

YOUTH COMMISSION BUDGET SUMMIT

January 26, 2025

1:30 PM

I. CALL TO ORDER & ORDERS OF THE DAY

A. ROLL CALL

II. CONSENT CALENDAR

A. JANUARY 26, 2025, BUDGET AGENDA

B. JANUARY 21, 2024, BUDGET MEETING MINUTES

III. PUBLIC RECORD

IV. OPEN FORUM

(1 MINUTE OF SPEAKING TIME IS AVAILABLE)

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V. DISCUSSION/ACTION ITEMS



YOUTH BUDGET PRIORITIES SUMMIT

SAN JOSÉ YOUTH COMMISSION

JANUARY 26, 2025



TODAY'S AGENDA

1:30 - 1:40 PM	Welcome & Introduction from Vice Mayor Kamei
1:40 - 2:00 PM	Presentation of Youth Priority Survey Results
2:00 - 2:15 PM	Refreshment Break & Gather in Priority Breakout Groups
2:15 - 4:00 PM	Priority Group Breakout Session
4:00 - 4:30 PM	Priority Group Peer Presentations
4:30 - 5:00 PM	Community Conversation with Councilmember Cohen
5:00 - 5:30 PM	Vote & Evaluation



COMMISSIONER KUCHAREWSKI

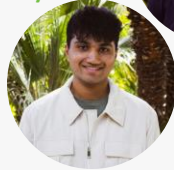


COMMISSIONER MISHRA
District 1



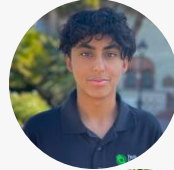
Citywide

COMMISSIONER
MASCARENHAS
District 10, Chair



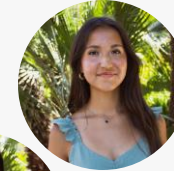
COMMISSIONER
PRADEEPKUMAR
District 2, Outreach

COMMISSIONER SINGH
District 9



COMMISSIONER SANCHEZ
District 3

COMMISSIONER
GONZALES-MUÑIZ
District 8



COMMISSIONER ARROYO
District 4

COMMISSIONER VU
District 7



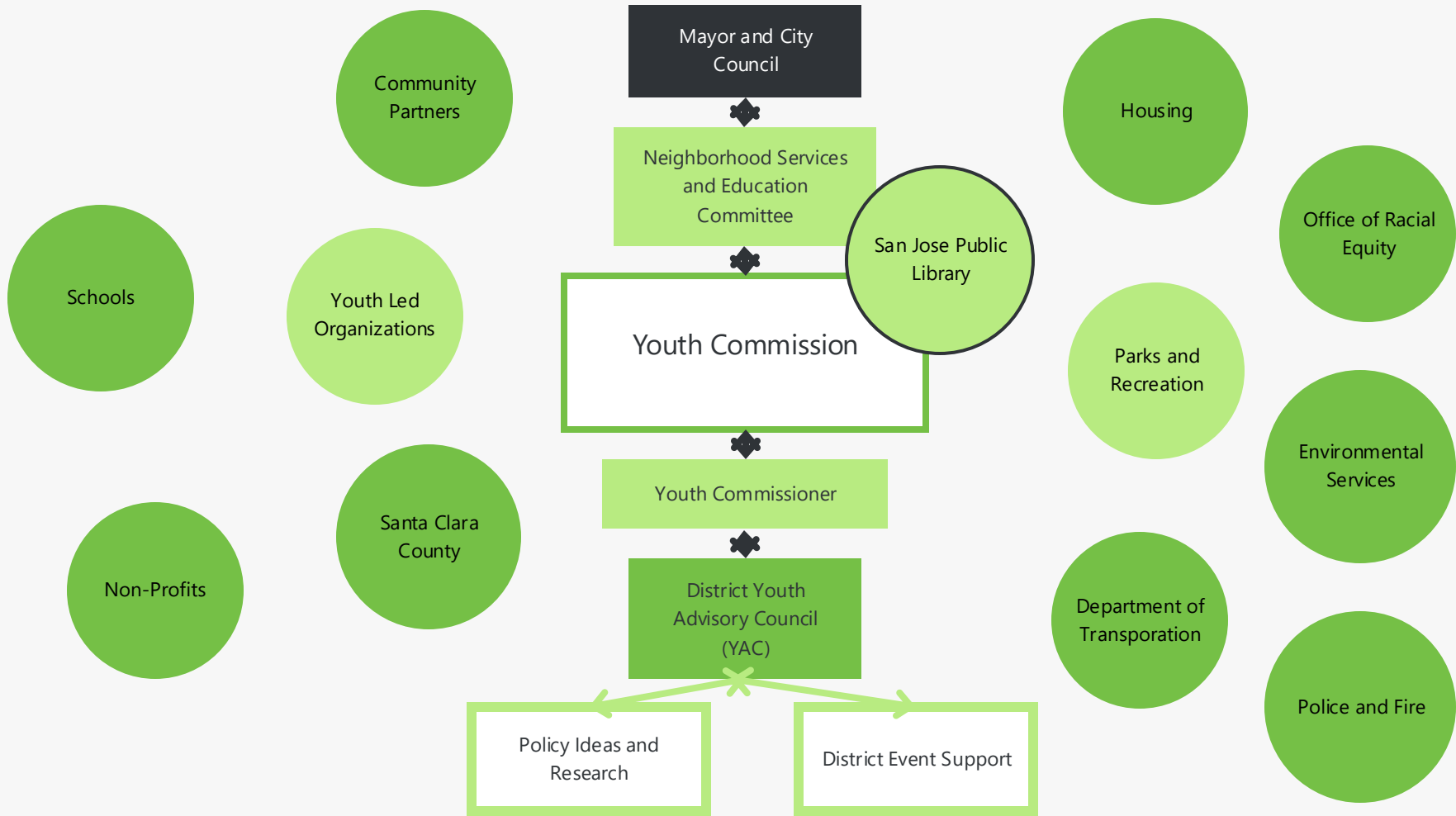
COMMISSIONER LIEU
District 5, Vice Chair

COMMISSIONER BANSAL
District 6, Communications



Youth Commission

CITY OF SAN JOSE



WHAT DOES THE YOUTH COMMISSION DO?

Established over 50 years ago as the official advisory group to the Mayor and City Council, the Youth Commission represents approximately 248,000 San Jose youth under age 19, empowering young people to be civically engaged through local and city-wide initiatives while promoting available resources, providing equitable access and support to marginalized youth communities, and developing policy recommendations that address youth needs.

Policy Recommendations



Host Events



Lead YACs



YOUTH ADVISORY COUNCILS

These councils provide valuable input and insights on policies and programs directly impacting young people.

From July 2023 to April 2024, Youth Commission and Youth Advisory Council members volunteered a combined **2,282** service hours in dedication to Youth Commission activities and events.



16

The average number of hours spent by 54 Youth Advisory Council members in Districts 1, 2, 3, 4, 6, 7, 8 & 10 were spent on activities such as attending YAC meetings, supporting district events, and doing policy research.

128

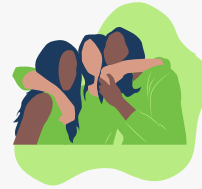
The average number of hours spent by the 11 Youth Commissioners on activities such as attending general meetings, coordinating YAC meetings, conducting community outreach, and crafting policy recommendations.



Work Plan 2024-2025

The work plan for the fiscal year 2024-2025 was written so that the Youth Commission's voices would be heard through advisory comments and recommendations on youth priorities.

Through youth-focused outreach and their lived experiences, the Commission identified priorities such as safe and inclusive opportunities for young people to act on environmental change and exploring topics of safety and support services available to all.



Explore and understand gender-based violence resources and services.



To foster environmental literacy and youth stewardship to create a more sustainable San José.



Evaluate and study College and Career Pathways and literacy opportunities in San José.

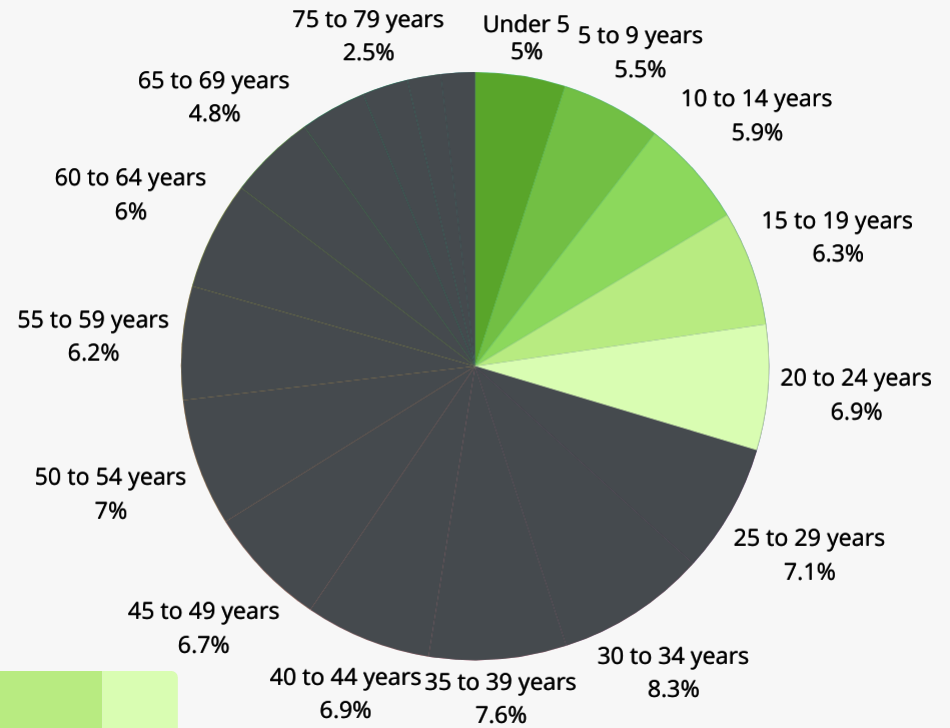
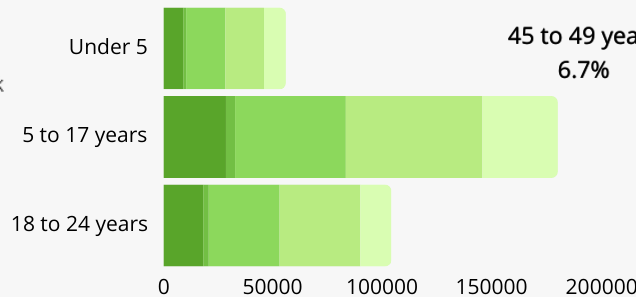


Establish and implement the San José Youth Commission Innovation Committee.

Youth in San José

San José is the most populous city in Santa Clara County, with children, youth, and young adults under age 24 accounting for nearly 30% of its almost one million residents. Of these, 37.5% are Asian, 31% are Latino/x, 24.4% are White, 3% have Black/African ancestry, and 4.1% identify as another race or ethnicity. Approximately 40% of residents are foreign-born, and 50% speak a language other than English.

