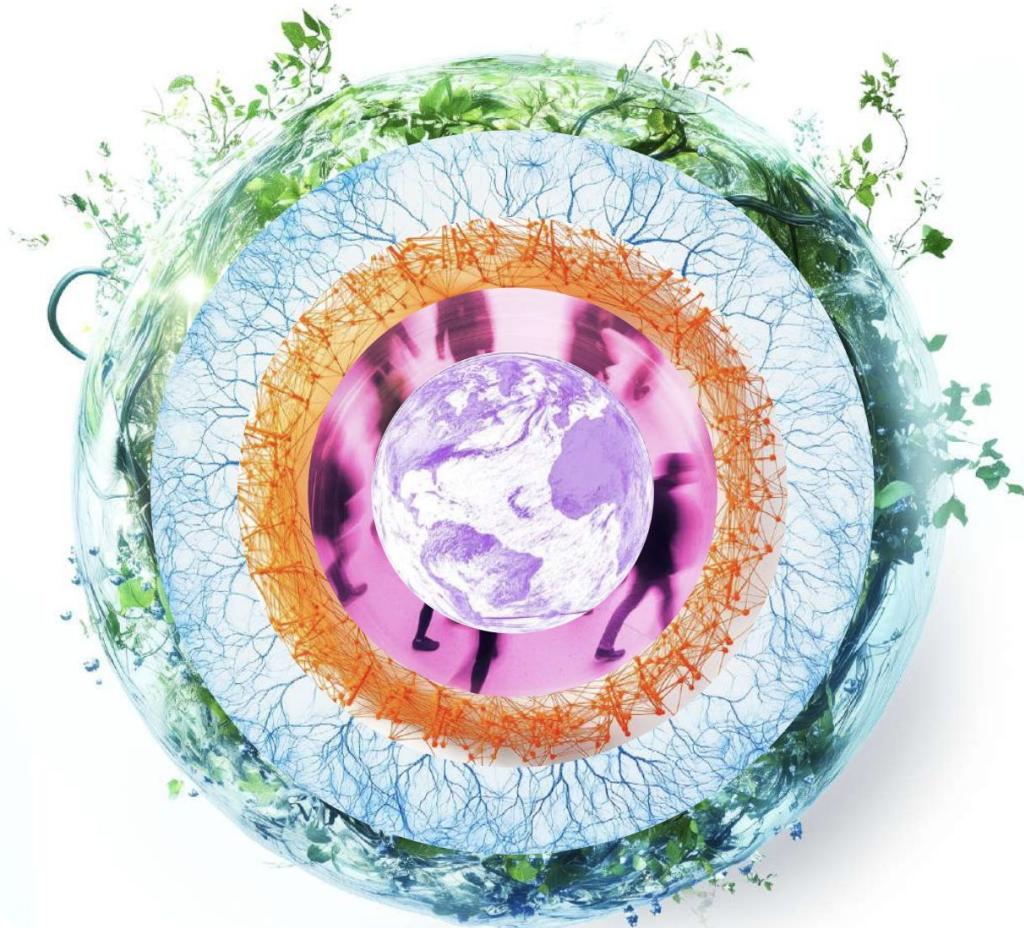


Reimagining Mental Health

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

Presented by:

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San Mateo County Behavioral Health Commissioner & Youth Action Board Co-Founder



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.

