



# The 360|Report

## **FORESIGHT & Alliance Healthcare Foundation – San Diego, California Regional Report**

### ***Envision! A Healthy Community Future***

*Facilitated by MTI*

**Events: 9 July 2020, 16 July 2020, 23 July 2020, 28 July 2020, 6 August 2020**

**Report Publication Date:** Friday, 25 September 2020

**Lead Evaluator:** Elexis Trinity, MTI Research & Project Director

### ***The 360 | Table of Contents***

<b>Executive Summary .....</b>	<b>2</b>
<b>Demographics.....</b>	<b>2</b>
<b>Event Overview .....</b>	<b>4</b>
<b>Mindstorm (Small-Group Discussions) .....</b>	<b>6</b>
<b>Instructions Sheet Facsimile .....</b>	<b>6</b>
<b>Themes &amp; Analysis .....</b>	<b>7</b>
<b>Oral Report Notes.....</b>	<b>24</b>
<b>Raw Response Aggregate.....</b>	<b>29</b>
<b>Circle Share-in.....</b>	<b>80</b>

1330 Lagoon Ave. 4<sup>th</sup> Floor, Minneapolis, MN 55408  
Phone 612.928.7744 • Fax 612.928.7788  
[izicenter.org](http://izicenter.org)



## The 360 Report | Executive Summary & Overview

**FORESIGHT** Envision! A Healthy Community Future – San Diego, CA  
Alliance Healthcare Foundation

9 July 2020, 16 July 2020, 23 July 2020, 28 July 2020, 6 August 2020

### *The 360 | Demographics<sup>1</sup>*

**Total Guests – San Diego Region** | 307 across all events – 62 (July 9), 49 (July 16), 50 (July 23), 57 (July 28), 89 (August 6)

**Indigenous or Other People of Color** | Approx. 271 (88%)  
**Youth/Under 24** | Approx. 44 (14%)

**Human Survey Results** | Self-indicated by participants via voluntary online poll during the event (n = 193 participants; 63% response rate).

**Met one new person across race, class, culture** | 82%  
**Met someone with whom you plan to stay in touch/collaborate** | 69%  
**Would invite others to another event like this** | 90%  
**Had the opportunity to identify one action toward a healthier future** | 91%

**Table I. Overview of Key Themes from San Diego Mindstorm Discussions:**  
“Relationships Are Our Infrastructure”

**Keyword(s):** *Eco-hubs, intergenerational leadership and connection; democratic institutions and processes; shared ownership; equity and justice; collective care and responsibility for community wellbeing*

- Appeal of collective living arrangements and smaller **self-organized communities, “eco-hubs” and kinship groups**, locally based **democratic institutions** and workplaces with **intergenerational leadership**; intergenerational living arrangements/options, more support for elders and elder care; concerns about the costs of American individualism; deep interest in collective action, **connection and cooperation**.

**Keyword(s):** *Public participation; government and governance; voting rights and census engagement; diversity in public office and decision-making roles; citizen/resident/community changemakers; organizing and collective action*

<sup>1</sup> **Note:** Percentages above have been rounded up to the nearest whole percent and therefore represent close approximations.

- Hope for **public leadership that is more diverse and representative** of the community, state and nation; enthusiasm for ongoing advocacy and holding officials and other decisionmakers accountable; problems of elitism and investment of elites in maintaining the status quo;
- Lack of trust and perceived failure of political institutions, dearth of (ethical) leadership; more accountability and oversight for decisionmakers;
- Better resources supporting **education and informed participation** at all levels; importance of civic participation for solving social problems; education and anti-racism efforts at all ages.

**Keyword(s):** *Covid-19 as the impetus for rethinking basic needs and essential systems, sustainability and resource availability; inequitable impacts of Covid; small-scale, cross-generational efforts to responsibly manage and care for resources and the environment; housing and homelessness.*

- **Intensity of uncertainties due to Covid-19** and its inequitable impacts upon vulnerable communities and residents; availability and distribution of vital resources; rethinking eco/systems.
- **Affordable housing**, difficulties for renters who feel trapped with few options; addressing homelessness – impacts of urban expansion, cost of living, desire to stay in the state despite difficulties; Indigenous connections to traditional lands in California, commitment to staying despite climate change and **increasingly extreme weather patterns; concerns about water quality, availability and rights.**
- **Climate changes and anthropogenic environmental impacts** – concerns about availability, quality and management of natural and economic resources for offsetting current and future uncertainties and system-wide disruptions in food, education, environmental resources and water systems.
- **Teaching environmental responsibility:** importance of informal intergenerational modeling and influence on sustainable, environmentally friendly practices.

**Keyword(s):** *Anti-racism for public health equity; role of history, education in redressing historic traumas; economic justice, addressing the “haves and the have-nots,”; health outcome disparities and disparities in treatment and care on the basis of race, gender, sexuality, economic status, immigration status, language.*

- **Addressing racism and historic trauma**, systemic inequities and economic justice – divisions between **the “haves and the have-nots”**; health-wealth connection; Covid-related anti-Asian racism; particular challenges facing immigrant and Indigenous communities, English language learners, elders and those who are especially isolated and/or who lack supportive connections in the community.
- **Reducing race and class-based gaps** in health outcomes and longstanding disparities in care.
- **Role of ongoing education** – and especially the teaching of history at all levels – in redressing historical inequities, resolving persistent social ills, and avoiding their reproduction in existing/current systems.

**Keyword(s):** *Providing healthcare for all; decoupling healthcare and employment; broadening existing programs for affordable insurance to allow working-class residents beyond the neediest to qualify; mental, emotional and behavioral health resources; access and affordability; medical coverage that includes dental care*

- **Disentangling healthcare from employment**, increased collaboration between hospitals, free clinics and insurance providers to help fill gaps among those who cannot afford health insurance and/or medical care.
- **Difficulties paying for care even for those covered by insurance** – and challenges presented by Medicaid policies and state insurance providers that offer aid only to those suffering the most extreme poverty levels; need to fill gaps created to better support working class, lower middle class and middle-class residents.

- Eliminating stigma and providing more resources for **mental and behavioral wellness**, addressing gender-based differences in the perception of mental, emotional and intellectual health needs.

**Keyword(s):** *Automation, technology as a tool, ambivalence about power/utility of emerging technologies, rate of technological progress, ethical use, technology and human bias, accessibility*

- **Speed of technological change, general ambivalence**; concern about job losses due to automation; interest in using technology more strategically to achieve climate and sustainability goals and maximize impacts for social good,
- Tensions derived from **dynamics of political will, public trust in government and governance, and applications of technology for social benefit**; expression of desires to “unplug” and depend less on technology for social connections;
- Challenges engaging fully in civic life, difficulties accessing resources like telemedicine for those lacking **the language, education and technological savvy** (and/or the requisite internet capabilities) **to utilize online videoconferencing platforms and other vital online tools** (esp. for elders, English language learners, immigrants and Indigenous communities); incompatibility of some technologies and uses of technology with **rural, tribal and Indigenous lifeways**.