- White
- African American or Black
- Asian or Pacific Islander
- Hispanic or Latino
- Two or More Races



Child, Youth, and Young Adult Populations



Youth in San José

While San José is one of the wealthiest cities in the country, many families are struggling financially in the region. 8.2% of San José residents under the age of 18 are below the federal poverty level, compared to 7.4% of the overall population of the city. For families with children under the age of 18, 6.5% live below the poverty level.

Youth and Poverty Levels

	Total Population	Below Poverty Level
Under 5	47,067	10.4% (4,915)
5 to 17	146,563	8% (11,723)

Source: U.S. Census Bureau, 2021 American Community Survey 1-Year Estimates



ANNUAL YOUTH PRIORITIES SURVEY RESULTS

JANUARY 26, 2025



SURVEY

The Annual Youth Priorities Survey helps to inform the Youth Commission's work plan and advocate for youth priorities during budget considerations.

- Ran from October 28 - December 9, 2024
- 32 questions
 - None of the questions required a response
- **463** total participants
 - 82% completion rate



Outreach Channels

Flyer: 209 responses
Email: 72 responses
Social Media: 182 responses

Participation

We incentivized participation with the option to enter a drawing for Apple AirPods.



DEMOGRAPHICS



- 54% identify as a woman
- 39% identify as a man
- 9% consider themselves low-income
- **14%** have struggled with their mental health



- 56% are in high school
- 23% are in middle school
- **93%** agree that education is important to achieve future goals



- 51% identify as Asian or Pacific Islander, including Vietnamese
- 26% identify as Hispanic or Latino
- 10% identify as White



- 55% speak English at home
- 14% speak Spanish at home
- 9% speak Indian languages at home
- 7% speak Vietnamese at home
- 7% speak Mandarin or Cantonese at home

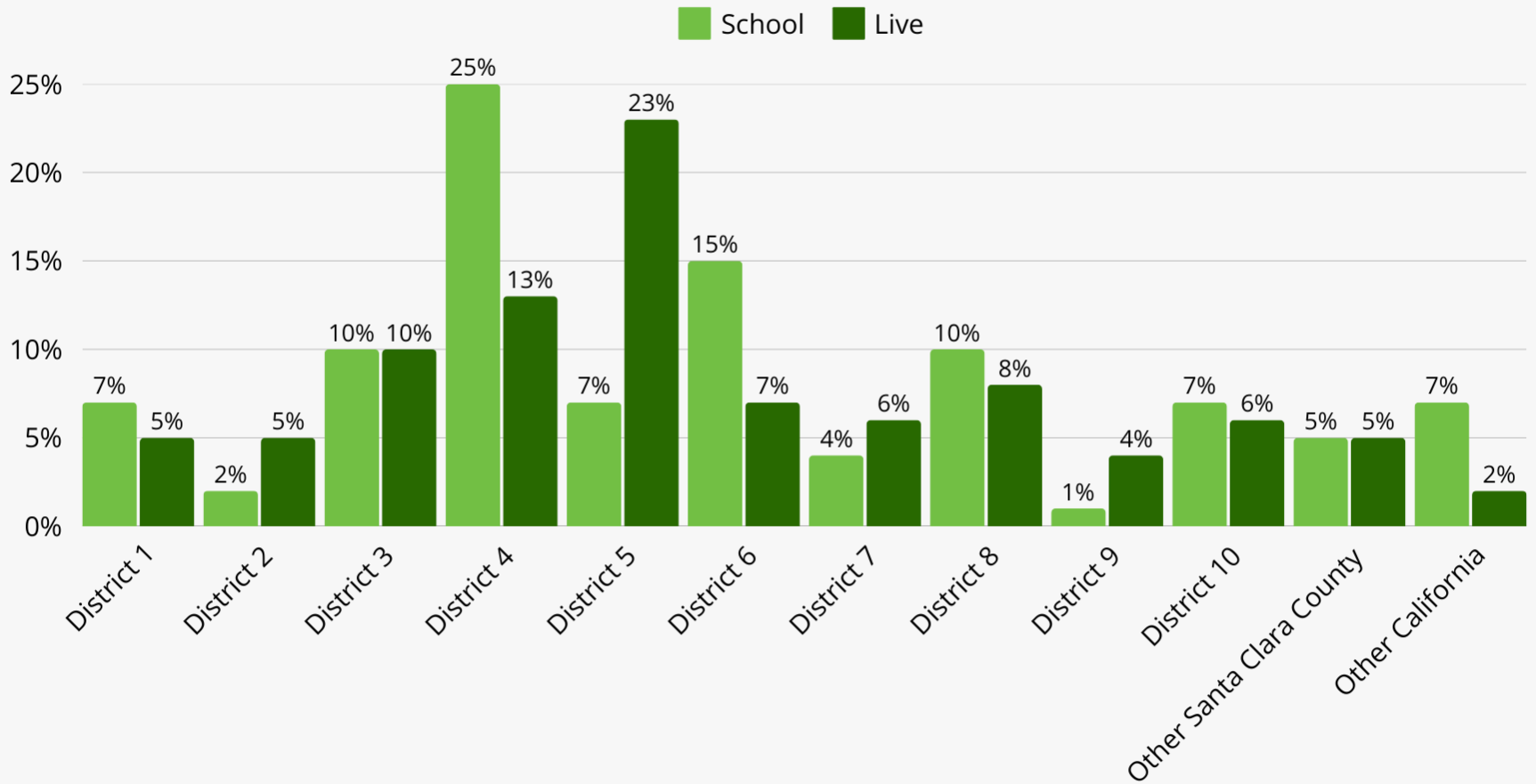


- 11% identify as part of the LGBTQIA+ community.
- 3% identify as non-binary or transgender.

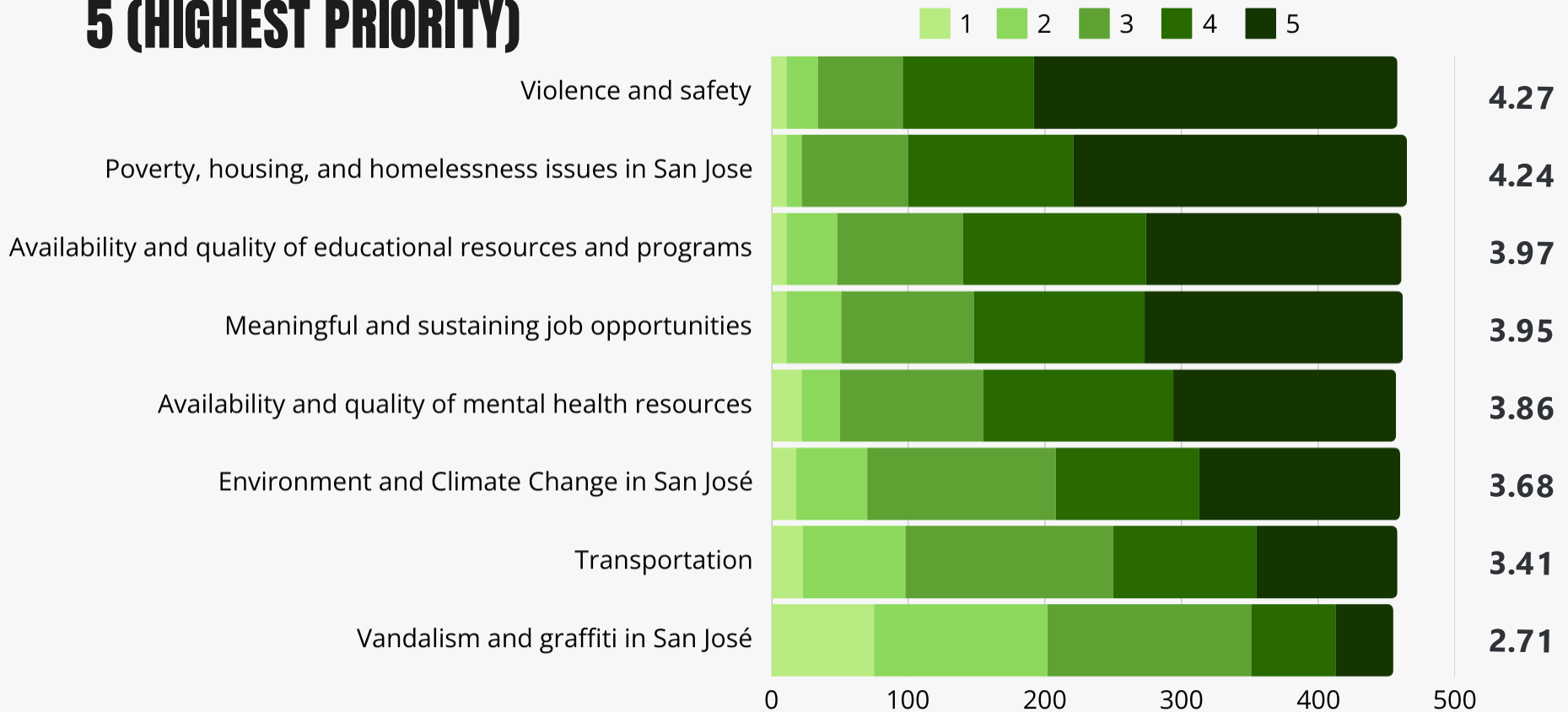


- **21%** are part of the first generation in the US
- 6% were born outside of the US
- 9% would be the first in their family to go to college

WHERE DO YOU CURRENTLY GO TO SCHOOL AND LIVE?

