real seats at the table* on every county board and commission
3. **Design:** Launch a county-wide “*Well-being Holiday of the Future*” challenge — where the best ideas get built.
4. **Inspire:** Share our story, host events, activate other localities, and connect with our global movement during the *2026 FIFA World Cup*.
5. **Deliver:** An *implementable commitment* from the County to embed foresight and intergenerational well-being into its ongoing strategy, planning, and action – be it through a formalized Futures Commission, Commissioner or legislation.

IN CHAT

What motivates *you* to
action?

IN ROOMS

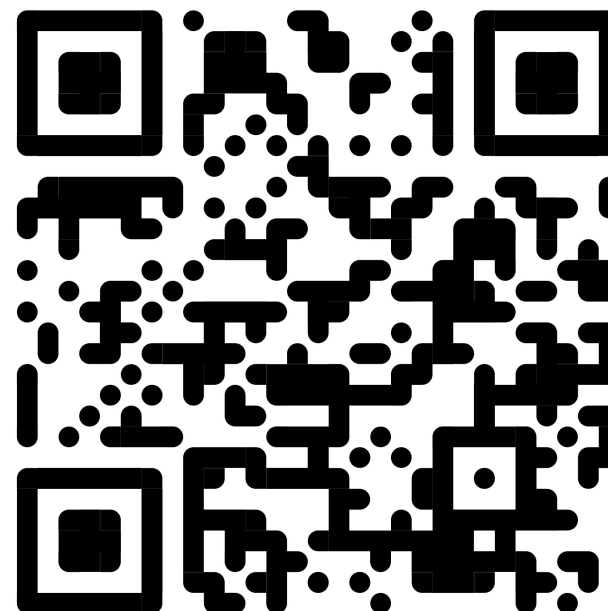
How do you see your organization and yourself getting involved?

Then, brainstorm 5 orgs to invite to the movement based on assigned domain area (self select room):

- Art
- Education
- Environment
- Housing
- Technology

Welcome to the Futures Commission!

Get involved – from the start.



Appendix

Ability of Future Generations

leveraging & scaling a high-impact solution

Founded – 2021

Mission – Youth Action Board (YAB) embeds youth voice, youth lived experience and youth leadership in county mental and behavioral health decision making

Results – 4 cohorts later, the YAB has matured into a youth-led, adult scaffolded structure with a track record of impact and improving lives at scale

IMPACT

- United for Youth Vision 2030
- Uplifting Youth Voice Summit with COE
- Pathways Tool
- 988 Media Campaign
- Youth Healing Crisis Campus
- School-Based Mental Health Curriculum with COE
- Intergenerational Dialogues
- Behavioral Health Workforce Pipeline
- Hope, Agency, Meaning & Connection

“Being a part of the Youth Action Board (YAB) gave me a deep sense of purpose and connection, showing that my voice and lived experience could drive real change. To build a world that truly reflects our hopes and needs, youth must be at the forefront as co-creators in every decision shaping tomorrow.”

- *Katelyn Chang, SMC Youth Commissioner & YAB Co-Founder, 2021-2022; Cornell Class of 2027*



Imagine the future
of youth *hope,*
agency, meaning &
connection
through embedded
foresight &
expanded civic
leadership?



The YAB has profoundly shaped my approach to youth well-being by connecting my passions and advocacy. Joining YAB empowered me to bridge rigorous inquiry with lived experiences from peers. YAB gave me agency to elevate scientific literacy, advocate for inclusive behavioral health resources, and directly shape initiatives that center youth voices for long-term well-being, inspiring me to keep pushing the boundaries of what community-driven impact can look like for future generations.

- *Ariya Kaushek, YAB Co-Chair, 2024-2026, Menlo School Class of 2006*

"During my time as a YAB leader, I was constantly in awe of the passion and acumen displayed by my peers and the community we built to drive meaningful improvements in health outcomes for the County's youth. Formally recognizing the need to elevate the next generation's voices in today's policy making efforts will ensure that San Mateo County is a model for sustainable, long-term community development."

