



# County of San Mateo

## Inter-Departmental Correspondence

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**Department:** BOARD OF SUPERVISORS  
**DISTRICT 3**  
**File #:** 22-025

Board Meeting Date: 1/11/2022

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**Special Notice / Hearing:** None  
**Vote Required:** Majority

**To:** Honorable Board of Supervisors  
**From:** President Don Horsley, District 3  
**Subject:** Appointments to the First 5 Commission

**RECOMMENDATION:**

Recommendation for appointments to the First 5 Commission, representing Public member, each for an initial full term ending December 31, 2024:

- A) Naveen Mahmood; and
- B) Nkia Richardson; and
- C) Sylvia Espinoza.

**BACKGROUND:**

The First 5 Commission consists of nine members (a) one member of the Board of Supervisors, (b) the director of the County Health System, (c) the director of the County Human Services Agency, (d) the County Superintendent of Schools, and (e) five members appointed by the Board of Supervisors from among the following categories: recipients of project services included in the county strategic plan; educators specializing in early childhood development; representatives of a local child care resource or referral agency or a local child care coordinating group; representatives of a local organization for prevention of early intervention for families at risk; representatives of community-based organizations that have the goal of promoting nurturing and early childhood development; representatives of local school districts; and representatives of local medical, pediatric or obstetric associations or societies.

**DISCUSSION:**

Naveen Mahmood is being recommended for appointment to a seat formerly held by Neel Patel. Nkia Richardson is being recommended for appointment to a seat formerly held by Pam Frisella. Sylvia Espinoza is being recommended for appointment to a seat formerly held by Sandra Phillips-Sved.

Upon approval of these appointments, each 3-year term commences January 1, 2022 through December 31, 2024.

Naveen Mahmood, MD, MPH, FAAP is a Partner Physician-Pediatrician at Palo Alto Medical Foundation since 2002 and was a Staff Physician at Sequoia Hospital from 2006 - 2012.

As a pediatrician the heart of Naveen's job is ensuring children's normal growth and development, providing anticipatory guidance and supporting families in providing the best possible care for their children. In addition to teaching Stanford pediatric residents, Naveen has served on the YFES Board and has also established rural health clinics in Pakistan to provide basic healthcare, vaccinations, and health education primarily for maternal-child health. Additionally, Naveen has served on the PAMF-Quality Improvement Committee, led Parent Education Series for the San Carlos School district, and established and led a reading program for 4th grade gifted students at the Foster City Elementary School.

Nkia Richardson is the Executive Director at CASA San Mateo County since 2018. Other roles she held prior were Senior Deputy City Attorney of City of San Jose, California from January 2012 - August 2018, and an Attorney of Dependency Court Legal Services (now dba Children's Law Center of California) in Monterey Park, California.

Nkia is passionate about creating opportunities for all children to thrive and reach their full potential. Nkia is a former attorney and current advocate for young people in the child welfare and juvenile justice systems. In addition, her lived experiences as a mother, school trustee (The Carey School in San Mateo and Menlo School in Atherton) and resident of San Mateo County will provide a valuable perspective as a Commissioner. Nkia is interested in efforts to ensure the Commission is pursuing its goals through an equity lens and with an understanding of the significance of trauma and the role it plays in the lives of young people.

Sylvia Espinoza has been an Associate Medical Director of the 25 Stanford Children's Health outpatient pediatric clinics in the Bay Area since September 2016. She was a Staff Pediatrician at San Mateo Medical Center and Medical Director at Sequoia Teen Wellness Center from August 1999 through August 2016, and was a Board Member at the YMCA for a 3-year term, ending in 2010.

Sylvia is a Pediatrician and originally from Venezuela. As an immigrant and a minority, Sylvia feels a deep sense of responsibility and civic duty to be able to give back, and is interested in serving on the First Commission as an opportunity to help address the needs of less privileged immigrants and low-income children and families.

**FISCAL IMPACT:**

None.