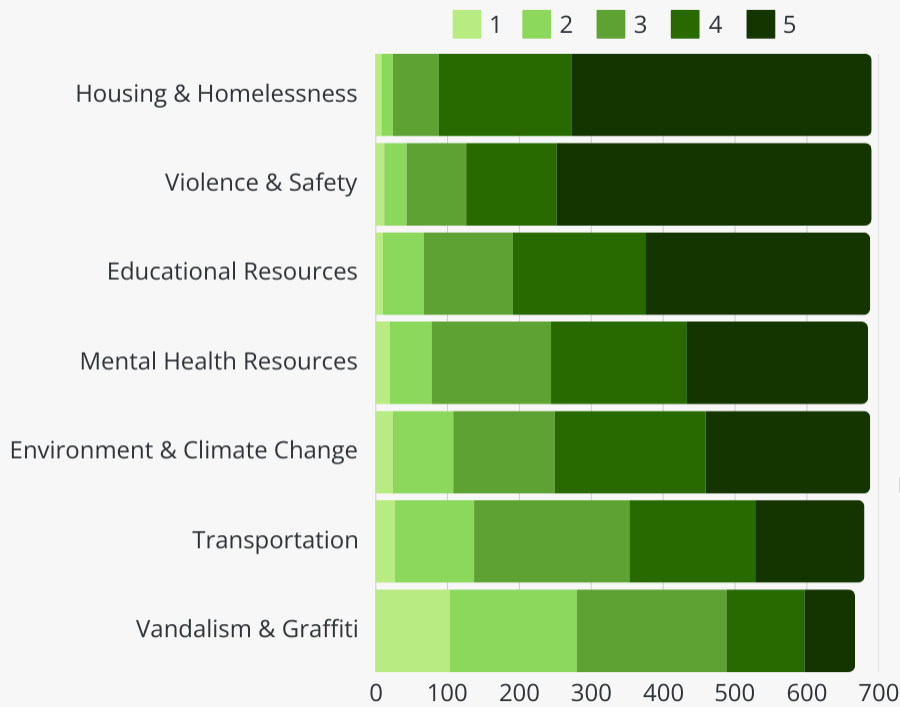


IMPORTANCE OF ISSUES ON A SCALE OF 1 (LOWEST PRIORITY) TO 5 (HIGHEST PRIORITY)

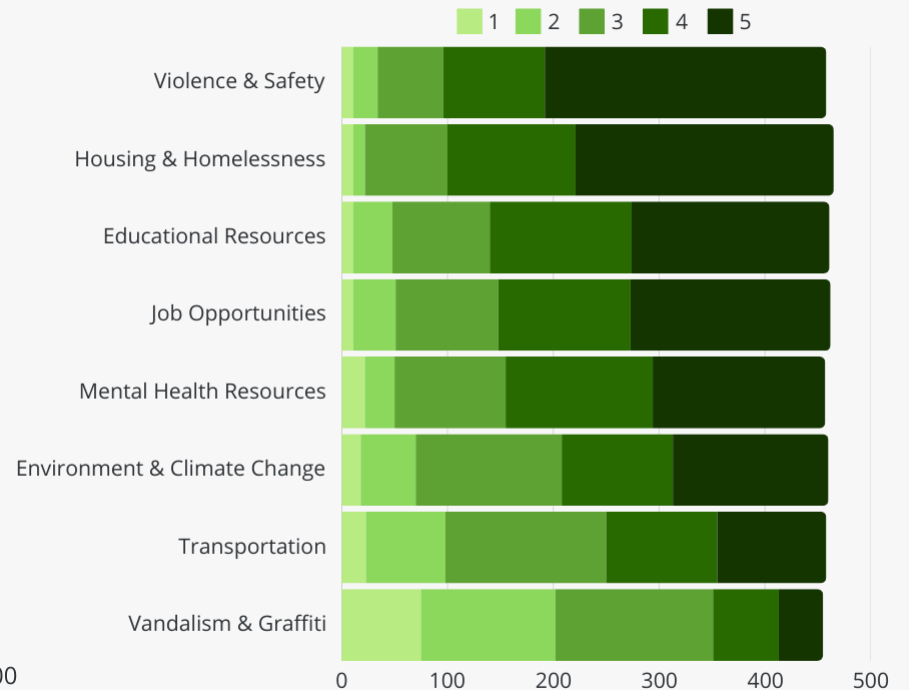


COMPARISION TO LAST YEAR

2023-2024



2024-2025



Advocate for better bike lanes, street lighting, and safer crosswalks.

Creating more programs like sjcccs, proper harm reduction education, more funding for schools and arts programs ending the war on drugs.

First, understanding our community is crucial when addressing these issues. The need to bring communities together and be more involved whether it be through workshops and panels would be beneficial to get our input about these issues. After this we can work with the community and ask what they want to see get done.

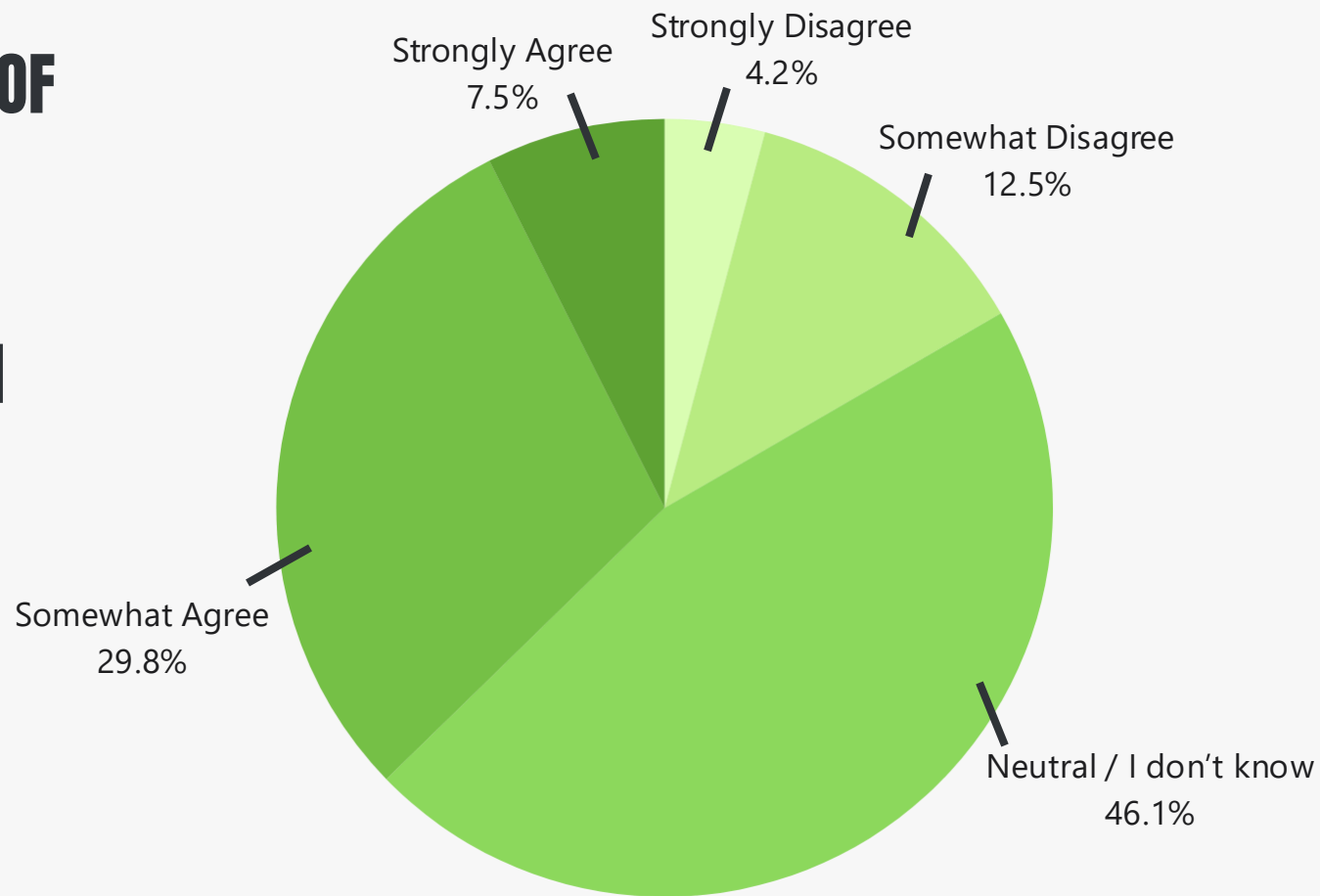
Installing mental health resources in schools across San Jose and highlighting their abilities and availability to students could be helpful.

Create more shelters with mental health and job-training services attached.

I think that school districts should take a much more proactive role in limiting sexual violence and sexual assault and contact between victims and perpetrators. In terms of transportation, VTA absolutely needs more investment and expansion, as well as more mixed-use zoning. Parking lots could be moved underground while infrastructure is redesigned to be more walkable. I also think that planting more native species and even doing things like encouraging home gardens and shifting towards greener architecture in a similar fashion to Singapore would be nice—our skyscrapers' facades could be their own little vertical gardens.

Third spaces and other problems that require more creation of physical spaces will need to have budget allocated to it, meaning San Jose needs to raise more money and/or reallocate funds...

THE LOCAL CITY OF SAN JOSÉ GOVERNMENT REFLECTS YOUTH PRIORITIES.



**THE LOCAL CITY OF
SAN JOSÉ
GOVERNMENT
REFLECTS YOUTH
PRIORITIES.**

Comparison With Last Year's Responses

	2023-2024	2024-2025	% Change
Strongly Agree	4.9%	7.5%	+2.6%
Somewhat Agree	25.1%	29.8%	+4.7%
Neutral / I don't know	51.5%	46.1%	-5%
Somewhat Disagree	12.2%	12.5%	+0.3%
Strongly Disagree	6.4%	4.2%	-2.2%

I do not know much about my community reflecting youth priorities, but I do like the many volunteer options for teens available at my library :D

Although D4YAC and other youth organizations are well represented in the community, it is still not severely prominent.

I don't think I know enough to answer this, but when I look up at graffiti being regularly covered up on the highway bridges and then I look down and see homeless tents I feel like their priorities are off. But then again one is more of a long term fixing process than the other.

I do think the City is responsive to some youth concerns, but I remain pessimistic about the ability of youth to get much done in regards of actually swaying policymakers' opinions. Simply put, youth don't have votes and as such they don't have a voice. I'm sure that of the many valid suggestions that are filtered through YACs and policy inquiries only a select few are implemented, and mainly politically expedient ones. Unless voting infrastructure is made more accessible to young people youth will continue to lack any political capital besides a small ability to push for or against certain policy here and there.

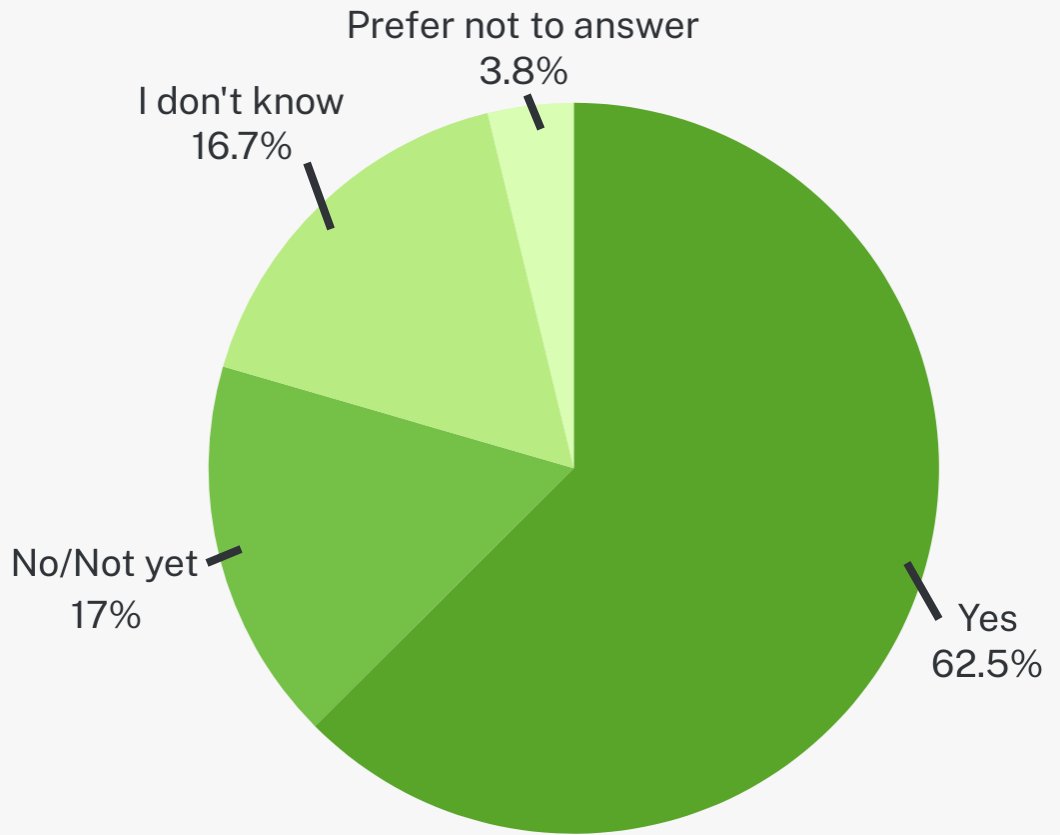
I know many youth climate groups who constantly reach out to the city but never even get a response

i think it does reflect youth priorities to an extent, however, many youth just dont know what the city council does (lack of info)