### **The 360 | Executive Summary, Event(s) Overview**

Over the course of five virtual events hosted via the videoconferencing platform Zoom, Marnita’s Table, the Alliance Healthcare Foundation and FORESIGHT brought together 307 community members in the San Diego metropolitan region of California for an engaged discussion and visioning session on the future of health and wellbeing in the United States. All conversations in the regional series were open to the community and featured a feast appropriate for all dietary needs from vegan to carnivore, prepared by local caterers and small-business vendors. Meals were provided for participating households and delivered in accordance with public health guidelines for food delivery during the ongoing Covid-19 pandemic<sup>2</sup>. Families and other household groups were invited to participate in the conversation together over dinner utilizing either a single shared device or separate personal devices.

During each event, participants viewed a set of two scenarios – or stories of possible futures – based on a scan of the health and well-being horizon conducted by FORESIGHT’s professional futurists. These scenarios were created by a cohort of about fifty people – representing a diversity of perspectives – over the course of two separate workshops whereby participants prioritized the trends, opportunities and challenges identified in the futurists’ scan. The priorities identified by workshop participants were then woven into four scenarios and turned into a short video. Two of the four scenario videos are shown at each event and all videos are shown at least once in all regions. These short, animated videos, designed to provide support to participants in conceptualizing the future thirty years from the present date, were primarily utilized during the small-group discussions to provoke thoughtful conversation about the future of health in the United States and have been made available in five languages.

The virtual San Diego area conversations were conducted in seven languages – English, Spanish, Arabic, Amharic, Vietnamese, Somali and Swahili<sup>3</sup> – according to the community-specific needs of the region,

<sup>2</sup> For participants who were either unable or unwilling to receive delivery at their home or other location from which they participated in the virtual conversation, gift cards were provided for a meal of their choice.

<sup>3</sup> A small cohort of Tagalog speakers were also welcomed to the conversation with the aid of informal interpretation provided by a local elder of the Filipino community. However, due to the timing of the relevant RSVPs for the event, materials were not

and all conversations included simultaneous interpretation and facilitation support provided by native speakers of each language. The Mindstorm small-group focused conversation session was designed to elicit community feedback on concerns, anxieties and hopes for the future which will be used to inform an emergent community-sourced vision to guide the action-planning phase of this project. Participants discussed an array of social and environmental determinants of health and wellbeing and engaged with a range of technological, economic and political factors relevant to the future of these issues in the U.S. via the mechanism of a guided conversation which placed the discussion in the context of community participants' experiences and personal perspectives.

Significant themes emerging in the qualitative content analysis of the small group discussion notes included the need for collective, community-based collaboration to address historic traumas, current or ongoing inequities and future exigencies, as well as interest in intergenerational leadership and political representation that is reflective of community members' identities, experiences and values. Also emerging as central themes relevant to the discussion of health, healthcare and wellbeing in California were the need for coordinated action at individual, systemic and policy levels toward environmental sustainability and resilience in the face of climate change, the need to invest richly in education and anti-racist work, and ambivalence about the utility of emerging technologies against the need for ethical leadership and political will to maximally benefit the public good in their applications of such innovations.

The San Diego-area events represent a set of conversations in a series of regionally centered virtual engagement and community-based research experiences conducted between May and October of 2020 in support of the Phase I emergent learning processes of the FORESIGHT Initiative. The series was co-hosted by the Alliance Healthcare Foundation, one of seventeen foundations across the U.S. partnering with FORESIGHT to implement this project. Event facilitation was provided by Marnita and the Marnita's Table team in the model of Intentional Social Interaction (IZI). Project coordination, logistics and outreach were led by senior project director Sammie Ardito Rivera with support from outreach specialist and Spanish language coordination lead Marlene Rojas Lara and training director Lauren Williams. Materials design, research, evaluation and analysis were conducted under the supervision of research director Elexis Trinity with support from operations and evaluation manager Lars Goldstein and other members of the MTI team.

Each gathering concluded with a ritual Circle Share-in session in which participants were asked to share one hope they hold for the future of health and wellbeing. Comments from participants drawn from this session were transcribed by members of the MTI research team during each event and can be found at the conclusion of this report. The following report consists of qualitative discussion data collected from the above activities and the thematic analysis of their results conducted by the Marnita's Table research team.

---

able to be translated into that language. For this reason, Tagalog has been left out of the official count of languages in which the conversation was offered in the San Diego region.



## **FORESIGHT**

### **Envision! A Healthy Community Future – San Diego, CA**

**Alliance Healthcare Foundation |** 9 July 2020, 16 July 2020, 23 July 2020, 28 July 2020, 6 August 2020

## **Mindstorm**

**Directions:** Identify someone to write down what is discussed. Read the questions and decide together which ones you think are most important to answer. Then discuss those questions as a small group. Start with the most important question! Freely enter and exit groups. Remember to listen and give everyone a chance to speak. Speak from your own personal point of view.

**Questions for Discussion:** *10-15 minutes per question. Begin with the question(s) your discussion group finds most important.*

1. Is there anything you saw today that inspired you? What, if anything stood out to you across all of the scenarios? Was there anything you liked?
2. Is there anything you saw today that you didn't like? What if anything stood out to you across all of the scenarios? Was there anything you found alarming or upsetting?
3. Is there anything we can do right now to ensure a healthy and equitable future 30 years from now? Do you have a vision for community safety in a healthier future? How might public institutions and systems shift or be designed in order to ensure the outcomes you envision?
4. Name two things you want or need in your future to experience health and wellbeing. Do you feel that you have a role in building the future you imagine? Is there anything you need to see in your future in order to thrive?
5. What would you like to see in the future more broadly? Is there anything happening in your community now that is promising for the future? Is there anything you'd like to see more of? Less of?
6. Is there anything that we didn't ask that we should have? What isn't here that you would like to see? Please share your question(s), and any answers that your group discusses.

### **For Scribes:**

- Write down your first name and the first names of the others in your group.
- Take notes about things your group thinks important to note in the space provided.
- Please write legibly or ask someone who writes legibly to write the notes.
- Be prepared to share your findings with the larger group.
- Please turn your notes over to Marnita's Table staff at the end of the evening.