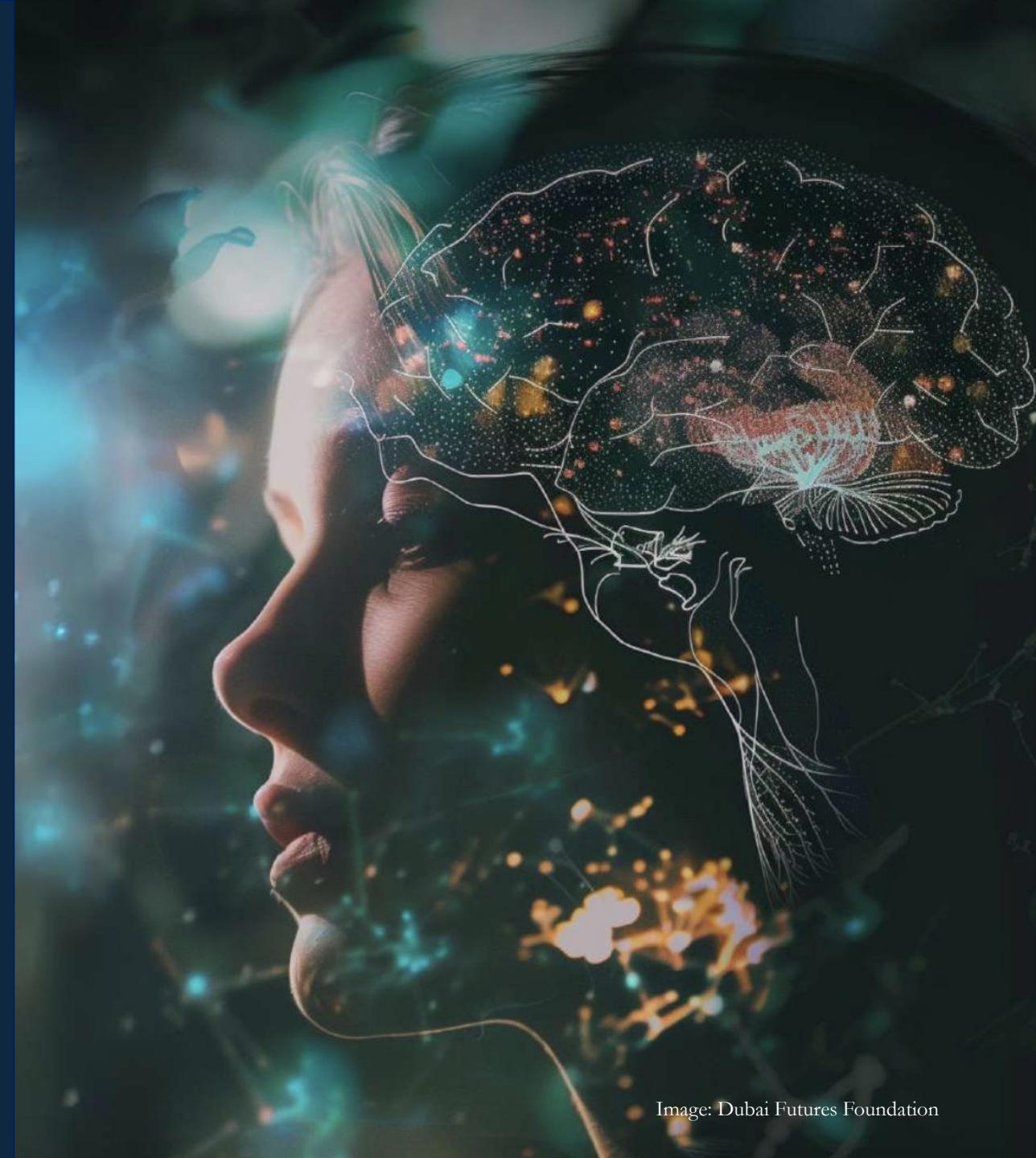


Image: Dubai Futures Foundation

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

79%

employers expected to accelerate automation with aging workforce

Suicide

a leading cause of death for San Mateo County youth



responsibility, play & connection since the '90s

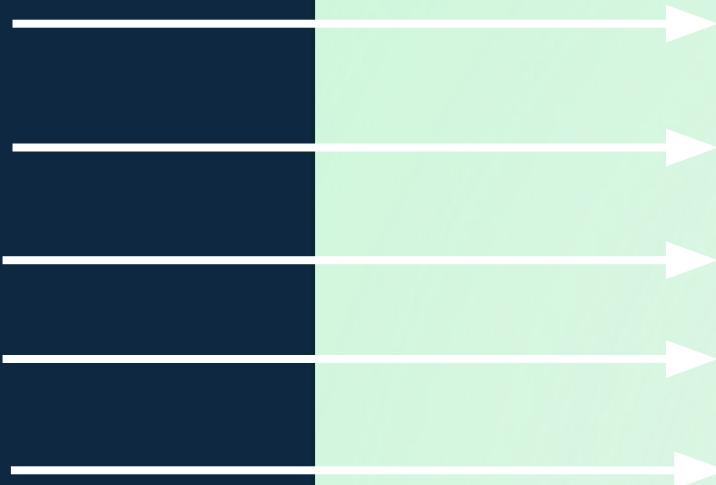


Mental health is more than the absence of illness; and youth need more than individual coping skills and crisis response.

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

From

Despair
Overwhelm
Isolation
Powerless
Stigma



To

Hope
Purpose
Connection
Agency
Solidarity

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

A history of global connection, local activation *for* well-being & youth leadership