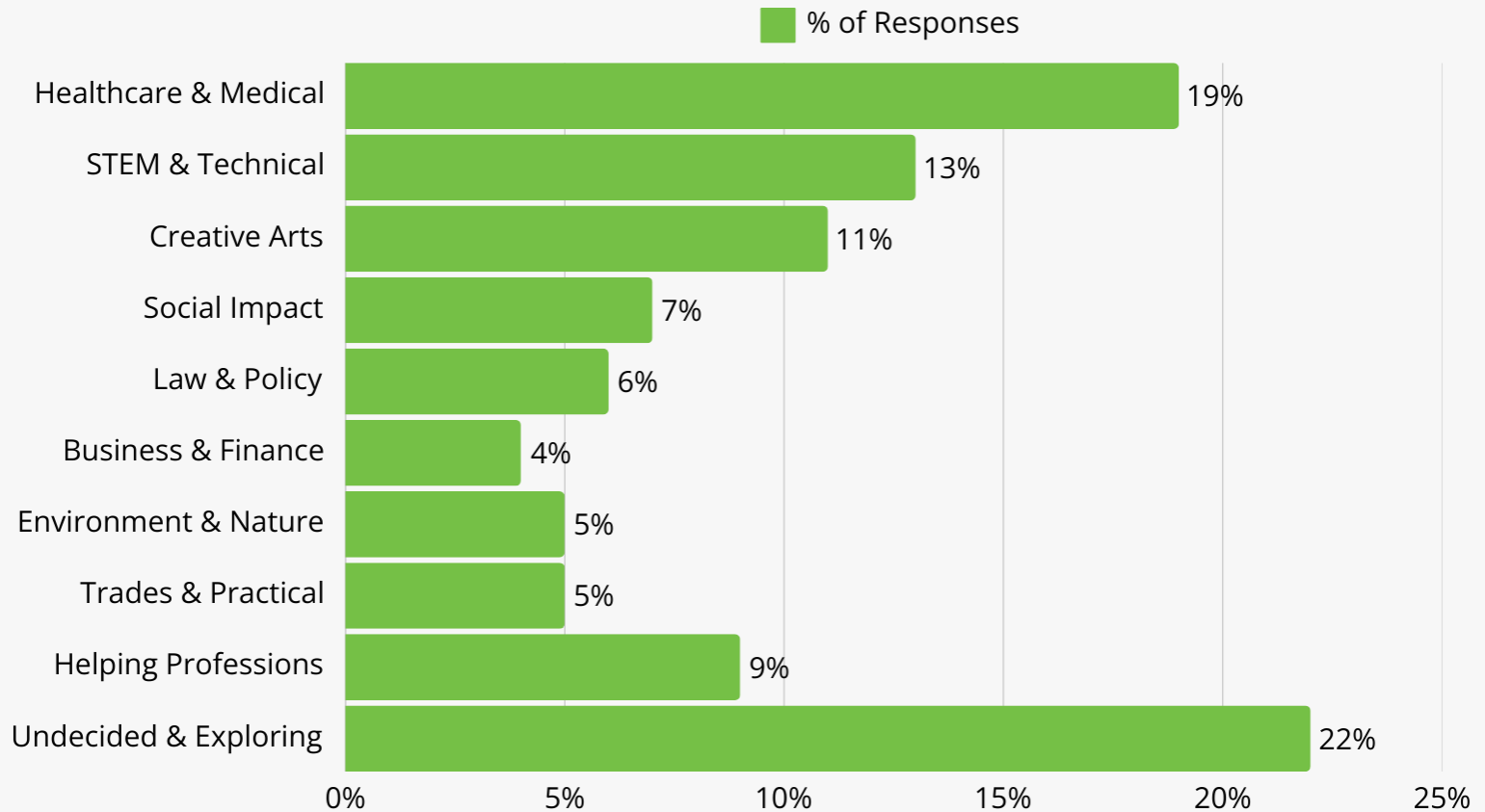
I feel like the local City if San Jose government does try it's best to reflect youth priorities, however there are still things that can be changed to be better.

I think it does in some ways, but it fails to connect with what the local youth are facing in todays society

DO YOU HAVE A DREAM JOB OR CAREER YOU'D LIKE TO PURSUE?



IF YOU HAVE A DREAM JOB, WHAT IS IT, AND WHY IS IT IMPORTANT TO YOU?



voice acting, cuz i like doing stuff like that and they can make lots of money

At first thought, I've always believed my career should benefit others, and the first way I thought of was becoming a doctor. And currently, I'm really interested into science, so I pursue becoming an anesthesiologist.

Journalism. Right now, the media is very polarized, just like the country. People are spitting out facts that aren't backed up, videos that are cut out important context and make our world leaders look incompetent or frail. This is not the type of journalism I want to see. I want to see journalism that lays down all the facts, that gives people insight into a subject, and that isn't purposely distorting someone because they don't agree with them.

I want to be a nurse and it's important to me because I get to help others

Librarian.

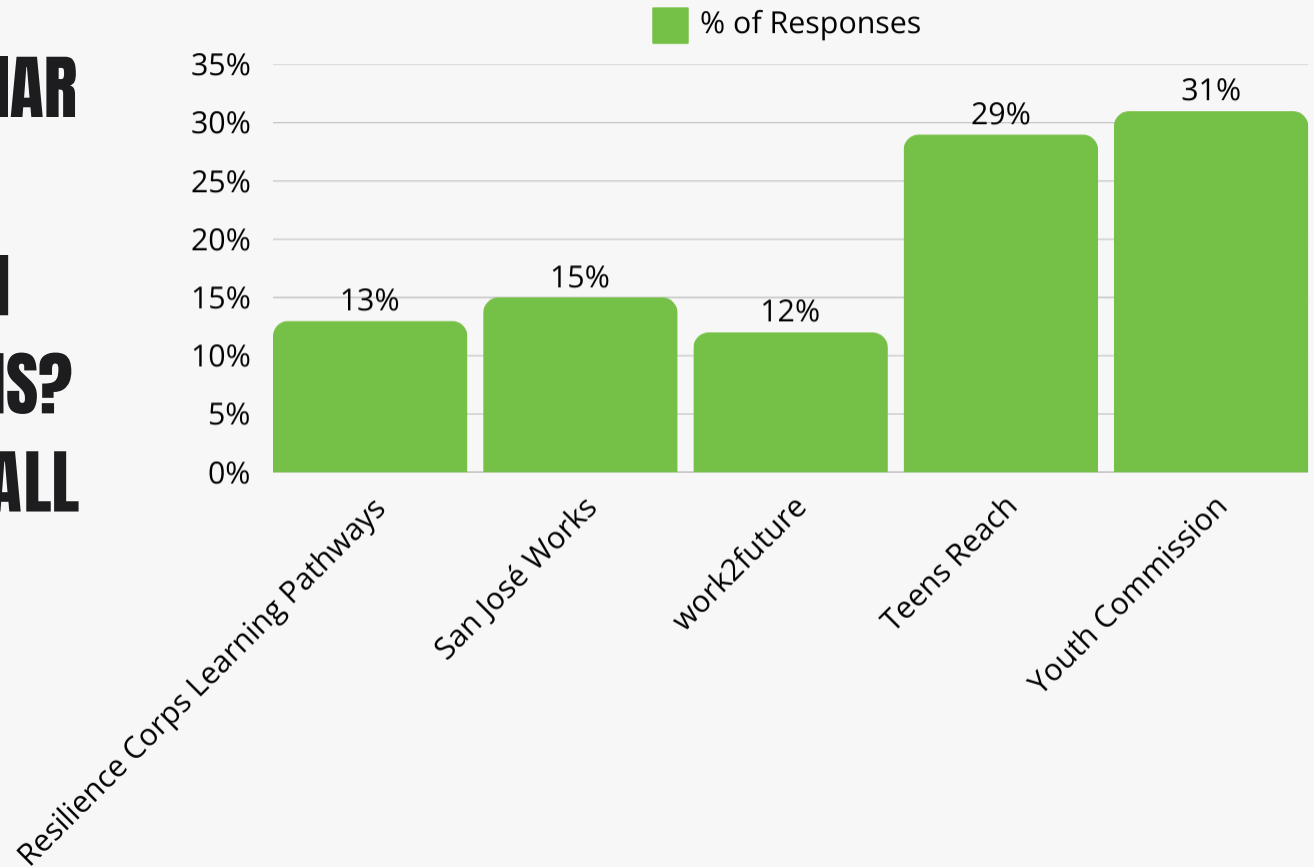
I am interested in going back to school for an arborist degree. My ideal job has been park interpretation where I can inspire individuals to care about the environment and their natural spaces. Another ideal job would be a job in community forestry as a arborist. This is important to me because I have noticed the lack of canopy cover in my community, East Side San Jose. With better canopy cover we can reduce the heat island effect and make our neighborhoods better spaces to recreate.

