



## **YOUTH COMMISSION MEETING AGENDA**

**6:30 PM - Monday, March 03, 2025**

***Los Altos Community Center, Manzanita Room***

**Please Note: The Youth Commission will meet in person as well as via Telephone/Video Conference**

**Telephone: 1-669-444-9171 / Webinar ID: 882 5677 8345**

**<https://losaltosca.gov.zoom.us/j/81293781278?pwd=M3AwTzg2KzRpMVNTQkZpVkJYbjFmQT09>**

**Passcode: 085079**

**TO PARTICIPATE IN THE MEETING** - Members of the public **MUST BE IN ATTENDANCE AT THE MEETING TO PARTICIPATE.**

**TO SUBMIT WRITTEN COMMENTS:** Prior to the meeting, comments on matters listed on the agenda may be emailed to [YCpubliccomment@losaltosca.gov](mailto:YCpubliccomment@losaltosca.gov). Emails sent to this email address are sent to/received immediately by the City Council. Please include a subject line in the following format:

**PUBLIC COMMENT AGENDA ITEM ## - MEETING DATE**

Emails sent to the above email address are sent to/received immediately by the Youth Commission. Correspondence submitted in hard copy/paper must be received by 2:00 p.m. on the day of the meeting to ensure it can be distributed prior to the meeting. Correspondence received prior to the meeting will be included in the public record.

***Public testimony will be taken at the direction of the Chair, and members of the public may only comment during times allotted for public comments.***

**CALL MEETING TO ORDER**

**ESTABLISH QUORUM**

**PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA**

Members of the audience may bring to the Commission's attention any item that is not on the agenda. Speakers are generally given two or three minutes, at the discretion of the Chair. Please be advised that, by law, the Youth Commission is unable to discuss or take action on issues presented during the Public Comment Period. According to State Law (also known as "The Brown Act") items must first be noted on the agenda before any discussion or action.

**ITEMS FOR CONSIDERATION/ACTION**

**1. Minutes:**

Approve the minutes of the February 3, 2025 meeting

**2. Work Plan:**

Review/update 2024-2025 work plan

**3. Open Mic Night:**

Receive update and discuss event possibilities

**4. Political Speaker Event:**

Receive update and discuss event possibilities

**INFORMATIONAL ITEMS**

**5. Flyers:**

Receive informational flyers

**COMMISSION/SUBCOMMITTEE/STAFF REPORTS AND REQUESTS FOR POTENTIAL FUTURE AGENDA ITEMS**

**6. Staff Oral Reports:**

Receive information and announcements from city of Los Altos staff

**7. Future Agenda Items**

**ADJOURNMENT**

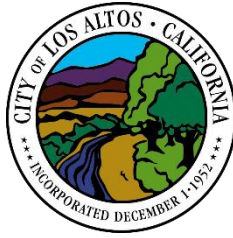
**SPECIAL NOTICES TO THE PUBLIC**

In compliance with the Americans with Disabilities Act, the City of Los Altos will make reasonable arrangements to ensure accessibility to this meeting. If you need special assistance to participate in this meeting, please contact the City Clerk 72 hours prior to the meeting at (650) 947-2610. Please leave a voicemail should no one answer.

Agendas Staff Reports and some associated documents for City Council items may be viewed on the Internet at <https://www.losaltosca.gov/meetings>.

All public records relating to an open session item on this agenda, which are not exempt from disclosure pursuant to the California Public Records Act, and that are distributed to a majority of the legislative body, will be available for public inspection through the Commission Staff Liaison at the same time that the public records are distributed or made available to the legislative body.

If you wish to provide written materials, please provide them to the Commission Staff Liaison 3 days prior the scheduled meeting to ensure proper distribution and to be included with the public record.