## The 360 Report | Mindstorm Themes & Analysis

### FORESIGHT

**Envision! A Healthy Community Future – San Diego, CA**

**Alliance Healthcare Foundation**

9 July 2020, 16 July 2020, 23 July 2020, 28 July 2020, 6 August 2020

### Overview & Methodology:

The following is a summary and analysis of the discussion notes submitted by small-group conversation facilitators during the virtual Mindstorm sessions hosted during July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 28<sup>th</sup> and August 6<sup>th</sup> of 2020. This focused conversation was undertaken by a total of 307 participants<sup>4</sup> of the five-part community engagement and dialogue series *EnVision! A Healthy Community Future* hosted virtually over the Zoom videoconferencing platform for the San Diego metropolitan region of California. In total, thirty-six (36) small groups submitted notes from their conversations. Notes from the small-group discussion sessions held in languages other than English were taken down in English originally or translated directly by the interpreters responsible for facilitating those sessions to ensure accuracy, clarity and completeness of the notes. All participants were additionally provided the opportunity to directly submit individual notes in their own words during the conversation via the use of a collaborative note-taking document available online to all participants during the duration of the conversations.

These open-submission online discussion notes documents remain publicly available for a minimum of two weeks following the events in case participants have additional reflections or responses to the discussion questions they would like included in the reportage, or in the event that they would like to submit handwritten or otherwise recorded notes after the session has concluded. However, no participants submitted individual notes for any of the San Diego regional conversations. The responses and discussion themes emerging from the small-group sessions have subsequently been aggregated and made anonymous for the purposes of this analysis. The full text of the submitted notes is available on page 29 of this report, while a facsimile of the Mindstorm packet distributed during these conversations, including instructions and questions, has also been included (see: *page 6 for more details*).

Because of the free-flowing nature of the hour-long small group discussions which were guided in an intentionally non-rigid manner in order to allow for flexibility, participant choice, and community-based responsiveness in accordance with the model of Intentional Social Interaction, many of the themes emerging during these conversations occur across individual discussion questions and overlap with topics raised by participants. Where possible, this report attempts to make those linkages apparent and to highlight other questions in the text of the notes where themes overlap and participant stories and comments reference previous discussion themes or insights.

---

<sup>4</sup> Our research team reported 62 participants of the initial session (July 9<sup>th</sup>) with 6 discussion groups submitting notes from their conversations; 49 participants of the second session (July 16<sup>th</sup>) with 5 discussion groups submitting notes; 50 participants of the third session (July 23<sup>rd</sup>) with 9 discussion groups submitting notes; 57 participants of the fourth session (July 28<sup>th</sup>) with 8 discussion groups submitting notes; and 89 participants of the final session (August 6<sup>th</sup>) with 8 discussion groups submitting notes – a sum total of 307 participants and 36 discussion groups across all events. All participants received the same instructions and discussion questions. Transcriptions of the orally reported highlights and key observations from these discussions as summarized by participants during the event can be found on page 24 of this report.



## Themes & Analysis:

**Table 1. Overview of Key Themes from San Diego Mindstorm Discussions:**  
“Relationships Are Our Infrastructure”

**Keyword(s):** *Eco-hubs, intergenerational leadership and connection; democratic institutions and processes; shared ownership; equity and justice; collective care and responsibility for community wellbeing*

- Appeal of collective living arrangements and smaller **self-organized communities, “eco-hubs” and kinship groups**, locally based **democratic institutions** and workplaces with **intergenerational leadership**; intergenerational living arrangements/options, more support for elders and elder care; concerns about the costs of American individualism; deep interest in collective action, **connection and cooperation**.

**Keyword(s):** *Public participation; government and governance; voting rights and census engagement; diversity in public office and decision-making roles; citizen/resident/community changemakers; organizing and collective action*

- Hope for **public leadership that is more diverse and representative** of the community, state and nation; enthusiasm for ongoing advocacy and holding officials and other decisionmakers accountable; problems of elitism and investment of elites in maintaining the status quo;
- Lack of trust and perceived failure of political institutions, dearth of (ethical) leadership; more accountability and oversight for decisionmakers;
- Better resources supporting **education and informed participation** at all levels; importance of civic participation for solving social problems; education and anti-racism efforts at all ages.

**Keyword(s):** *Covid-19 as the impetus for rethinking basic needs and essential systems, sustainability and resource availability; inequitable impacts of Covid; small-scale, cross-generational efforts to responsibly manage and care for resources and the environment; housing and homelessness.*

- **Intensity of uncertainties due to Covid-19** and its inequitable impacts upon vulnerable communities and residents; availability and distribution of vital resources; rethinking eco/systems.
- **Affordable housing**, difficulties for renters who feel trapped with few options; addressing homelessness – impacts of urban expansion, cost of living, desire to stay in the state despite difficulties; Indigenous connections to traditional lands in California, commitment to staying despite climate change and **increasingly extreme weather patterns; concerns about water quality, availability and rights**.
- **Climate changes and anthropogenic environmental impacts** – concerns about availability, quality and management of natural and economic resources for offsetting current and future uncertainties and system-wide disruptions in food, education, environmental resources and water systems.
- **Teaching environmental responsibility**: importance of informal intergenerational modeling and influence on sustainable, environmentally friendly practices.

**Keyword(s):** *Anti-racism for public health equity; role of history, education in redressing historic traumas; economic justice, addressing the “haves and the have-nots”; health outcome disparities and disparities in treatment and care on the basis of race, gender, sexuality, economic status, immigration status, language.*



- **Addressing racism and historic trauma**, systemic inequities and economic justice – divisions between **the “haves and the have-nots”**; health-wealth connection; Covid-related anti-Asian racism; particular challenges facing immigrant and Indigenous communities, English language learners, elders and those who are especially isolated and/or who lack supportive connections in the community.
- **Reducing race and class-based gaps** in health outcomes and longstanding disparities in care.
- **Role of ongoing education** – and especially the teaching of history at all levels – in redressing historical inequities, resolving persistent social ills, and avoiding their reproduction in existing/current systems.

**Keyword(s):** *Providing healthcare for all; decoupling healthcare and employment; broadening existing programs for affordable insurance to allow working-class residents beyond the neediest to qualify; mental, emotional and behavioral health resources; access and affordability; medical coverage that includes dental care*

- **Disentangling healthcare from employment**, increased collaboration between hospitals, free clinics and insurance providers to help fill gaps among those who cannot afford health insurance and/or medical care.
- **Difficulties paying for care even for those covered by insurance** – and challenges presented by Medicaid policies and state insurance providers that offer aid only to those suffering the most extreme poverty levels; need to fill gaps created to better support working class, lower middle class and middle-class residents.
- Eliminating stigma and providing more resources for **mental and behavioral wellness**, addressing gender-based differences in the perception of mental, emotional and intellectual health needs.

**Keyword(s):** *Automation, technology as a tool, ambivalence about power/utility of emerging technologies, rate of technological progress, ethical use, technology and human bias, accessibility*

- **Speed of technological change, general ambivalence**; concern about job losses due to automation; interest in using technology more strategically to achieve climate and sustainability goals and maximize impacts for social good,
- Tensions derived from **dynamics of political will, public trust in government and governance, and applications of technology for social benefit**; expression of desires to “unplug” and depend less on technology for social connections;
- Challenges engaging fully in civic life, difficulties accessing resources like telemedicine for those lacking **the language, education and technological savvy** (and/or the requisite internet capabilities) **to utilize online videoconferencing platforms and other vital online tools** (esp. for elders, English language learners, immigrants and Indigenous communities); incompatibility of some technologies and uses of technology with **rural, tribal and Indigenous lifeways**.