I would like to either be a singer or a therapist. To me, singing is basically like a form of therapy and to just rewind and take care of yourself. I would like to help people struggling with their mental health in any way I can. Whether that is listening to their problems or writing music people around the world can relate to

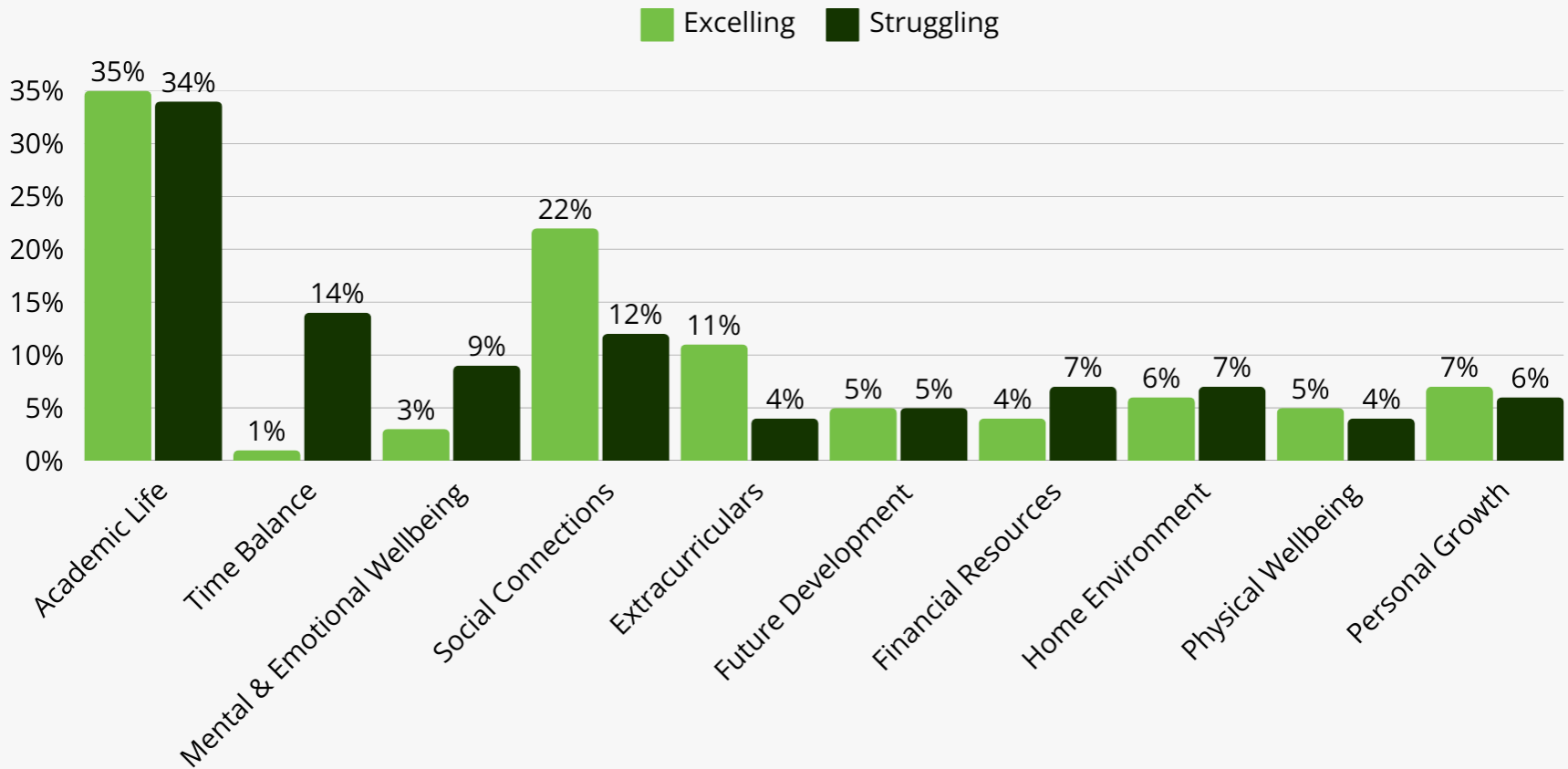
My dream job is an engineer. I haven't decided what kind of engineer but I'm thinking about mechanical engineer. It's important to me because it's what my dad's job is and he does a lot of work to get the money we need to live our normal lives.

My dream job is to become a lawyer and to do something in policy because I want to be able to level the playing field for those who don't receive the same opportunities.

**ARE YOU FAMILIAR
WITH THE
FOLLOWING SAN
JOSÉ PROGRAMS?
PLEASE CHECK ALL
THAT APPLY.**



WHAT ARE YOU EXCELLING OR STRUGGLING WITH THIS YEAR?





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BREAKOUT GROUPS

Goal: To identify the problems within your specific topic area and determine one or two key **ACTIONABLE ITEMS** to solve these problems.

These will be presented in a 3-5 minute presentation to the full group at 4-4:30 pm in your preferred format.

In these presentations, your goal is to convince the group about why your specific issue matters and why they should vote (and allocate budget) for your solution.

Each group should develop 1-2 questions about their problem/solution to ask the Councilmember.



Career Development

Outreach, District 2 - Neyha Pradeepkumar
District 1 - Aanya Mishra
District 9 - Agam Singh

Educational Resources

Chair, District 10 - Nolan Mascarenhas
District 7 - Peter Vu

Environmental Action

Vice Chair, District 5 - Andrew Lieu
District 3 - Edwin Sanchez

Mental Health Resources

District 4 - Genesis Arroyo
District 8 - Aldojoell Gonzalez-

Violence & Safety

Communications, District 6 - Amiya Bansal
Citywide - Marian Kucharewski

GROUP EXPECTATIONS

1. Everyone participates, and no one dominates
2. There are no “right answers”- be respectful and let everyone share their ideas
3. Keep an open mind
4. Stay on topic
5. It’s okay to disagree
6. Respond to others the way you want to be responded to
7. Have fun



YOUTH COMMISSION BUDGET SUMMIT

**Meeting will resume with
Budget Presentations at 4pm**



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Career Development

Jobs Group - Budget Summit 2025





S

Aanya Mishra

Neyha Pradeepkumar

Agam Singh

Mika Horie

Isra Mohamed

Emma Zhou

Divya Vattikonda

Nidhi Yellamraju

Lena Nguyen

Kimberly Perez

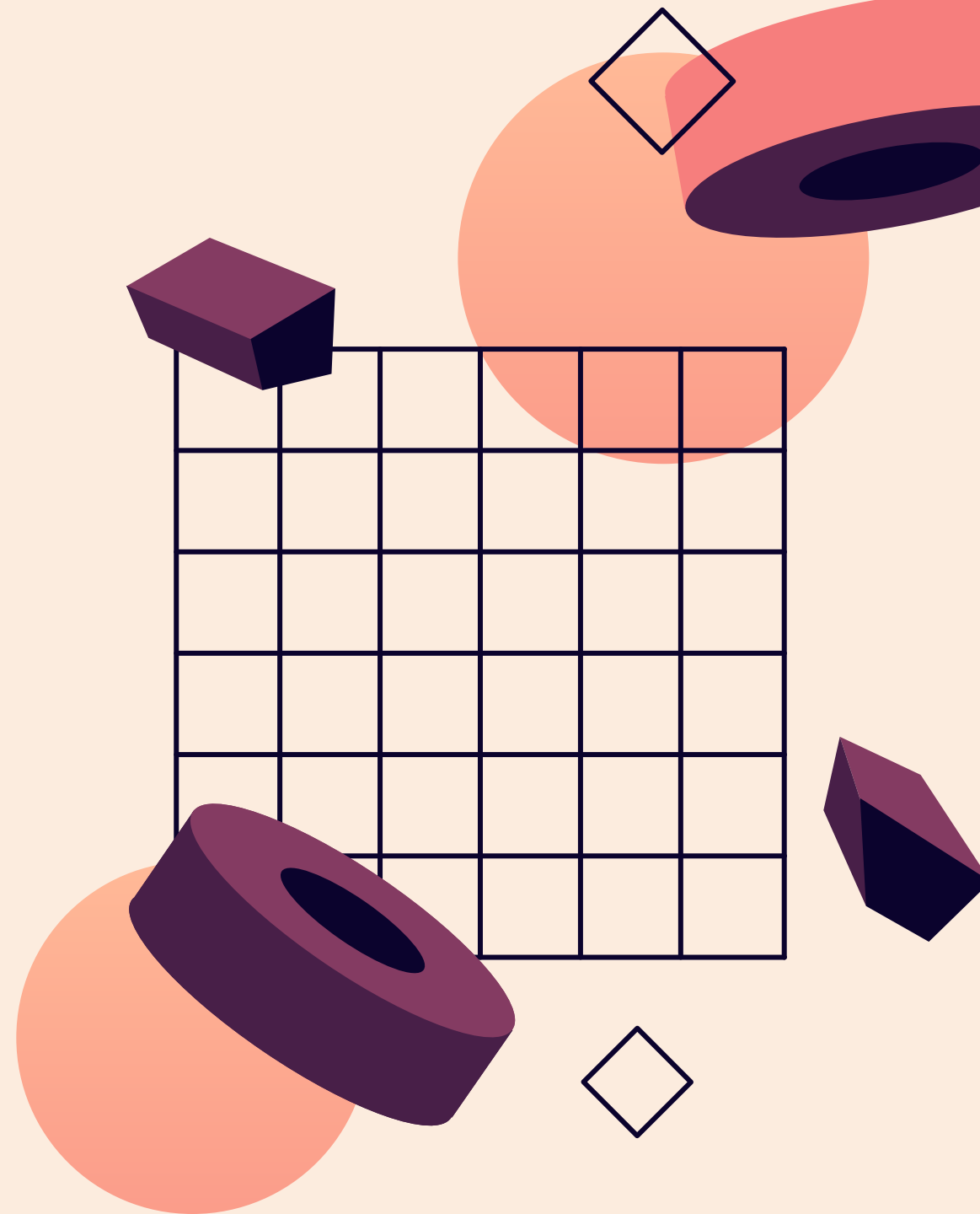
Tanisha Bhugra

Ashraf Mohammed

Khyati Indla

Amy Nguyen

Olivia Rodrigues



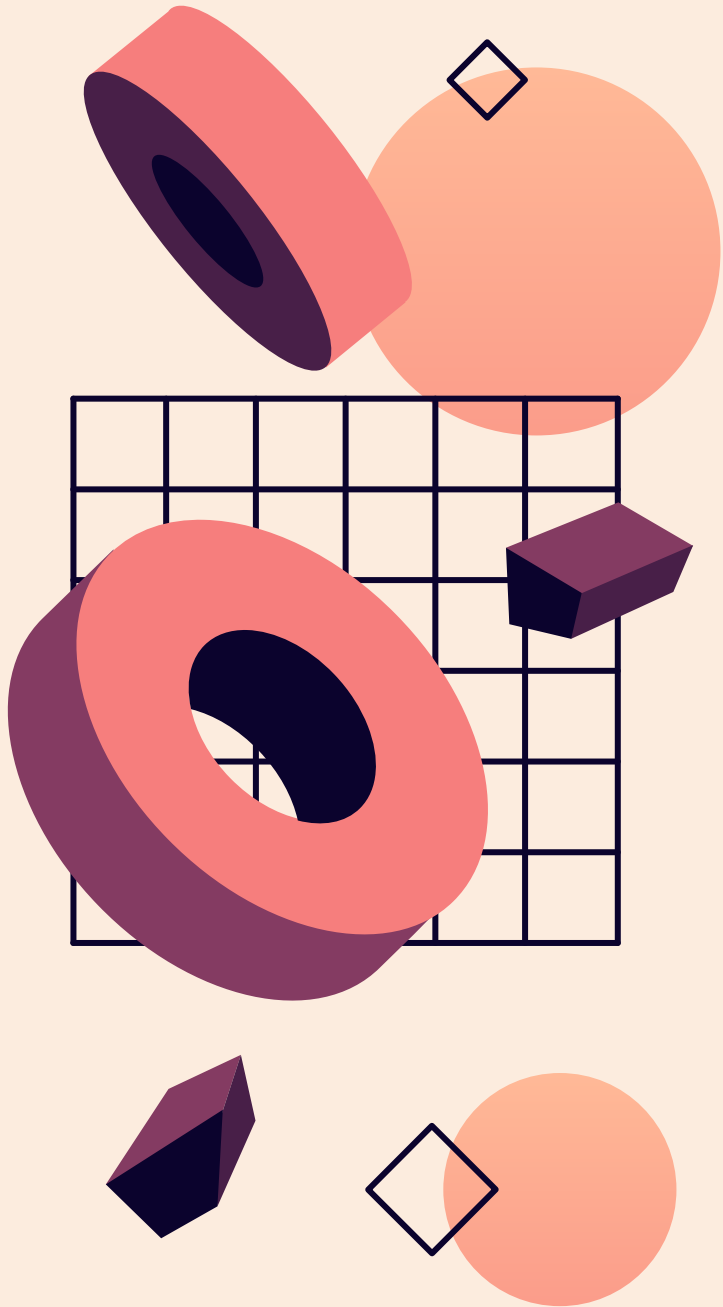


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- 02** Final subtopic chosen
- 03** Research + interesting facts we found
- 04** Current initiatives in San Jose
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- 06** Solutions