## YOUTH COMMISSION MEETING MINUTES

6:30 PM - Monday, February 3<sup>rd</sup>, 2024

*Los Altos Community Center – Manzanita Room,  
97 Hillview Ave, Los Altos 94022*

### CALL MEETING TO ORDER

At 6:32 P.M., Staff Liaison called the meeting to order

### ESTABLISH QUORUM:

PRESENT: Commissioner Cheng, Sayar, Kim, Rammohan, Srivastava, Hatti, Anand

ABSENT: Commissioner Bengani

LATE: Commissioner Chen, Leaver, Sobel

### CHANGES TO THE ORDER OF THE AGENDA

None

### PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

None

### ITEMS FOR CONSIDERATION/ACTION

1. **Minutes:** Approve the minutes of the January 6, 2025 meeting

**Public Comment:** None

**Action:** Upon a motion by Hatti, seconded by Srivastava, the Commission approved the minutes of the January 6, 2025 meeting

Approve: Cheng, Sayar, Kim, Rammohan, Srivastava, Hatti, Anand, Chen, Leaver, Sobel

Oppose: None

Absent: Bengani

Abstention: None

Motion passed unanimously: 10-0-1-0

2. **Work Plan:** Review and update the 2024/2025 Work Plan

**Public Comment:** None

**Action:** None

3. **Open Mic Night:** Receive update and discuss event possibilities, consider expanding Ad Hoc Subcommittee

**Public Comment:** None

**Action:** Upon a motion by Srivastava seconded by Hatti, the Commission approved the removal of Commissioner Srivastava from the Open Mic Night Ad Hoc subcommittee

Approve: Cheng, Sayar, Kim, Rammohan, Srivastava, Hatti, Anand, Chen, Leaver, Sobel

Oppose: None

Absent: Bengani

Abstention: None

Motion passed unanimously: 10-0-1-0

4. **Political Speaker Event:** Discuss event possibilities, consider expanding Ad Hoc Subcommittee

**Public Comment:** None

**Action:** Upon a motion by Anand seconded by Kim, the Commission approved the addition of Commissioners Srivastava, Anand, and Kim to the Political Speaker Event Ad Hoc Subcommittee

Approve: Cheng, Sayar, Kim, Rammohan, Srivastava, Hatti, Anand, Chen, Leaver, Sobel

Oppose: None

Absent: Bengani

Abstention: None

Motion passed unanimously: 10-0-1-0

## INFORMATIONAL ITEMS

5. **Flyers:** Receive informational flyers

**Public Comment:** None

**Action:** Received informational flyers from Staff Liaison

## COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

6. **Staff Oral Report:** Receive information and announcements from city of Los Altos staff

**Public Comment:** None

**Action:** Received information and announcements from city of Los Altos staff

7. **Future Agenda Items:**

**Public Comment:** None



**Action:** None

**ADJOURNMENT:**

At 7:04 P.M., Monday, February 3, 2025, Chair Hatti adjourned the meeting.

# Youth Commission

## 2024 - 25 Work Plan

(September 2024 - May 2025)

Agenda Item 2.

Goals	Projects	Due Date	Priority/Source	Status	Assignment	Notes
Increase Youth's Awareness on Issues Related to Local Politics	Host a political speaker event	April 2025	Commission	In Progress	Benghani, Chen, Srivastava, Kim, Anand	Ad-hoc subcommittee formed, tentative dates of 4.27.25 & 5.18.25 identified. Contacting speakers in progress.
Promote Youth-Led Programs and Events	Host a Holiday Movie Night & Toy Drive	December 13, 2024	Commission	Completed		
	Host an Open Mic Night	March 2025	Commission	In Progress	Sayar, Rammohan, Hatti, Sobel, Cheng	Ad-hoc subcommittee formed, date and DJ confirmed, marketing material created, donation requests in progress.
Social Participation	Collaborate with Teen Center staff to increase participation in programs and activities	May 2025	Community Input	In Progress		
Assist with City Special Events	Collaborate with city staff to market city events	May 2025	City Staff	In Progress		
	Volunteer at city special events	May 2025	Commission	In Progress		

**Youth Commission**  
**2024 - 25 Work Plan**  
 (September 2024 - May 2025)

Agenda Item 2.

September 8, 2024	October 7, 2024	November 4, 2024	December - No Meeting	January 6, 2025	February 3, 2025
Reorganization	Training	Designate Open Mic Night ad-hoc subcommittee.	Holiday Movie Night	Designate Political Speaker Series ad-hoc subcommittee.	Advertise/market Open Mic Night.
Work Plan	Work Plan	Designate Holiday Movie Night ad-hoc subcommittee.		Confirm date of Open Mic Night.	Identify and purchase materials/supplies needed for Open Mic Night. (Food & refreshments, social justice activity, decorations?)
		Create marketing materials for holiday movie night.		Create marketing material for Open Mic Night.	Identify date for political speaker event.
		Identify supplies needed for Holiday Movie Night.		Confirm DJ's availability for Open Mic Night.	Contact speakers for political speaker event.
					Identify overall format/function/timeline of political speaker event.