### Question Set One:

**We asked:** *Is there anything you saw today that inspired you? What, if anything stood out to you across all of the scenarios? Was there anything you liked?*

Although participants spoke of their desired health futures in different ways throughout their

discussions, nineteen of thirty-six total discussion groups submitted notes<sup>5</sup> addressing this question directly by naming elements from the scenarios – or based upon their own experiences – that they found desirable or inspiring for the future of public health. A number of themes which appear prominently elsewhere in the discussion notes emerge first here, including among them: the decoupling of health insurance from employment; concerns about a high cost-of-living and affordable housing in the state; the appeal of local, communally-oriented modes of self-governance and shared power (“I liked when they talked about building their own communities and collectives.”); and the idea that the context of an ongoing global pandemic provides the U.S. with an opportunity to reflect, reexamine and redesign our systems to redress historic and contemporary inequities. As one respondent put it:

One thing that stood out to me is the outrage we feel because of the inequities that persist in our country. Maybe there will be some silver linings that come out of this [pandemic] – corporations and the government, maybe they’ll use this moment to shift to thinking about worker cooperatives and shared ownership. It would be amazing if there was more of that in the future.

However, across discussion groups and event dates, two primary themes emerge in the notes submitted for this section – the need to reduce the equity gaps between the “have and have-nots,” and a profound interest in building voluntary alternative family and community structures based in kinship connections and intergenerational reciprocity and care. While the former appears to be heavily inflected with concerns about widening or worsening inequities due to the myriad impacts of the novel Coronavirus pandemic, the latter theme is frequently linked in the notes with notions of cooperation and shared power, democratic ownership and institutions, and the human need for social connection and mutual support. In the notes submitted by several groups, these themes were explicitly connected by various articulations of the notion that alternative, community-based institutions, collaboration across silos, organized collective action efforts, and increased social connections and support could work to help improve existing disparities and redistribute surplus resources to those who need them, as in the following comments<sup>6</sup>:

In 30 years, I would like to see the community keep helping each other. Covid-19 has united our community in many ways, such as when somebody gets sick, family and community cook meals and share some resources.

I want to see more cooperation in my community and people being more open. Opportunities like this for people to talk about inequalities and Covid is certainly a step in the right direction.

In the second story [Trust in US], the corporations vs. co-ops and employee ownership was really inspiring. I thought the employee-owned and co-op style were promising ways to balance social equity and economic equity in the future.

We used to have a community garden (in my past home). With community gardens, we can help those that are struggling to eat healthy. During this time, we need to have more help from the education system. Children from

---

<sup>5</sup> Thirteen (13) of the thirty-six total (36) groups viewed the Off-Ramp/Trust in US set of scenarios (n = 106 participants) while 23 groups viewed the Crowd Control/In It Together set (n = 201 participants) due to the screening of the scenarios sets on alternating event dates and the odd number of total events in the region.

<sup>6</sup> Discussion groups in San Diego did not stick closely to the organization structure of the notes, choosing to intersperse enthusiastic comments on the possibilities of “eco-hubs,” community connection and kinship groups with reflections on their concerns about racism against Asian community members during the Covid-19 crisis and ambivalence about technology’s ability to improve our lives and doubts about the political will to deploy technologies toward the public good – a theme related to expressions of anxiety and distrust toward government institutions and concerns about whether there exists the necessary political will to resolve persistent social problems such as poverty, food and housing insecurity. This is likely due in part to the flexible and broad-ranging tools and facilitation with which participants were engaged, and in part due to the largely organic rhythms of the guided discussion among participants. As a result, the notes and emergent themes in each section have been analyzed in the context of the entire set of composite notes for the San Diego discussions (across all events, discussion groups and questions). Supporting comments appearing in other sections of the notes have been included with the relevant themes throughout this analysis.

underserved communities need more resources to receive help. Many times, kids are seen as “problematic” but what they really need is someone who believes in them and gives them the push so that they can have a successful future.

Our country needs cooperation within 30 years. Less of the “me” syndrome, which is the history and foundation of this country with capitalism, extractionism. And the country has kept the same mindset. I don’t expect it to drastically change on the national stage, but what we can control is our local communities. We can then do cross-cooperation between different communities. I work at a preschool and we’ve offered a grab-and-go meal throughout the pandemic for the children we serve, or we drop it off at their house. As a preschool, we’re trying to meet the needs of our students, of our parents. We call them daily, seeing where they’re struggling, and we then direct them toward resources.

With the pandemic it is important to stay informed, because you never know when you will need the information and the resources in our communities. It’s important to build community in our neighborhoods so we take care of each other.

It was interesting to think about 30 years from now. I was more drawn to the [eco-]hub concept...There was something reassuring about having smaller interconnected communities. The robot piece was concerning, but you’re talking three decades from now. It felt like going back to nature, stepping away from city life and going to a slower-paced story.

Can small community cohesion – eco-hubs – help us be more resilient in the long run?

Affirming the significant interest in environmental protections and individual, local and systemic-level interventions toward sustainable natural resource management of land, water and food systems that appears across all events and discussion groups for this region, many groups expressed appreciation for the inclusion of environmental considerations in the notion of the “eco-hubs” presented the scenario “In It Together.” Finding this to be a hopeful element of an imagined future, one participant shared, “I liked the idea of working together for saving the planet, specifically the scene on the video with folks planting trees. It is very important to stay united for the improvement of the planet. I believe that if we start now, we can leave the planet in a better shape for future generations.” A number of supporting comments can be found in the notes submitted by several groups that focus upon the linkages between sustainable, environmentally-friendly natural resource management and the long-term resilience and efficacy of food, energy and water systems, including expressions of interest in being more directly and locally connected to agricultural practices in a range of environments and food production processes more generally. It is interesting to note that several comments additionally link notions of health equity and civic participation, environmental and economic justice by framing their discourse around hopes for a sustainable future, more generally, with interlocking values and practices.

Some of the positive outcomes I thought were inspiring: one of which I thought was the level of cooperation that allows communities to come together to make decisions democratically, decide their destiny and shape their ability to survive. I liked the idea of people 30 years from now being able to cooperate with farmers and agricultural workers to provide food for everyone. One of the things I thought was really positive was workplaces that are more democratic. It’d be great if we could figure that out somehow. What else? I’m for universal healthcare, equal access to opportunity, renewable energy for everyone.