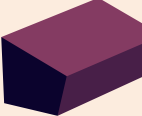
01

Brainstorming Process

- Everyone researched ideas related to job opportunities in San Jose + used sticky notes to organize
- Final career-related subgroups were: **diversity of careers**, **more opportunities**, **outreach**, and a few **miscellaneous** ideas

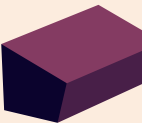




Diversity – 4 votes

- Lots of pressure toward certain career paths – discouraging for some individuals
 - People tend to only receive opportunities about STEM-related jobs, not humanities and ‘non traditional’ career paths
 - Not only encourage women in STEM, but also men in HEAL
 - Too much job competition
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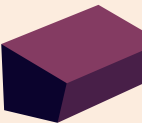


More opportunities – 10

- Many locations require previous experience/highly qualified individuals – not enough for those starting out/who don't have enough experience but do have a passion for that topic
 - Lots of vacancies, not enough hiring
 - Families tend to prioritize immediate money gain over exploring career options – heavily affects future of students
- 
- 
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Outreach - 11

- Schools not having access to resources regarding diverse career interests
 - Lots of resources on STEM-related careers, not others (eg, humanities)
 - Not enough job opportunities promoted for those who have experienced homelessness and/or have difficulties finding jobs due to record
 - First generation students not having enough knowledge of opportunities (Most youth did not know about Work2Future or SJ Works)
 - Limited spaces in education for careers
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Misc. ideas - 1

- Overdependence on technology
- Youth Labor/minimum wages
- As youth employment decreases, crime rates increase

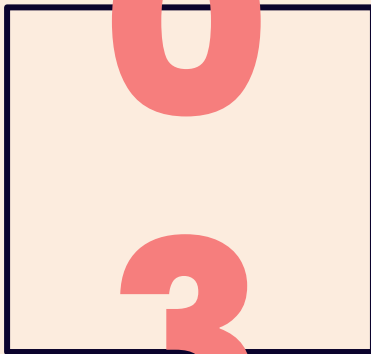
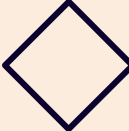




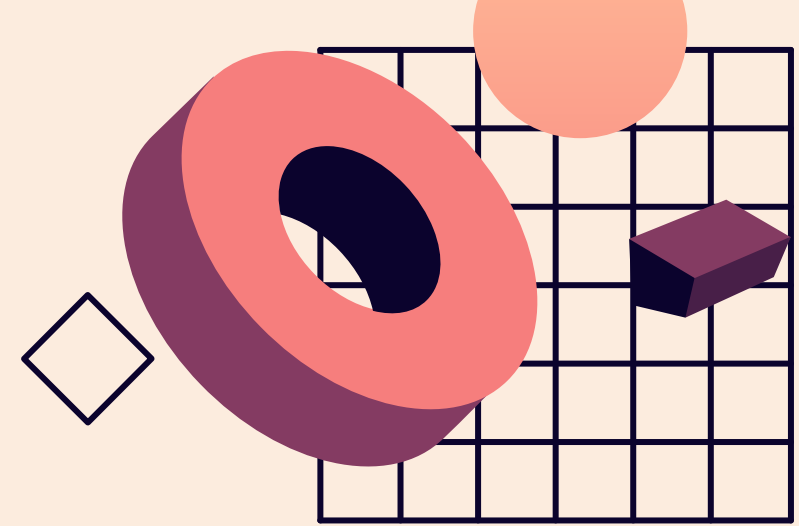
02

Final subtopic chosen

- **OUTREACH in schools - for students**
 - Knowledge about opportunities, interest/exploration for **diverse** number of careers



0 3 Research





- [The Mayor's Youth Employment and Education Program \(MYEEP\) in San Fran](#)
 - Job training + paid internships for 9th and 10th, specifically for those who have not have a job before
- [Minds Matter Bay Area](#)
 - Provides low-income students with access to career opportunities, networks, college resources - 100% of alumni accepted into 4-year college w/ 75% in the most selective colleges
- [Youth Employment Services by the White Plains Youth Bureau \(NY\)](#)
 - Have training programs for some youth (teen) jobs such as babysitting
 - Have guest speaker program for students to explore and discover new careers
 - Summer employment programs for youths (14-15)
 - Job/career fairs
- [The Youth Employment Partnership \(YEP\) Oakland](#)
 - Employment training for youth to enhance the employment and educational opportunities in Oakland



04



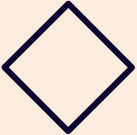
Current initiatives in san jose

- San Jose Job Corps
 - San Jose Public Library's Resilience Corps Program
 - work2future Youth program
 - San Jose Works
 - Minds Matter Bay Area
 - Library Career Fairs (Berryessa Branch)
- 
- 



05

Current initiatives in schools

- Career expos offered annually in some schools
 - Industry experts speaking in engineering classes
 - Colloquiums offered to students paired with industry experts
 - Career Exploration Fairs
 - Silicon Valley Career Technical Education
 - DEEDS internship program @ presentation hs (1:1 mentoring to match with an internship opportunity (off campus and on campus))
- 



06



Our SOLUTIONS.

- Networking with the school's alumni
 - Internship opportunities
 - Talk about careers
 - Career Panelist Programs **in Schools**
 - Keynote speakers that are alumns of the school
 - Careers not limited to STEM/Humanities careers but broadening horizons to rare and overlooked careers.
 - Promote job opportunities specifically to low-income/underserved communities through libraries, schools, clubs, etc.
- 
- 



Chosen Solution Breakdown

01

Keynote Speakers

Bring in speakers to give detailed info about diverse career fields or resources for students (better if speakers are alumni!)

02

Career Panels/Fairs

Community driven, can be put in schools as well; could partner with professionals from numerous fields who are willing to speak about their experiences

03

EC/Capstone Projects

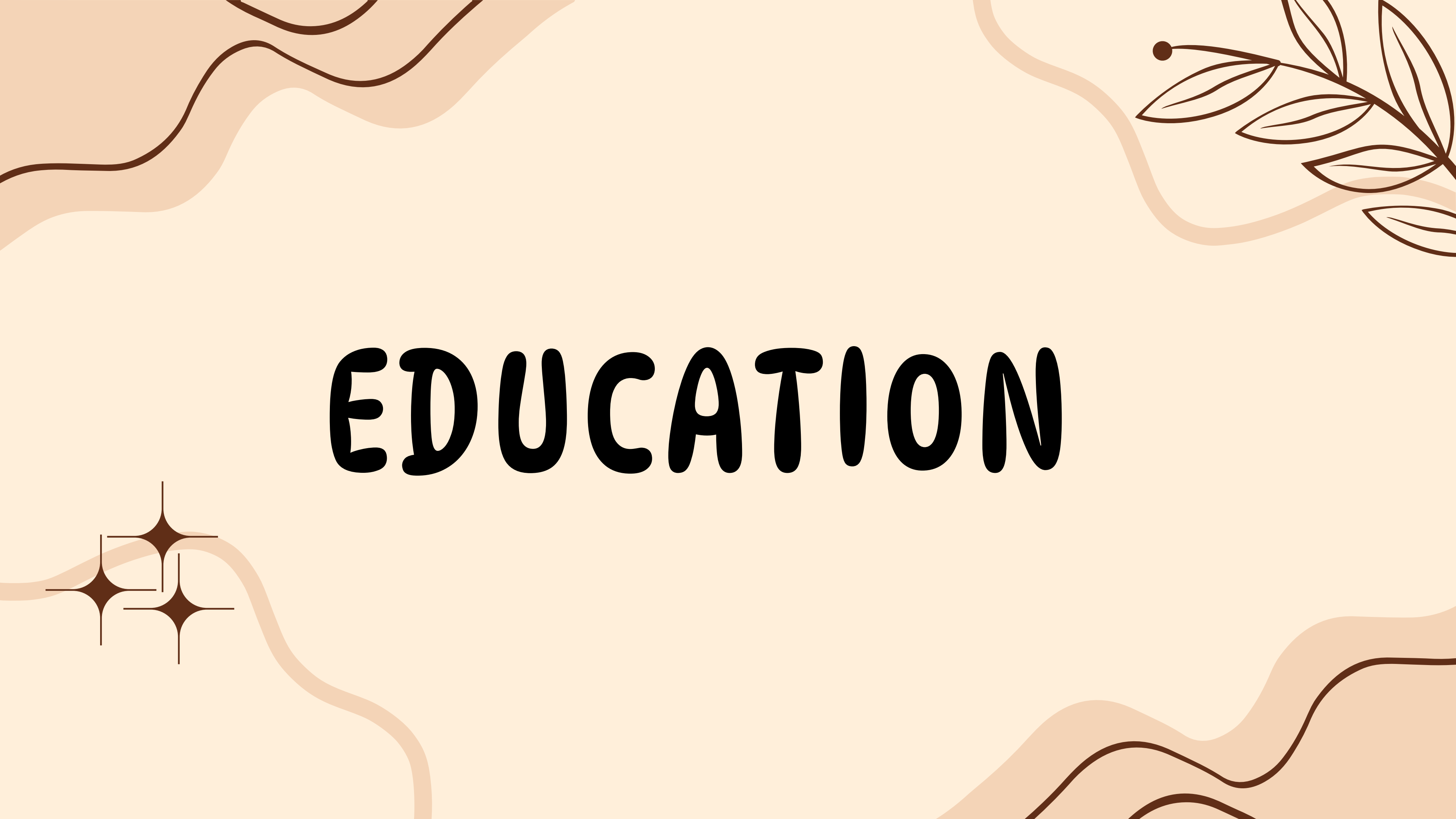
Providing hands-on experience with various fields to gauge interest and become involved.



Thank you!

Do you have any questions?