- Hudson Fox, SMC Youth Commissioner & YAB Co-Founder, 2021-2022, Stanford Class of 2027



Through the YAB, I found agency and an irreplaceable family of like-minded peers and inspiring mentors who turned lived experience into leadership and showed me what's possible. Hope became tangible as we co-designed inclusive, equity-centered solutions with those most affected—proof that centering real partnership in today's decisions is how we create durable, long-term change.

- Charlotte Rosario, YAB Co-Chair 2022-2024, Stanford Class of 2029



Serving on the YAB was deeply meaningful—collaborating with peers across the county to design initiatives and engage in real, thoughtful dialogue about youth mental health and future well-being. It felt empowering to co-lead in systems that so often exclude young voices, knowing that the work we're doing directly impacts us and the generations that follow.

- Chloe May, YAB Co-Chair, 2022-2023, UC, Berkeley Class of 2028



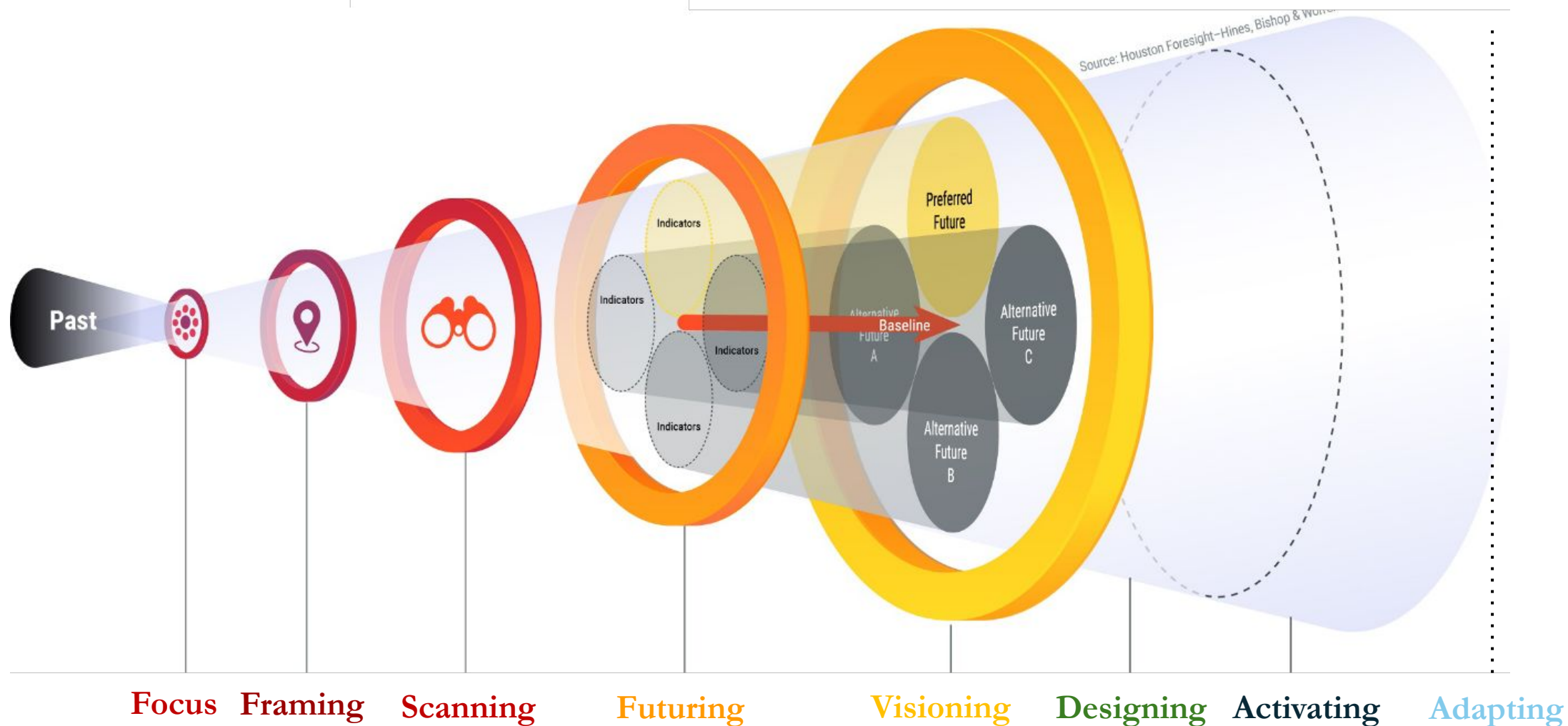
As a mental health advocate with lived experiences, the YAB welcomed me with open arms, providing a platform to grow in confidence and community --- a space I now serve to uplift others and their voices. To do so requires empathy and mindful listening, values that allow us to unite and drive meaningful change for the well-being of our community.