To me, what was inspiring was when there was a scene when people were planting trees and seeds. I often come across invitations for different events for yoga and hiking, but I haven’t seen enough events like a tree planting event and making the environment better. I’ve been to meetings with the department of transportation and they talk about air pollution and the things they’re doing and that’s inspiring – so I’d like to see a lot more of those and motivating us to participate in some way. I have children, and I’d like them to be able to grow and be able to breath cleaner air in a much better world than what we’re in right now.

I like the idea that more people could plant more fruit. For example, I have seen videos from other countries that people plant their own food. If everyone would be able to plant their own fruit tree that would help us all.

[I appreciated] the association between the family with access to a farm/agriculture [and] how everyone can have a fair payment.

B———— was inspired by the multiculturalism of the program. It shows that America is finally coming together and becoming a real melting pot. The pieces about food were interesting. She has always killed everything she's tried to plant so her sister is helping her grow food and being successful growing tomatoes and peppers for the first time!

I liked the windmills to be sustainable and the vertical planting to be more efficient with our spaces.

In addition to community-based environmental concern and practice, another important subtheme emerges in this section in connection with the idea that collective action is necessary in order to ensure positive change toward redress of historic traumas and persistent inequalities, with several discussion groups finding hope in the stimulation of more localized connections and voluntary support at the community level. For some, this idea was responsive to a loss of faith in political institutions and mechanisms of redress in both the public and private spheres. One respondent notes quite baldly:

I don't see America changing its culture in giving the poor what they deserve. It's not the American way. In the plantations, the owners never gave the workers – Black or white – what they deserve. The rich have never given the workers what they deserve. However, if we can make subcultures around us, educate our children, our friends' children a different way, a sharing and caring way, then things would get better.

Other comments echoed these sentiments, similarly, placing contemporary concerns about inequality and health in the context of American history, long-standing historic traumas and personal experiences, while emphasizing the need to work together to create positive change – a theme that stands out across discussion questions and event dates in the region. Supporting these themes are comments in the discussion notes indicating interest in public action to hold government officials and policymakers accountable and pressing for greater transparency.

More people sharing and caring are key. If the rich people were sharing and caring, the world would not be this inequitable. The world would change rapidly. Even with slavery, if people were educated on truth in each American generation, the issues and legacy wouldn't be nearly as painful today.

My family comes from Mexico and I arrived here when I was 17 and...it's not been easy. [I] I really don't understand why people don't get that we have to become one [united in our efforts to create positive change] – it has to come from all of us – to make this country work and to solve the issues we face moving into the future. It's kind of scary to think about the future. But I'm really glad that you guys are creating this forum – we need to come together as a community, as a country to make the future a better and healthier place.

I've had great trust in our government over my lifetime. As I'm going back and relearning history (reading *White Rage*), I'm questioning "how much can we really trust the government?" If we don't – as individuals and as community members – start holding our government officials accountable, we won't get anywhere. That takes action and attention the part of constituents to hold representatives accountable for their actions, corruption, coverups.

Several groups suggested that intergenerational leadership would profoundly benefit the functioning of an "eco-hub" style arrangement and expressed interest in seeing more connection and collaboration across generational divides in both formal and informal contexts. A few commenters noted that while they found this vision of communal, intergenerational living to be useful, hopeful and appealing, they doubted that such a cultural norm would develop in the United States within the next thirty years.

My parents stayed at my sister's place; for a short time, they were multi-generational home. It was an interesting learning experience to see that. There's knowledge there, there's a respect built in there. When you just see grandma and grandpa on holidays, it's a different interaction then with you live in it. With the eco-hubs, it sounded like you could have self-identified hubs of people. I thought immediately, that's my retirement. It could be a way for people in non-traditional families [to experience community and care].

I work for Indian tribes, tribal governments, everything revolves around our community. In working with youth for over 25 years in a non-profit, we focus on getting more Native students into college, in trying to prepare them. Everything in college is about greater Western society, you don't learn about Native culture, history. We are given this inaccurate history throughout school and college. Having an elders' council, what value would there be with an elders' council? An alternate dispute resolution forum. For our tribal community, elders are looked at as an authority,

they lived it. I'm also a tribal court judge for fourteen tribes and we're developing a youth court, and one of the components is having them meet with tribal elders and representatives, so they can go through their family tree and know where they come from. That's really the message we're trying to get out. Collectively, until we know where we come from, we're going to have a hard time getting to those aspirations.

Right now, we don't have intergenerational homes. I've noticed with Covid, the parents are working from home, kids staying at home, they need the help. Other cultures, it's a built-in way of life.

I saw [in one of the scenarios, The Off-Ramp] that it was more of a kinship group and had a community of leaders. They were elders and that's great, but there's youth too! One of the things that I found frustrating is that – we need to be able to play and experiment and build projects and grow from that [reciprocity across generations].

I liked the first video [The Off-Ramp]. It's about community, building a sense of confidence in the future and how things can be better – and having a feeling that you are part of a community. That's very soothing and gives you that sense you aren't alone and can do this together. I liked the pods, with the little things going around, I think 30 years is quite too short [to accomplish this], maybe 75 years.

Additional comments in this section underscored the interest in equality across race, class, gender and immigration status; a desire to embrace cultural diversity and articulate more openly and clearly the needs of particular ethnic (and other identity) groups; and the desire of many to be more engaged in their own children's education and in ongoing self- and community-based education at all levels.

## Question Set Two

**We asked:** *Is there anything you saw today that you didn't like? What if anything stood out to you across all of the scenarios? Was there anything you found alarming or upsetting?*

Twenty-one of thirty-six total discussion groups submitted notes in response to this question with one group simply noting that they “like[d] everything [they] saw,” and another group submitting two sets of notes for their conversation taken by different scribes<sup>7</sup>. The dominant concern emerging across discussion groups in this section was again, in general, concern about issues of equity, frequently cast in the language used in one of the scenarios videos, the “have's and the have-nots,” and often explicitly framed in consideration of the exigencies, uncertainties and inequities of the Covid-19 pandemic. Another major theme for this region begins to appear here in earnest – the matter of affordable housing and homelessness and – relatedly, though discussed in the notes to a lesser extent – climate migration. Some comments in this section appear to deepen and broaden the discussion and to include greater detail and nuance. In keeping with the thematic content of the previous section, participants frequently discussed health equity and economic justice in the context of community connection and support, linking local, small-scale action to policy needs and systemic interventions at a larger scale.