March 3, 2025	April 7, 2025	May 5, 2025	June - No Meeting	July - No Meeting	August - No Meeting
Identify and purchase materials/supplies needed for Open Mic Night. (Food & refreshments, social justice activity, decorations?)					
<b><u>Advertise Open Mic Night Event</u></b>					
Create marketing materials for political speaker event.					
Confirm speakers for political speaker event.					
Identify overall format/function/timeline of political speaker event.					

Apply online at  
[LosAltosCA.gov/HR](https://losaltosca.gov/HR)



Agenda Item 5.

LOS ALTOS PARKS & RECREATION

# NOW HIRING SUMMER CAMP STAFF

FREE CPR  
TRAINING

Lead our campers in crafts, games,  
and nature-based activities

## CAMP DIRECTOR

Senior Recreation Leader

**\$20–\$23**

MUST BE 18+ TO APPLY



## CAMP COUNSELORS

Recreation Leader

**\$18.20–\$21.50**

MUST BE 16+ TO APPLY



\*Pay based on experience

Parks  
Make  
Life  
Better!

(650) 947-2790 | [rec-info@losaltosca.gov](mailto:rec-info@losaltosca.gov)

[LosAltosRecreation.org](https://LosAltosRecreation.org)





# APPLY TO BE A SUMMER CAMP COUNSELOR- IN-TRAINING



## CONNECT WITH OTHER TEENS AND BECOME A LEADER!

- Love summer camp, but are too old to attend?
- Looking for experience working with kids ages 3.5 - 11?
- Enjoy being outdoors and under the Redwood trees?
- Looking for volunteer experience?
- Are you 13 - 15 years old?

CAMP

## APPLY TODAY!

Applications due Wednesday, April 30



# 2025 Summer Internships

The Child Mind Institute's Youth Mental Health Academy (YMHA) is a **community-based career development program** for high school and early college students. It gives students from traditionally underserved communities, including BIPOC and LGBTQIA+ teens, an opportunity to **gain valuable knowledge and experience in the mental health field**.

By providing mentorship and training to high school students in underserved communities, we aim to inspire and cultivate tomorrow's mental health leaders — but we can't do it alone. **We are seeking organizations to provide internships for groups of 5+ students in the Bay Area, Los Angeles, and San Diego during summer 2025.**

## About the Interns

- Primarily 16–19 years old.
- Completed the 2024 Youth Mental Health Academy summer program.
- Received Adolescent Crisis Response training.

## Internship Details

- Internships will be approximately 100 hours (e.g., 20 hours/week for 5 weeks).
- Must occur between mid-June to mid-August 2025.
- Can be with organizations focused on clinical work, research, community outreach, media, technology, or public policy in mental health and related fields.
- Work setting can be in-person, remote, or hybrid.

## Internship Support

- YMHA will pay interns a \$2,000 stipend for their work.
- Interns will have regular check-ins with their YMHA-assigned mentor throughout their internship.
- The YMHA team will assist in the onboarding process for your site and provide open office hours for both interns and hosts to address questions or issues.

## GET INVOLVED

If your organization is interested in hosting interns this summer, please email [YMHAinternships@childmind.org](mailto:YMHAinternships@childmind.org) or [click here to schedule a meeting](#).

For more information visit [childmind.org/youth-mental-health-academy](https://childmind.org/youth-mental-health-academy)

In partnership with

**UCLA**

# 2025 Summer Internships






## Process & Timeline

The Youth Mental Health Academy will work with internship partners to understand their organizational needs and onboarding requirements and facilitate the matching process with our students for spring 2025.



## Highlights from Past Internships

Our interns are eager to explore various roles, topics, and settings in the mental health field and organizations that are working to enhance care, awareness, and advocacy for mental well-being.