- Iny Li, YAB Co-Chair, 2025-2026, Burlingame High School Class of 2026

“”

Recognizing that the decisions, actions and inactions of present generations have an *intergenerational multiplier effect*, and therefore resolving to ensure that present generations act with responsibility towards safeguarding the needs and interests of future generations ...

Recognizing *children and youth as agents of change* and the need for *intergenerational dialogue* and engagement, including with and among children, youth and older persons, to be taken into consideration in our policy and decision - making processes in order to safeguard the needs and interests of future generations.



Impact in Wales

Education & Skills

- Progressive curriculum implemented emphasizing mental health, ethics and eco-literacy
- New qualifications created for environmental stewardship and National Nature Service established

Transport:

- Target set to increase public transport, walking, and cycling to 45% of journeys by 2045

Economic & Social Progress

- Well-being replaced GDP as primary measure of prosperity through legislative mandate
- Public bodies legally required to deliver fair work practices and low carbon society
- Increased focus on social enterprise development

Social Justice & Global Leadership

- Commitment established to becoming an Anti-racist Nation and Nation of Sanctuary
- First nation and parliament globally to declare climate emergency
- Achieved 2nd place worldwide in recycling rankings

Health & Arts Integration

- NHS-Arts Council partnership formed to integrate arts into healthcare & NHS staff upskilled in arts-based health interventions
- Expanded social prescribing programs

Food Security

- Universal free school meals implemented for all primary school children

As an Organization *jumpstart future resilience by:*

Endorse (5 minutes)

- **The ask:** Add your name in support if you believe San Mateo County should set goals for well-being, plan for the long-term, and include community – especially young voices – in decisions
- **What you get:** Your name listed as a supporter

Amplify (2-3 posts/month Jan-July 2026)

- **The ask:** Sign the commitment + share with your networks to help spread the word through social media, newsletters, or conversations
- **What you get:** Public recognition + invitations to key events

Activate (1-2 events, Jan-July 2026)