It's pretty interesting what we are talking about right now, the trends with people who are really poor or homeless. In San Diego, we have the convention center, and there is a lot of help from public health and social workers who are helping the people who are homeless there and in our community. I'm kind of struck by the have and have-nots. It's kind of heartbreaking right now to think about people who have lost their jobs, who can't take care of their homes or their family, their children. As a community, we have to do whatever we can to help them survive. We should have a FORESIGHT [community conversation] on what we can do, especially for older people like us, on Medicaid. But people who are losing their jobs right now, who don't have health insurance... I mean, we also have clinics for people who don't have money. But I'm also thinking about the world right now. Countries are suffering so much because of this pandemic. You hear about the suffering all the time. I just hope that this pandemic can be eradicated by the vaccine that is hopefully coming in the next year. I know several people who have died from this, and also nurses who have been affected. People need to listen to public health and thank the healthcare workers, and nursing aids who are taking care of us – there are a lot of nursing aids in the Filipino community who are affected by this. We have to listen to the scientists and stay at home, wear masks, wash our hands. We should try to help by staying in together. We're all in it together – with this pandemic, we're all in this together. We have to be positive about it, but how can you be positive if someone from your family dies from this?

---

<sup>7</sup> Both sets of notes were counted together and combined represent a single group out of twenty-one total submitting notes in this section.

Unsurprisingly, costs of living in California, economic inequalities generally, and housing and homelessness in particular sustained broad interest and profound concern across discussion groups, questions and event dates in the region. Indeed, the notion that matters of economic justice are intimately connected with one's ability to enjoy health and wellbeing is apparent – and sometimes explicitly stated – though climate migration, food security and affordable wage jobs often feature in the ways participants framed their comments.

Rent is super expensive, it's very hard for our families to survive on one salary so all adults have to work. Now with the pandemic kids don't have school, so they have to be at home all day by themselves. My kids are getting behind, they are angry all the time, they just wanted to be in their video games or in their rooms. They are sad. Our house is very small so there aren't many things to do around. It is simply hard.

Part of San Diego is having a lot of people that are very welcoming and helpful. There was a recent effort to relocate the homeless people and build housing for them in a two-year project. Rent right now in San Diego is one of the highest anywhere, and it's only going up. Covid has only worsened this. Even Obamacare right now is super expensive.

For me what stands out is how expensive it is becoming where we live, as big cities keep growing. I didn't think about moving to a different state, because I always planned to be here in San Diego, but seeing how expensive it is to live, to buy a house, we feel like we don't have a choice but to go to another state for more options. That stood out to me as a mother.

I found it interesting that the video [Crowd Control/In It Together] said that most people are going to start moving to the Midwest, because right now that's the area that's more affordable and becoming so much more economical than the coasts, which are getting so expensive and not really sustainable – especially for people my age. It's pretty hard to imagine being able to buy a house here in California.

I would like to see programs that help with rent, right now renting is so expensive and with the current situation is even harder. Two of my sons had already graduated, so I'm not so in touch with the schools anymore, but I know that there are good programs. But my main focus is renting and how expensive has gotten, especially in our area.

I see housing in a couple different ways, affordable housing, in substandard housing, overcrowded homes, or in your car, stable housing allows for that. But in higher cost areas, buying a home is where a family can start building wealth. The biggest hurdle is, how do you go from renting to buying a home. All the single-family subdivisions, I'm trying to figure out how to subdivide bigger lots. Once you start building wealth, you can pass that along to your children. Being able to create that opportunity to create wealth.

I live in a two-bedroom, two-bathroom, we pay \$1200, and that to us is cheap. My husband works two jobs, I try to help to buy cheaper food, cheaper. If we pay rent, we might as well put it into a house.

We need more affordable housing in California. We got a VA [Veteran's Affairs] loan to purchase a home. Who can afford San Diego? Our real estate agent was saying it's a lot of people with inheritances, second homes, etc.

It's expensive to live here. There are a lot of homeless. It's difficult to find a place to live. Homeless people live in unhealthy places and that is also unhealthy for us. Sometimes you see a lot of them in one area and that's not good.

There is no rent control, we need rent control! Rents need to be lower! Most of the time we have to work two jobs to have enough money to pay rent, and sometimes we can only pay a room for a big family.

One thing that didn't get addressed was housing. It's a critical piece of well-being and health. In 30 years, I hope we don't have rental property at all. We should build an equitable system where everyone can own. It could be inter-generational housing. And there would be beautification too because that's where the pride in living comes from. We should fix the issue around unaffordable housing, because once we do, the pride will come with; the beautification will come with. With renting, you're never building any sort of equity or wealth. And study after study has shown that wealth is connected to health.

A second major theme – caution and ambivalence toward emerging technologies – appears prominently in this section of the notes, with respondents expressing concerns about the social impacts of robotics developments (and their uses) and anxieties regarding government surveillance techniques, loss of



human connection, and reproductive technologies such as the “exo-womb” weighed against applications of biomedicine and epidemiology deemed useful and necessary and thoughtful questions about the pace of technological advancement and the need for thorough, rigorous and systematic testing of novel innovations. Ethical questions about food production in labs and the manipulation of human DNA are considered alongside the impact of human biases in technological development, the weight of political will and human decisionmakers in determining the ends toward and means by which technologies will be deployed, as well as concerns about job losses and the economic challenges of automation and labor-replacing technologies.

It is concerning to think about robots taking over the workforce. It makes me worried to think that my job could be replaced by a machine.

Robots are already replacing us, many stores and companies have them already. The question is how to create more opportunities for everyone with the technology that already exist? I feel that robots and technology are good for our society it makes jobs easier. I hope we have more robots and technology in the health industry so that doctors and nurses do not get overwhelm.

Tracking people – perhaps for safety? I am attached to my phone and already feel like I’m being watched, so it feels a little scary. I remember a time before people had cellphones and tablets, and I feel like there were good things about not being connected all the time.

I think both videos were very alarming. What kind of world are we leaving for our children? We cannot let machines overpower us. In fact, when I go to the supermarket I refuse to go to the automatic checkout and instead spend more time going to where there is a cashier in person. The purpose of this is to do my part to foster human connection.

I actually did not think the videos were very alarming. I work in the medical field and I think implementing technological systems that do not make decisions based on race, ethnicity, religion etc. [would be a good thing]. Many doctors have many biases that do not provide the best care for their patients. Therefore, machines could potentially get rid of those biases.

For Scenario One [The Off-Ramp], the world would have to change completely for that to happen. I like technology, but that would take a lot of trust. Our bodies were made the way they were for a purpose. We lose a part of ourselves when we stop relying on our bodies and start relying heavily on artificial intelligence or automatons.

I thought immediately about what could go wrong. With the exo-womb thing especially, I immediately thought about gene selection and designer babies. Human beings would have to be very “good” in order to not exploit such a thing.