<p><b>Cedars-Sinai</b> Format: In-Person</p>  <p><b>Internship Activities</b></p> <ul style="list-style-type: none"> <li>Learned and provided input on community-based data and screening tools.</li> <li>Introduced to Share and Care, which offers art-based therapy groups, and assisted with health screenings.</li> </ul> <p><b>Intern Reflection</b> "One of the most important things I learned was the desperate need for resources in a lot of our LA communities. There are a lot of zip codes that are neglected when it comes to health care...they introduced me to different methods...to [help] alleviate these issues."</p>	<p><b>+ ME Project</b> Format: In-Person</p> <p><b>+ME PROJECT</b> Where Every Story Matters</p> <p><b>Internship Activities</b></p> <ul style="list-style-type: none"> <li>Developed event calendar and social media content to demonstrate the power of personal storytelling for youth.</li> <li>Hosted and organized an open mic event for the community and shared their stories.</li> </ul> <p><b>Intern Reflection</b> "When I saw PLUS ME's mission, I knew that I wanted to be a part of this. I knew I wanted to help people share their voice....my time with the PLUS ME Project... taught me not to be afraid of making mistakes...to not accept, but respect, imperfection."</p>	<p><b>Nathan Kline Institute</b> Format: Virtual</p>  <p><b>Internship Activities</b></p> <ul style="list-style-type: none"> <li>Developed a manuscript to be submitted to <i>Frontiers for Young Minds</i></li> <li>Introduced to data analysis</li> <li>Participated in a journal club to explore topics of interest in neuroscience and experimental methods.</li> </ul> <p><b>Intern Reflection</b> "This experience led me to step out of my comfort zone, and my supervisors at NKI motivated me to further explore careers in this field and envision myself in the clinical psychology pathway."</p>
<p><b>Crisis Text Line</b> Format: Virtual</p>  <p><b>Internship Activities</b></p> <ul style="list-style-type: none"> <li>Completed 30-hour crisis response training to prepare for the lines.</li> <li>Provided text support to individuals in crisis, helping them navigate difficult emotions and situations with care and compassion.</li> </ul> <p><b>Intern Reflection</b> "This internship opportunity gave me a grasp of what is to come as someone who is planning to work in the mental health field. My job [was] to help through different crises, and it helped me reflect on the many different things people can go through."</p>	<p><b>YWCA of Glendale and Pasadena</b> Format: Hybrid</p>  <p><b>Internship Activities</b></p> <ul style="list-style-type: none"> <li>Supported Camp Rosie, a week-long summer camp designed to empower young girls.</li> <li>Co-facilitated activities and workshops, contributing to a positive and empowering experience for the participants.</li> </ul> <p><b>Intern Reflection</b> "Something important that I did was help the girls feel comfortable and safe where they get to learn about life skills, self-esteem skills...Being able to help that program run, a program I wish that I had when I was younger, was really nice."</p>	<p><b>Child Mind Institute</b> Format: Virtual</p>  <p><b>Internship Activities</b></p> <ul style="list-style-type: none"> <li>Tested and provided feedback on digital products as part of a pilot for a longterm youth advisory program</li> <li>Developed and presented on individual projects in data science, educational content, or marketing.</li> </ul> <p><b>Intern Reflection</b> "I greatly enjoyed gaining a better understanding of a professional working environment...and seeing my work be applied to developing real-time products and sold to the youth mental health crisis."</p>

**Ages:  
Walking to  
10 Years**

**Bring your  
own basket,  
5 eggs  
maximum**



**Los Altos Parks & Recreation**

# **SPRING EGG HUNT**

**Co-sponsored by the Friends of the Library of Los Altos**

.....

**Saturday, April 19**

**Hillview Soccer Field, 97 Hillview Ave**

.....

**9:30 AM - Carnival Games**

**10 AM - Egg Hunt Begins**

**10:20 AM - Live Children's Performance**



**(650) 947-2790 | [rec-info@losaltosca.gov](mailto:rec-info@losaltosca.gov)  
[LosAltosRecreation.org](http://LosAltosRecreation.org)**

**Parks  
Make  
Life  
Better!**



LOS ALTOS PARKS & RECREATION

# BECOME A VOLUNTEER!



## OPPORTUNITIES

- ✓ **Adult 50+ Program**
- ✓ **Drop-in Pickleball**
- ✓ **Marketing Material Distribution**
- ✓ **Special Events**

## INTERESTED?

**rec-info@losaltosca.gov** 

**(650) 947-2790** 

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