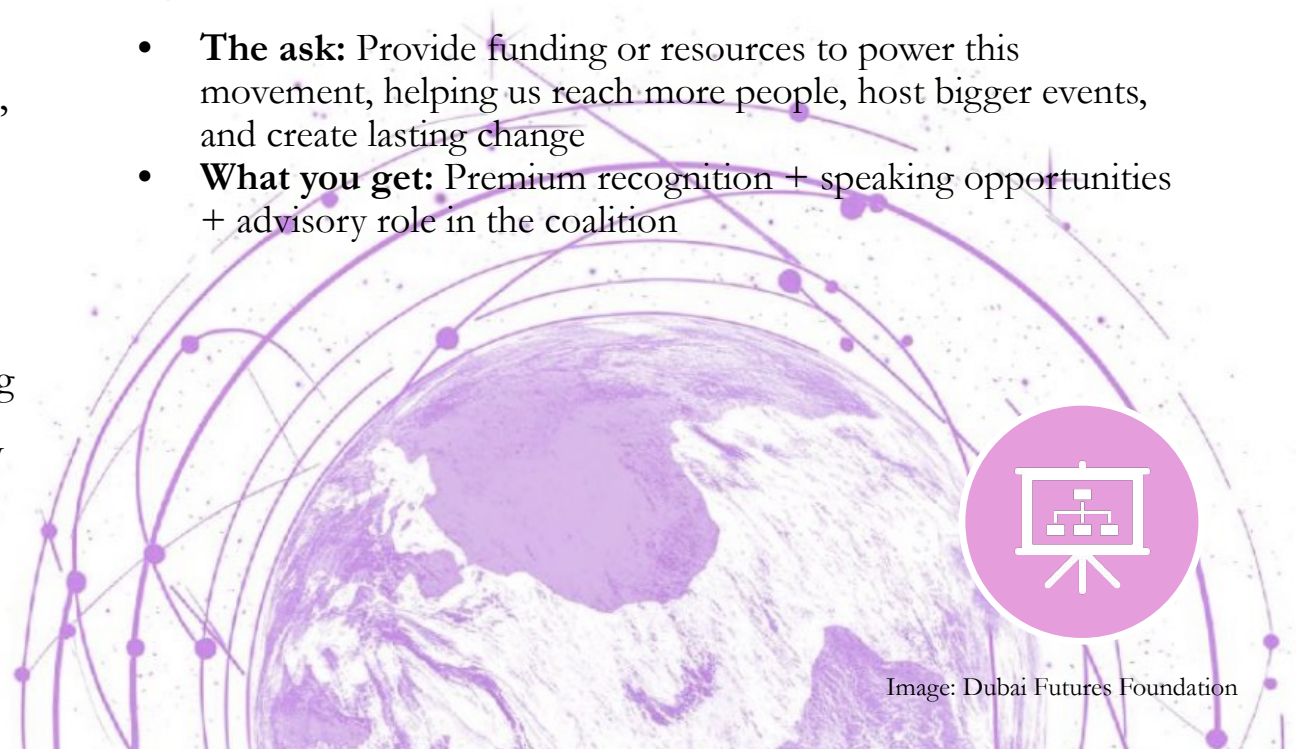
- **The ask:** Help gather visions toward our goal of 10K youth ideas for San Mateo County by hosting a listening session, running a youth workshop or organizing a community conversation about “the San Mateo County we want”
- **What you get:** Recognition in all materials + media opportunities + support organizing your event

Build Skills (Co-design a training)

- **The ask:** Bring future-thinking training to your organization
- **What you get:** Training for your team + tools you can use forever + partnership recognition

Sponsor (Financial/In-Kind)

- **The ask:** Provide funding or resources to power this movement, helping us reach more people, host bigger events, and create lasting change
- **What you get:** Premium recognition + speaking opportunities + advisory role in the coalition





As a Community Member *dream big and shape your future by:*

Endorse (5 minutes)

- **The ask:** Add your name in support if you believe San Mateo County should set goals for well-being, plan for the long-term, and include community – especially young voices – in decisions
- **What you get:** Your name listed as a supporter

Amplify (2-3 posts/month Jan-July 2026)

- **The ask:** Sign the commitment + share with your networks to help spread the word through social media, newsletters, or conversations
- **What you get:** Public recognition + invitations to key events

Activate (1-2 events, Jan-July 2026)

- **The ask:** Help gather visions toward our goal of 10K youth ideas for San Mateo County by hosting a listening session, running a youth workshop or organizing a community conversation about “the San Mateo County we want”
- **What you get:** Recognition in all materials + media opportunities + support organizing your event

Design (1 “Well-Being Holiday of the Future”)

- **The ask:** Dream big! Participate in the “Well-Being Holiday of the Future” Design Challenge
- **What you get:** Sparking public imagination and inspiration + eligibility to a range of prizes from schwag to seed funding to scale your idea

Sponsor (Financial/In-Kind)

- **The ask:** Provide funding or resources to power this movement, helping us reach more people, host bigger events, and create lasting change
- **What you get:** Premium recognition + speaking opportunities + advisory role in the coalition

References

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Images

Dubai Futures Foundation

University of Houston Foresight

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