One thing that stood out to me – maybe I misunderstood it, but they talked about [food] being...about 90 percent of it coming from our own human cells. I think what we need is actually food sustainability. Here, just by looking at the land, you can see the human trace of our survival – in a very clean and healthy way. The water and the tools and you can see where the in the last 13,000 years [of human history] and especially the last 1,500 years, with industrialization, urbanization and land management – we really started to change things up, and we don’t fully even know the results of that now. There’s a lot of orally-based community knowledge that has been passed down through generations – these slow-moving cultures with knowledge that has been developed over long periods of time. But now we’re looking at what – chips in our heads instead of cellphones? Genetically engineering and modifying our foods is something we’ve been doing for a long time – longer than lots of people realize – but we’ve had the time to observe and learn about the results of that over time in order to know that it’s safe. Some of the things we’re doing with food now we haven’t had the chance to really test and understand in that way. The kinds of things we can do to DNA – lab grown food and even humans maybe – that raises a lot of ethical questions, and we’re already keeping kids in cages. There are a lot of impacts and social ills that come from such a fast-moving culture, fast-moving technologies.

It’s my opinion that we’re moving so fast that we’re forgetting some of the quality things that made us exist, trying to find the next *this* or *that* and forgetting all the good things, certain things that were passed on from our ancestors. Some of the answers are already there and we’re trying to reinvent them, sending researchers to the Amazon looking for medicines that, for some of us, can be found in our own backyards, our own histories, the things that are there that are tested in these ways. A lot of my papers from my public health days focused on that. With things like the way we’re doing GMO testing right now – there’s so much we don’t know and we’re moving so fast without knowing how it will turn out – and, I mean, I eat some of those veggie burgers, but...

Technology moves so fast it feels like they’re experimenting on me.



Supported by additional comments surfaced in the notes submitted in response to later questions of the discussion guide, participants' interest in food, water and agriculture systems, responsible management of natural resources, and growing one's own food as a matter of individual resilience and community sustainability continues here. Many people spoke quite personally in this section – and throughout the Mindstorm discussions – about challenges accessing affordable, healthy foods (especially produce) and anxieties about the availability of needed resources during and after Covid-19. Other participants particularly underscored concerns about bio-agricultural technologies and laboratory produced foods with a few pointing to issues of food sovereignty, gardening as a form of holistic wellness, and the preservation of natural resources and ecosystem sustainability.

To buy organic food is just impossible for my family. I know if it is not organic, there are many chemicals in our food, and it is just so sad to know that because me and my family are eating that, but what are my choices? Maybe grow my own food – but I live in a small place.

Is hard to access to healthy food, I wish healthy food were not too expensive, so my family and I don't have to choose between food or bills.

In the future, I would say that we need to protect our vegetation and not only for us older generations but for our grandchildren. I think we also need to talk about discrimination we need to help and respect others. We amongst ourselves do a lot of damage to the world and to others. We need to stop feeding our kids trash food and we need to take care of our land. The change is not made by one but all as a group.

Growing your own food is great, we need to democratize our politics as well as our workspaces!

What resources will we have? I lived in urban settings and...I'm worried about the resources we will lack in 30-50 years. If someone wants to start a garden, do they have [the] resources [to do so]?

For food, resources, there's a push to move towards more healthy food options. A lot of people [are] talking about eating more healthy [sic]. Food is an interesting topic. I think moving to [food in the form of laboratory-produced] pills [was a thing I saw in the scenarios] that I've turned my nose up at. How is that healthier or a better option? There is an ability to create more agriculture, to move more towards plant-based diets.

Regarding the technological advancements, I come from a town in which everyone ate the fruits and vegetables that are home-grown, and I fear losing that aspect with lab-grown food and such.

I think about how gardening is so good for us, it gets us into fresh air, develop self-help skills, speech – it's good for children's development. In the beginning of this crisis, I couldn't even get any rice, so I keep thinking about how we really need to have our own food.

Importantly, several commenters said that they could not see themselves in the scenarios presented and asked how topics like climate migration might impact their own communities, as Indigenous people or – alternatively – as immigrants already. These comments are further contextualized elsewhere in the Mindstorm discussion notes, where participants highlighted accessibility issues in addition to cultural ones in reframing the topics of emerging technology, the centrality of relationships and connection, and climate migration. Questions of language, civic inclusion, generational differences and technological literacy are also brought to the forefront in conversations about how land, food and technology intersect with culture, medicine and health.

As tribal people, we're different from other groups. This [set of scenarios] is great for all the people represented in the drawing, But what about our tribal treaty obligations. Will they fund IHS [Indian Health Service] more? With the health disparities? Especially the migration part, if people are rooted in their reservation and everyone is migrating because of the weather, the Natives probably wouldn't migrate. If they are rooted in their land, they probably wouldn't run. I don't think it was meant to relate to tribal people.

As far as technology, the whole reservation is wired for wifi, but everyone has spotty wifi. When you hit the road to reservation, you have two minutes to finish the call, because you have no service in the reservation. Once on the

reservation you can't use. We have all the technologies, but they don't work for us. The things we should have the right way, we don't have...

The lack of technology, people are reaching out to us, but it's not always available. We're used to meeting together and coming together, and a lot of our people don't know how to use it. Schools, people sending Covid information, doctors doing telemedicine. It's not always possible to do that.

We wish to stay in California. We don't think that we will be able to move to another state or city again because of global warming or any other reason.

There are so many ways of being within our community, that don't fit with technology. My reservation is two hours away from the nearest grocery store. What drone can deliver that? We move back and forth, from our home community to urban areas. Technology is a big thing. Relationships are our infrastructure. Relationship to land [is an example:]. [If] you're not going anywhere, you're not connecting – it's harvest time, you're not doing the things. How does technology replace that connection?

Technology is not accessible for my tribe. My family is living in like a third-world country environment, moving forward, but I don't foresee the government providing robots, lab produced pills, agriculture, but if everyone is moving North into tribal territory... It's interesting to think about, in 10 years, what technology exists, how do we educate people that don't have access to tech right now?

Some people don't speak English, or they are not educated. They don't know how to use technology, so it is not easy to communicate with people or raise their voices to explain their needs and problems they are facing. They need someone to help them to use computers to study and use Zoom.

More broadly, the tone of many comments speaking to this theme emphasizes the human actors behind the technologies that may or may not support health and wellbeing in a more equitable future – and the collective goodwill, cooperative action and community spirit to innovate and utilize technology in prosocial and ethical ways.

Technology will actually keep evolving. It's how we use technology [that matters]. With medical technology, we have our numbers for each visit. For billing, it's convenient, but with someone with bad intentions can steal information. The technology is a good thing. We have to evolve, still not trying to explore, we have to respect the privacy, and respect the older generation.

As we progress, it depends on the progress. It's time to do other things; [I am] hopeful people learn about their employees telework. It's brought positives, the internet, zoom, skype, and new technology. I don't have to go out, so it's less. It's a matter of perspective, we've come this far with what we have, technology-wise. Has it made us smarter? It forces us to adjust to a different way of [doing] things. Flying drones—it could be second nature for kids in the future. Maybe I'm too hopeful. It will go forward regardless. We're polluting less, GMOs let us feed masses – the problems depend on where you are. First-world problems.

