



**STATEMENT OF PROCEEDINGS
FOR THE SPECIAL MEETING OF THE
2024 MID-YEAR RETREAT
LOS ANGELES COUNTY YOUTH COMMISSION
510 S. VERMONT AVE, CONFERENCE ROOM C
LOS ANGELES, CALIFORNIA 90020
<https://youthcommission.lacounty.gov>**

Saturday, June 8, 2024

10:00 AM



I. ADMINISTRATIVE MATTERS

1. Call to Order, Roll Call and Land Acknowledgement. (24-2151)

Co-Chair Ricardo Ortega Martinez, Jr., called the special meeting to order at 10:01 a.m. County Staff conducted Roll Call, and Commissioner Peña read the County's Land Acknowledgement.

Present: Co-Chair Ricardo Ortega Martinez Jr., Commissioner Sherrie Bradford, Commissioner La'Toya Cooper, Commissioner Joshua Elizondo, Commissioner Luisa Flores Urrutia, Commissioner Christian Gudiel, Commissioner Martine Jones, Commissioner Clarissa Peña, Commissioner Brittianna Robinson, Commissioner Evelyn Karina Rodriguez, Commissioner Myriah Smiley, Commissioner Flo Valenzuela and Commissioner Angela Young

Absent: Co-Chair Amanda Hernandez and Commissioner Cristopher Espino

2. Introduction of meeting attendees. (24-2161)

This item was not discussed.

3. Opportunity for members of the public to provide comments to the Commission on any item(s) on the agenda. (24-2171)

No members of the public addressed the Commission.

II. PRESENTATIONS

4. Presentation on Mental Health & Wellness, facilitated by Commissioners Martine Jones and Evelyn Rodriguez. (24-2227)

Commissioner Martine Jones and Commissioner Evelyn Rodriguez shared a presentation on Mental Health and Wellness. Commissioner Jones highlighted the importance of self-regulation and understanding and managing stress in daily life. Commissioner Rodriguez highlighted water and expression and various ways to express feelings.

Attachments: [SUPPORTING DOCUMENT](#)

5. Breakout Session - Social and Emotional Connections Group, facilitated by Calibrate. (24-2198)

Co-Chair Ortega Martinez Jr., announced Commissioners will participate in breakout sessions of less than a quorum members facilitated by Calibrate. The Ralph M. Brown Act meeting was paused at 10:58 a.m. There was no reportable action on this item.

6. Recess. (24-2192)

Commissioners recessed for lunch at 12:15 p.m. Co-Chair Ortega Martinez Jr., reconvened the meeting to open session at 2:08 p.m.

7. Breakout Session - Capacity Building Workshops:

- Exploring Alternative Therapeutic Approaches and Mental Health/Wellness, facilitated by the RightWay Foundation.
- Leadership Development, facilitated by the Commission for Children and Families.
- Financial Literacy, facilitated by the Department of Consumer and Business Affairs. (24-2211)

Co-Chair Ortega Martinez Jr., announced Commissioners will participate in capacity building workshops comprised of less than a quorum members, with the RightWay Foundation, Commission for Children and Families, and the Department of Consumer and Business Affairs to explore alternative therapeutic approaches and mental health/wellness, leadership development and financial literacy.

The meeting was recessed at 2:09 p.m. Co-Chair Ortega Martinez, Jr., reconvened the Ralph M. Brown Act meeting at 3:22 p.m. There was no reportable action.

III. MISCELLANEOUS

8. Opportunity for members of the public to provide comments to the Commission on item(s) not on the agenda that are within the subject matter jurisdiction of the Commission. (24-2179)

No members of the public addressed the Commission.

9. Closing Remarks and Adjournment. (24-2180)

On motion of Commissioner Smiley, seconded by Commissioner Peña, there being no objection, the meeting was adjourned at 3:22 p.m.