1993

Youth Commission*

2010

Shared Vision 2025*

2021

BHC YAB*s

2022

SMC Mayor's
Mental Health
Initiative

BHC YAB* scales
United for Youth
2030*

2024

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

Resolution in
support of UN
Declaration*

2025



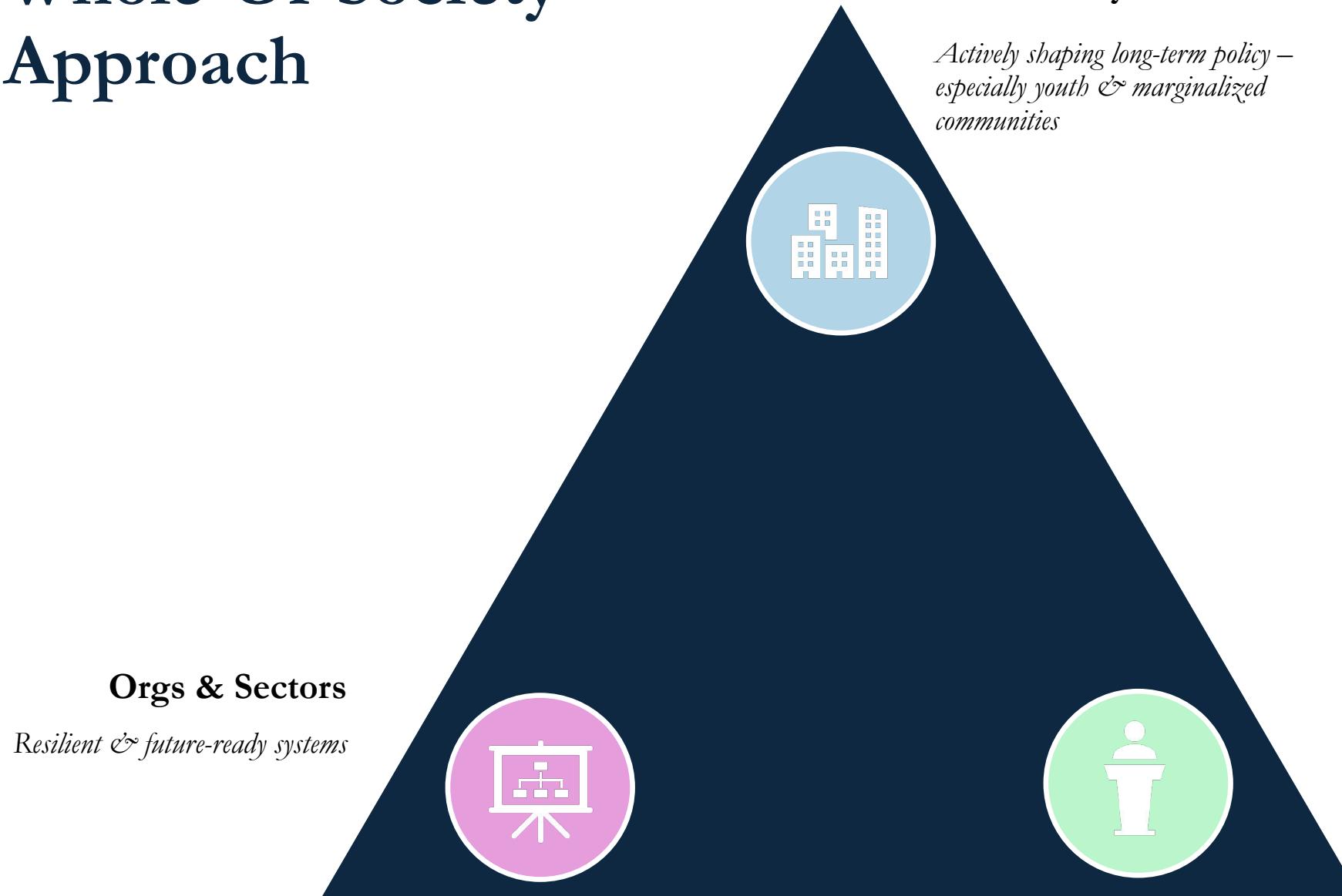
WHO declares youth
mental health a leading
public health issue

WHO Youth Council*

UN Youth Office*
UN Declaration
on Future
Generations

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

Whole-Of-Society Approach

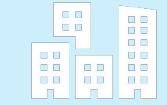


Source: School of International Futures



As a Policymaker

You are taking a stand in support of the well-being for current and future generations in San Mateo County with this resolution.



~40 Organizational Supporters, *thus far!*

AI Companion Coach

allcove San Mateo

Anamatangi

Bolder Futures Summit

BraveMakers

Community Equity Collaborative

CORA

Daly City Youth Health Center

Edgewood

Felton Institute

Fuse Theatre

Goodlitter Foundation

Healthy Teen Project

Heirs to Our Ocean

HOPE Coalition

One Life Counseling

Pacific Islander Community Partnership

Paloma Press

Peninsula Conflict Resolution Center

NAMI San Mateo

Readocracy

Redwood City Together

SafeSpace

San Mateo County Behavioral Health Commission

San Mateo County Behavioral Health Commission Youth Action Board

San Mateo PAL

School of International Futures

Silicon Valley Bicycle Coalitions

Stanford Center for Youth Mental Health & Well-Being

Stanford Haas Center of Public Service

Taulama for Tongans

Teach the Future

The Parent Venture

Wellbeing Economic Alliance CA

Youth Community Services

Youth Voices Network

Youth Leadership Institute

YMCA of SF

Leaders:

San Mateo County Youth Commission

San Mateo County of Education

San Mateo County Housing & Community Development

Imagine a San Mateo County where
hope, agency, meaning & connection
thrived for our residents at all ages and
stages of life ...