EDUCATION



PROBLEM 1

The youth in San Jose tend to underutilize skill-building and professional development opportunities that are essential for their future career fields.

STATISTICS (YOUTH PRIORITIES SURVEY)

- **Educational resources and programs ranked in the top 3 issues, with 187 votes as the highest priority**
- **22 % were undecided or exploring career options, representing the majority**
- **The low 5 % reported struggling with future development**

SOLUTION 1

- **promote SVCTE – career development program taught by professionals, have those professionals promote the program and give a guide to the career paths available**
- **Future oriented workshops targeting:**
 - **career paths***
 - **resume and cover letter writing****
 - **financial literacy**
- ***Have real professionals from specific career fields come and talk about post high school life**
- ****Promote the library's resume guide program**

PROBLEM 2

Problem: Lack of Equitable and Targeted advertisements to share resources and make them more accessible to all

Examples:

- **many groups of people aren't aware of library resources because of the language barrier**
- **some schools promote library programs and activities more than others due to having stronger connections**

SOLUTION 2

Promote events at school through YAC members creating clubs

- **Target High School students to participate in events**

Create Partnerships between libraries and schools

- **schools promoting local library resources**
- **library employees provide workshops in surrounding schools**
- **Example: Lincoln High School students accounts automatically becomes their library accounts**

Translating posters into a larger variety of languages

(not just English, Spanish, and Vietnamese)

- **hiring translators**

SOLUTION 2 CONTINUED

Establish an equity commission within the City of San Jose

- **Facilitate an equitable distribution of resources within the libraries in San Jose based on the needs of every community**
- **Keep resources funded and updated for the students**

Example: The state of California has an equity commission within the department of Education that focuses on fair outcomes, treatment, and opportunities for all students.

Budget need:

- **Provide stipend for commissioners, to avoid financial needs being a barrier for community to want to join this commission.**
- **Provide a budget for possible events that this commission might need to host**

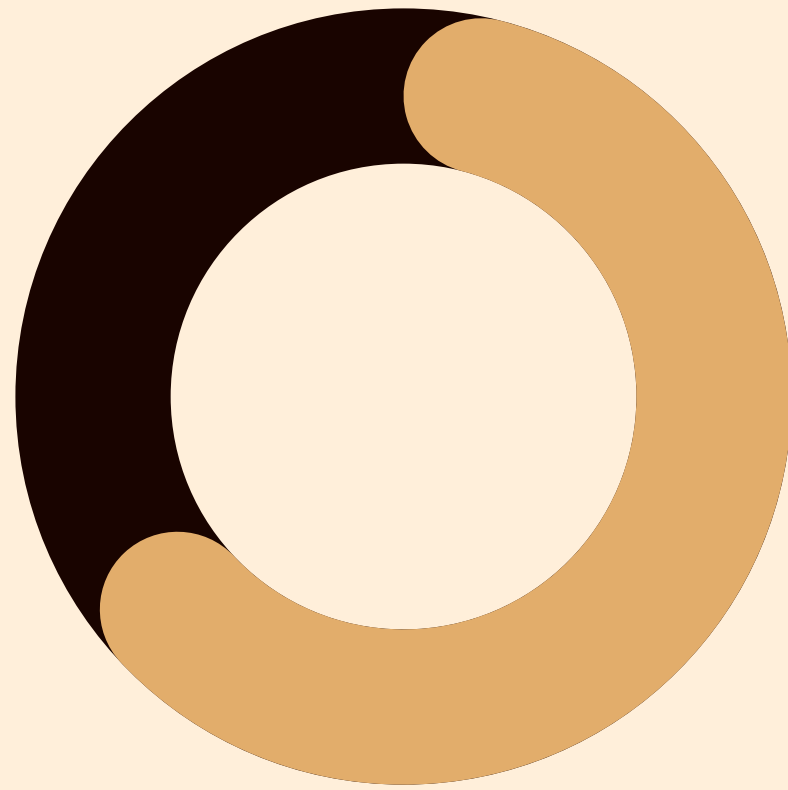
PROBLEM GROUP 1 (NOLAN)

One of the biggest problems we noticed was the lack of equity among SAT Prep programs and college/career counseling. We found that these programs and tutors are very costly and hard to access. According to PrepScholar, most one-on-one tutoring sessions can cost anywhere from \$40-\$200 an hour and \$800-\$1,800 per in-person course.

A Relevant Study

A 2014 study by the University of San Francisco linked “a lack of proper college counseling” to racial discrepancies in and lack of access to education.

“[S]tudents may be unaware of the need for specific courses to demonstrate rigor and complete prerequisites, and may not have access to this information.”



SOLUTION: FREE TEST PREP

- **Direct grant funding from Tutoring Matters for free SAT Prep/ACT Prep/PSAT Prep towards partners like Study Smart Tutors**

- **About \$1.8 million in ARP funds will be granted through the Tutoring Matters initiative from San Jose Public Library**

2024-2025 Classes:

Courses will be posted and registration will open approximately 30 days before the start of the first class. Check back often for courses starting later this school year.

January Student Support Session (30-Mins)

Free registration

REGISTER NOW

Join our Student Support Sessions, designed for high schoolers seeking guidance and assistance in various areas. Whether you need help with assignments, college admissions, mentoring, or any other topic, our sessions provide personalized support to meet your unique needs. These sessions are open to all high school students and offer a welcoming environment where you can explore your academic and personal goals with the help of experienced educators and mentors. Let us help you succeed and thrive!

Precedent

- **San Francisco Public Library system has partnered with Study Smart tutors to provide college-related mentoring and personalized support to high school students**
- **Can be spread and recommended directly**

Study Smart Tutors and the San Francisco Public Library are partnering to bring you free virtual college prep classes. Classes are taught by veteran instructors dedicated to providing an individualized experience so that every high school student can realize and reach their post-secondary goals.

HOW TO SPREAD AWARENESS

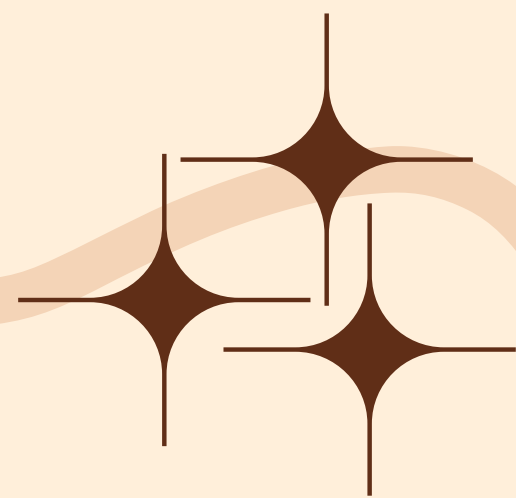
Students can be directly benefited by SAT, ACT, and PSAT prep resources. Considering that many colleges are reinstating SAT requirements for college applications again, students need equitable resources now more than ever.

Spread Awareness by:

- Fliers + promotional fliers (social media)
- Word of mouth (college & academic counselors)
- Increased access/viewership of library resources
- School communication channels (newsletter, announcements)
- Encouraging youth to adopt library branches



**THANK
YOU**



Budget Summit 2025: Mental Health



By: Genesis, Aldo, Katie, Abby, Aditi, Chloe, Lucas,
Sunny, Saywer, Navika, Victoria, and Aileen

THE PROBLEM

Locally,

- 1 in 5 adults in SCC (340k) experience a mental illness
- 1 in 6 youth aged 6-17 experience a mental health disorder each year (68k)
- 1,762 drug overdose deaths in SCC since 2020
- 216 fentanyl deaths in SCC in 2023

Globally,

- 1 in 8 people live with a mental disorder (1 billion people)
- Depression is the leading cause of disability, affecting over 264 million people globally.
- 300 million people affected by anxiety disorders

“Mental Health isn’t real”

- Reality: mental health can impact autoimmune health
- these conditions are diagnosable and have visible symptoms

“Talking about Mental Health makes it worse”

- Reality: it reduces stigma, and allows for betterment via connection

“Mental Health does not affect youth”

- Reality: nearly half of Californian adolescents suffer from mental health issues

MISCONCEPTIONS OF MENTAL HEALTH ISSUES

“Mental Health is inevitable, so there’s nothing I can do”

- reality: Although it may be normal to struggle, no one should have to suffer

“Mental illness is a sign for weakness”

- reality: managing mental health takes a lot of strength and resilience
- men’s mental health neglected as a result

“Mental Health care is only for those with severe issues”

- reality: Anyone can struggle from mental health, and there are different forms of treatment for different levels of mental health

“Mental illness can make someone/me dangerous”

- reality: Mental illness comes in different levels and the media often sensationalizes those with severe cases

FACTORS

Substance Abuse

Substance abuse as a whole has become a major issue in our society, but its effect on mental health has been mostly neglected. It can make people feel separated and distant from those around them and in places of work and study. Most youth even fear expressing their mental health issues at school when it is linked to substance abuse.

Disability & Neurodivergence

Those who have a physical disability or are neurodivergent (have autism, ADHD, or another disorder) are more likely to develop mental illnesses such as depression and anxiety, especially when undiagnosed or untreated.

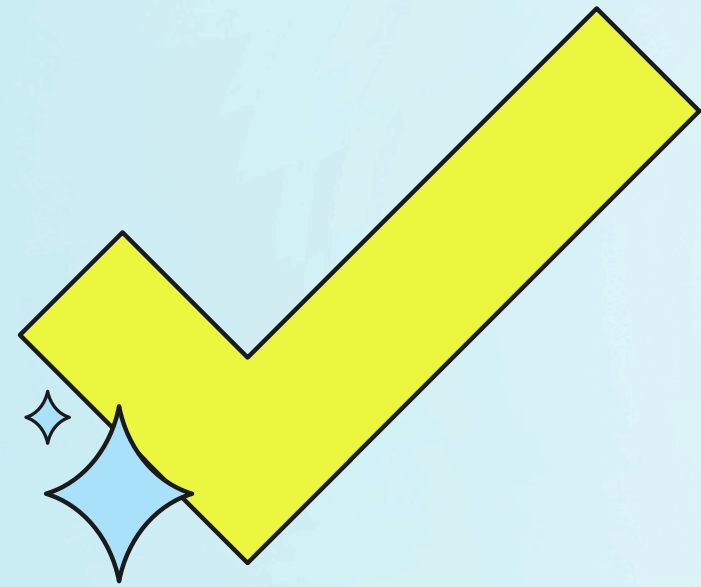
Socioeconomic Status

Due to issues such as poverty, peoples focus shifts away their mental health. It tends to be neglected, and with time worsens when their mind is taken up by a multitude of problems such as housing, nutrition, jobs, etc.

