

Youth Mental Wellbeing:

A Youth-Led Design Lab on Brain Health, the Arts & AI

Youth leaders, policymakers, scientists, and artists are coming together to co-create the California Youth Wellness Blueprint, coinciding with the state's landmark Prop 1 investment, producing actionable solutions for brain health and youth wellbeing. Through interactive sessions on the arts, AI, and brain health, young Californians will design real solutions, backed by experts and public and private resources.

Agenda (you are welcome all day, or just for afternoon panels and performances)

8:30am Arrival, continental breakfast

9am **AI 101 by OpenAI Academy**

This session introduces how AI has evolved from a tool for tech experts to something anyone can use—and why that shift matters right now. Attendees will build hands-on skills by learning how to write prompts that get real, useful answers—getting a practical foundation in ChatGPT tools that they can put to work immediately, whether for school, a side hustle, or everyday life.

10am **Breakout Groups**

- **Music, Art and Healing** led by UCLA HeArts Art and Healing Initiative, with Clockshop, Youth Poet Laureates, music and dance performances

A dynamic, youth-centered session with performances, lightning talks and roundtable discussion. The session will spotlight diverse artistic modalities: spoken word, dance, music, and visual storytelling that will generate concrete recommendations for how the arts can support youth mental health to inform policy and practice.

- **AI & Youth Mental Health.** Co-led by Brotherhood Crusade and Social Justice Learning Institute youth leaders, and OpenAI Academy Staff

In this session, young people will have a robust conversation about mental wellness prevention AI's role in everyday life, economic opportunity, and the power of storytelling. Powered by AI, every idea is captured in real time and turned into memos and actionable outputs for lawmakers, policymakers, and funders.

- **Neuroscience of Brain Health.** Semel Institute Researchers

Internationally renowned neuroscientists will present cutting edge research on brain health; neurodevelopment, sleep and performance, substance use disorders, and neurodegeneration.

12pm Lunch

12:30pm Panel Discussions and Performances with artists, policy makers, mental health experts and youth leaders

Two Fireside Chats:

- **The Arts, Activism, and Mental Health:** [Common](#), Academy, Emmy and Grammy Award winner, interviewed by [Robert Ross](#), past president of California Endowment
- **A Personal Story - Origins of the "Millionaires Mental Health Tax":** [Darrell Steinberg](#), former CA Senate pro-temp, creator of Mental Health Services Act, with [Jordana Steinberg](#), Youth Mental Health advocate and Founder, Evergreen Consulting, interviewed by [Julian Murchison](#), Friends of Semel Teen Advisory Council

Panel: Public Policy of Investment in California's Youth Mental Wellbeing

CA Prop 1 raised over \$ 6B in funds for mental health. How can youth and experts guide effective community-based interventions using these funds?

[Jon Sherin](#), Former Director, LA County Department of Mental Health, moderator, [Ross Szabo](#), author and Wellness Director, Geffen Academy, [Julio Sagastume](#) and [Josue Pineda](#), Youth Ambassadors, Office of the CA Surgeon General,

- Poetry reading, [Helena Donato Sapp](#), Youth Poet Laureate

Panel: Music and Art for Healthy Brains

Artists and experts discuss the scientific evidence base and the practice of improving mental health through the arts.

[Eraka Bath](#), UCLA Psychiatry HeArts Arts and Healing Initiative, [Rujuta Bhatt-Wilson](#), UCLA Pediatric Neurologist, [Akila Kadambi](#), UCLA Psychiatry and Neuroscience Fellow, [Karla Sanchez](#) and [Max Diaz](#), Youth Art Team, LA Commons

- **Artists Reflect on Creativity and Mental Health**

Vic Mensa, Grammy Award-nominated multi-platinum selling rapper and mental health advocate, *Neil Giraldo*, Rock and Roll Hall of Fame guitarist, songwriter, and producer

- **Performance**

Tiger La Flor, singer/songwriter signed with Arista records, and *Rozzi*, singer/songwriter, winner of Cannes Lions award.

3pm **Close**