Cultural Stigmas

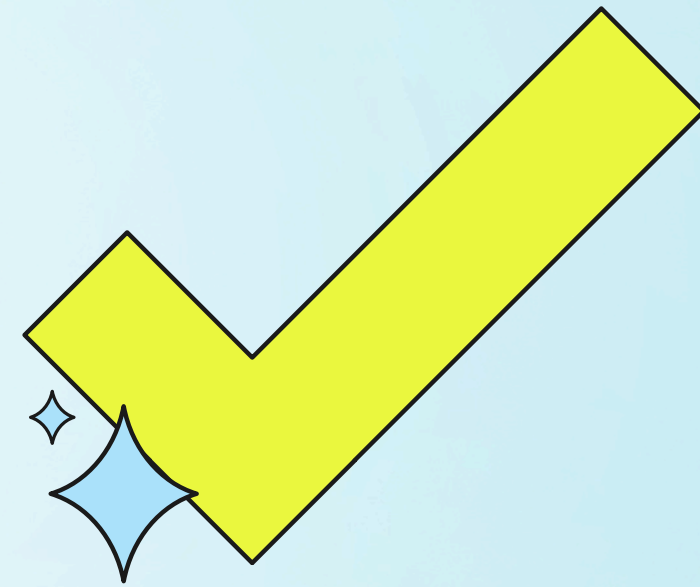
In many cultures, mental illness is considered taboo and that causes youth from immigrant backgrounds to be discouraged from seeking help for mental-health related issues. This is relevant because a large portion of SJ youth come from such cultures.

IDEAS TO COMBAT:



Requiring Mental Health into Parenting Curriculum and Resources in the Workplace

Implementing mental health into new parents classes and providing resources for help in the workplace.



Requiring Mental Health Centers in San Jose Schools

Create wellness centers for one-on-one counseling, safe spaces for peer counseling, and calming activities that enhance social activity among students.

In-school Solutions

Why it works: Develops a safe space where students can talk about mental health, reducing stigma and providing them with a trusted community/outlet.

Peer Groups

- Peer groups for students to get together and discuss their feelings
- Ex: Anxiety peer group, LGBTQ+ peer group, etc.
- Have students teach each other the foundations of mental health issues to raise awareness

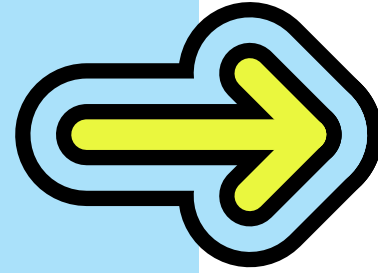
Calming Spaces & Activities

- Teachers are not allowed to say no if a student needs to use the calming space
- Areas for students to relax, breathe, reflect on their day, or even sleep
- Calming activities such as art projects, crafts, stress relievers (slime, stress balls) etc.

Flyers/Local Resources

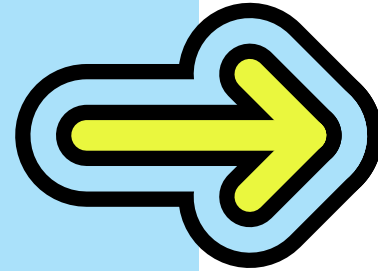
- Put up flyers that have a compilation of local support centers and online resources
- Promote the peer groups available in the school and have clear directions on how/where to access them

Requiring Mental Health into Parenting Curriculum



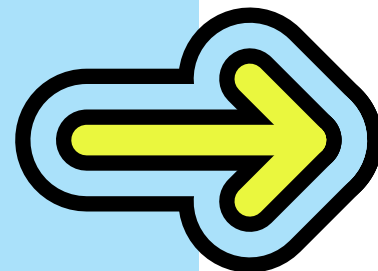
Current Curriculum

status quo: lacks mental health topics in parenting courses



Proposed Curriculum

Incorporate importance of facilitating on-track mental health development in youth



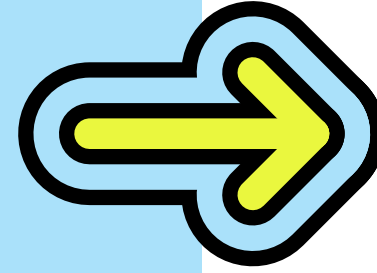
Why this works

- Combats generational trauma
- Facilitates an accepting home environment
- Heavily reduces the risk of childhood trauma and abuse
- Prepares new parents by teaching the impact of mental health
- Easy to implement



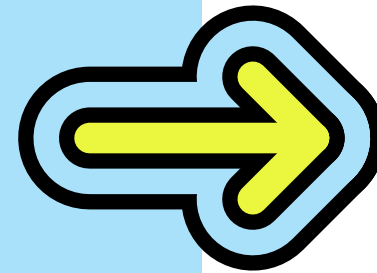


Requiring Mental Health Resources into Workplaces



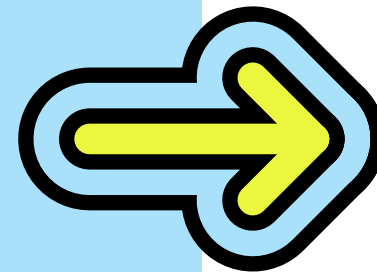
Current Situation

status quo: lacks mental health resources in work environments



Proposed Idea

Require workplaces to include free and accessible mental health resources inside their places of work



Why this works

- Gives support - for existing stigma @ work (performance pressure, critical to living conditions)
- Educates older generations about different types of mental health issues
- Ignorance can root from lack of knowledge, this creates an open mind.



Thank you!

Access to Environmental Resources for Students

SUMMARY

Many San Jose youth are passionate about the environment and have initiatives to solve problems they care about. Yet, students often find financial constraints the top obstacle to turning their initiatives into reality. The solution is to provide students with funding and support to make an impact on the environment through an annual citywide science fair.

BACKGROUND

59% of young adults aged 16-25 are very or extremely worried about climate change and other environmental issues.¹ However, high school students lack the resources (funding, opportunities) to start environmental programs. Allocating these resources to the youth is crucial as it helps educate young people, encourages sustainable initiatives/habits, empowers future leaders in our community, and brings new & fresh perspectives to the table. This helps contribute to community resilience and opens up new job opportunities/career pathways.

PROBLEM

The problems for students are that youth do not have enough resources such as funding and acknowledgement from society to kickstart their ideas and proposals about the environment. Additionally, some youth do not have real-world experience and have not witnessed the disparities of resources caused by issues like food waste, water pollution, and the severity of environmental problems. Many youths have their own ideas, but are unable to voice their opinions due to the disregardment of environmental issues in addition to the lack of recognition of such dire problems that require immediate attention like the scarcity of basic necessities, resource deprivation, a lack of sustenance, or insufficient access to life-sustaining resources.

SOLUTION

¹ [World Economic Forum](#)

The proposal is to create an environmental science fair or a project pitch hosted by the city government where students would research project proposals and present their ideas at the fair. The winner(s) of the fair would receive a budget grant from the city government as well as a mentor to help them, giving them a chance to further their environmental pursuits, while raising awareness and continuing to enact change for the environment. They may also receive a chance to spread their voice throughout the city as well as potentially a chance to talk to the state government or even the federal government if regulations allow.

PRECEDENT

The Global Council for Science and the Environment offers an annual EnvironMentors Science Fair each summer, providing students with the opportunity to present their research and compete for scholarships.² This allows for advanced developments within environmental topics through an incentive of scholarships, an opportunity for the youth to be active in providing for the environment.

FISCAL ANALYSIS

Prize money would be rewarded to the top ideas, judged by city officials and scientific experts.

- First Place: \$10,000
- Second Place: \$5,000
- Third Place: \$2,500

Part of the funding may also be provided by interested tech and STEM companies, who often sponsor in other private science fairs. This way, the city incurs less cost while being able to match talented and passionate youth with interested corporations. The city would invest \$10,000 in the first-place initiative as well as attaching them with a mentor from their respective field to help them kickstart their idea and gain awareness. On top of prize money in the form of grants, funding would be required for the venue for one to two days.

² [Environmentors](#)

Some general contact information (Youth Commission Emails, website, phone numbers)

Andrew Lieu

San Jose Youth Commissioner for District 5

YouthCom5@sanjoseca.gov



Violence and Safety Budget Summit

BREAKOUT GROUP



01

Identifying Problems



Issues Identified:

- Cost of living - economic strain (housing prices) makes people turn to crime.
- Youth Violence - Bomb/Shooting threats, Fights during events
- Degrading infrastructure - signs of disorder (abandoned building & bad lighting) increases crime rates.
- Sociological issues - bad neighborhoods, observed behaviors, and mental health problems lead to cyclical crime.

Statistics

Simple Assault - 6800 Counts

Aggravated Assault - 3231 Counts

Kidnapping/Abduction - 270 Counts

Drug/Narcotic Offenses - 2829 Counts

*All information provided by the San Jose Police Department

02

Actionable Items

The problems + our solutions

Problem 1: School Violence/Security

- Threats: gun, bomb, fights, etc.
- Same people repeating offenses
- Not enough security at after school events → student fights, intoxicated individuals, criminal entrance



Solution 1: Educational Programs

1. Police educate repeated offenders in detention
2. Outline presentation on violence against youth (include statistics include video statements from authority)
3. Go schools and present in seminars where students are not allowed to bring their phones
4. Mental Health Programs
 - Bring the *Breaking Down the Walls* program into more schools

The problems + our solutions

Problem 2: Public Resources

Many avoid using public transit because of perceived danger. This perceived danger comes from homeless citizens and people under the influence residing in public vehicles, who are not necessarily a real danger.



Solution 2: Infrastructure

1. Better lighting at bus stops and stations.
2. Implement button in buses and trains to notify the driver if a passenger feels as if they are in danger.
 - a. Implement training for drivers for how to respond.
3. Frequent maintenance of city buses and trains.

Key resources/partnerships:

BeautifySJ

For infrastructure

City Council

Governing body and approval

School Districts

Partner with schools in SJ to bring safety and educational programs forth

SJ YEA

For educational programs

East San Jose PEACE

Work to create neighborhood safety

SJPD

They help serve and protect

Why it matters:

- Highest ranked issue on survey (4.27/5)
- Safety is a fundamental issue that everything else stems out from (ie mental health from trauma, improved public transit and lower gas emissions, students ability to access education in safe schools/areas)
- Safety is something **EVERYONE NEEDS and WANTS**

“To improve community safety, we can strengthen police-community relationships, increase lighting and surveillance in high-crime areas, and offer youth programs to keep kids engaged.”

- **Quote from survey results**





Help us
make San
Jose safer
for all!



Thank You!

Does anyone have any questions?

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UPCOMING EVENTS

- Mon, Jan 27: Youth Commission Meeting
- Mon, Feb 24: Youth Commission Meeting
- Sat, Mar 8: D1 Adopt-a-Drain Clean Up
- Sat, Mar 15: Creative Futures Fair
- Wed, Mar 19: Joint LEC + YC Meeting
- TBD: Tree Planting @Mt. Pleasant Park
- TBD: LeadHERShip Luncheon

PARTICIPATION EVALUATION



<https://www.surveymonkey.com/r/2425yacsurvey>

WEBSITE

www.sjpl.org/YouthCommission

EMAIL ADDRESS

youthcommission@sanjoseca.gov

Thank you!



**Youth
Commission**
CITY OF SAN JOSE

VI. ADJOURNMENT