The core issue is partisan politics, the core of what I see, we have the innovation, we have the technology, the money, partisan politics is the crutch. We're so divided into two stupid parties we can't decide how to treat each other. That's the core destructive power, if we are supposedly at the [fore]front of innovation, front of technology, and we can't cooperate, then I hope that is something that needs to be resolved for the future. I hope my kids' generation learns from our mistakes. The technology is there, the ability is there, That's insanity. Doing the same things over and over. And at the core of it, partisan politics. That's why things are the way they are. People with great ideas don't have the power. The moment you threaten stock quotes. I hope this is a wake-up call to put politics aside, but I'm still hopeful. I have to present the possibility that this future can be better.

Scenario 1 (Crowd Control) mentioned [as a future possibility] that there are certain groups [which] have access to a technological advance [earlier, more widely, or exclusively] compared to others. Like if there is a vaccine, some people have access to it before others. It should be fair and the same for everyone.

### Question Set Three

**We asked:** *Is there anything we can do right now to ensure a healthy and equitable future 30 years from now? Do you have a vision for community safety in a healthier future? How might public institutions and systems shift or be designed in order to ensure the outcomes you envision?*

Eighteen of thirty-six discussion groups elected to submit notes in this section. When we asked participants to consider what could be done now to help shape a healthy and equitable future, three broad themes emerged in the discussion notes. The first of these, the need to preserve and responsibly manage natural resources, parks and water systems, was frequently framed in the notes as something that must be taught and modeled across generational lines and combined with ongoing education and collective action at all levels. This complements the second prominent theme in this section, which is itself the power and necessity of community-driven and community-based solutions, grassroots organizing and innovation and broad civic participation. Finally, the unique experiences and needs of immigrant community members, elders and Indigenous peoples also come to the forefront in this section – a theme that is inflected throughout the discussion notes with considerations of equity, inclusion, and health justice.

It's specific to a lot of tribes, but water rights [are essential for health]. We're named after the river that goes through our reservation. We have no right to that water. Water rights is really important... Maybe in 30 years we will have rights to our water.

One participant highlighted the particular challenges being faced at this time by the immigrant communities they both belong to and serve:

I came to this country as an immigrant, and for much of my life I have worried about life itself – there's so much out of my control. The reason why I say this is because the situation we are facing right is all over the world, but there are specific communities that are really in danger, in difficult circumstances. When I first came here, I worked for a restaurant, then Google, then IFC here in San Diego, helping refugees find jobs. So, I look at the situation we are facing right now, and nearly 90-100% of our clients have lost their jobs. Imagine, you come to a country, you don't speak the language, you lose your entry level job, government offices are shut down, they struggle with technology, and there isn't much help for them – it's a struggle mentally and emotionally. What do you do if you lose your job, you've only been here three years or so, less than five or ten years, and now you can't afford to provide for your family? How would you feel? It's very stressful, very emotional. They think, oh wow, is this the end of the road? What is the next step? What if we don't get to a cure for this? That's the worry in my community and the community we serve – wellbeing, being healthy – you can be healthy when you get your food, but what about paying for rent, for healthcare. It's a really hard time for this community.

Another points to the impacts of citizenship status and class upon access to healthcare and other essential resources – as well as in how they are treated when they seek care and the collateral damage to mental and emotional health for their children:

I think that it's important to have access to all the resources. Especially for people like me, that are undocumented. I can go to the doctor – and yes – there is sliding scales [sic], but they don't treat me the same as a person that had the resources. Having access to living (somewhere) that we didn't have to work 6-to-6 [a twelve-hour day] to pay rent. Our kids are suffering emotionally and mentally because we have to work more than others.

Overall, commenters in this section had a great deal to say about the need for a cultural shift toward greater and more conscientious care of the environment and natural resources and the practice of intergenerational learning and modeling of environmentally-friendly, sustainable resource management practices. Supported by additional comments appearing in the response notes in other sections, a clear theme emerges around intercultural, intergenerational dialogue and practice that seems to represent for participants a particularly hopeful tool for resilience and wellbeing in the future.

We need more environmental consciousness. We need to constantly remind our children to save water, electricity, etc. We also need to remind them why this is extremely important in order to ensure that we have a healthy future.

I have taught my daughter to recycle, clean up the trash, and do my part to educate the younger generation because I know that one day, it will become habit for her. Eventually, that generation is the one that will be running the institutions that will make big changes happen.

We need to teach our kids to take care our earth, as an individual we need to lead by example. We need to stop buying things that are polluting our water, soil and oceans and our body. We need to boycott big companies that are polluting our earth or will not have anything left for our next generations. Everyone must do their part if we all want to be in a healthy world.

L—— commented that she feels angry about having to keep fighting for “won battles.” She got emotional while sharing saying that all her life she has been fighting for her children to have better opportunities, but that there is never any end in sight. She says she’s involved in the community, shares healthcare and education pamphlets to her community. She goes to workshops and looks for interpreters for those in need. She has been involved in fighting against rent hikes and have succeeded in part. She says that the pandemic is causing a lot of us to reflect on what is important and worth fighting for. She says she likes to education her children about eating a better diet and exercising. She shared a saying that her mom would say “al pais que fueres, hacer lo que vieres.” She also said that we shouldn’t just demand our children to do certain things but instead we should lead by example. She says she learned English, got her GED, eats healthy and now her children do the same.

[I am worried that in the future there will be] less green areas, less water, the only bays we are going to have will be lakes. Our hills will be invaded by houses. Culture starts with us. Talking to our children about this is also important. The government also needs to encourage culture, put more ads and warnings about caring for our planet. Instead of making improvements in technology they should make more improvements on how to care for our planet.

If home developers actually build places to stick humans in, I hope we make space for parks. As this generation gets older, some of these kids will ensure we are building parks in developments they are designing. The kids are going to be the future, and this is a lesson as well. As they design the future, they are learning from this.

People working for the planet is what inspired me the most, but I feel it’s not enough and the population keeps growing. We consume too much, we should build a culture around taking good care of the planet and start since pre-school.

#### Question Set Four

**We asked:** *Name two things you want or need in your future to experience health and wellbeing. Do you feel that you have a role in building the future you imagine? Is there anything you need to see in your future in order to thrive?*

Twenty of thirty-six total discussion groups contributed notes on question set four. Although participants could name a whole host of things they consider essential for their health and wellbeing in the future – among them many topics already discussed in this Mindstorm, such as food and housing security and the ability to meet one’s basic needs – the bulk of the responses in this section focus upon making healthcare more accessible and affordable and the need to address historic traumas, systemic racism and economic inequalities as a means of improving health outcomes and reducing disparities. In particular, many participants cite education, and especially the teaching of American history, anti-racism training, and cross-generational knowledge sharing and behavior modeling as essential tools for eradicating systemic racism, healing historic traumas and caring for the earth and environment in a resource-efficient and sustainable manner. This latter point underscores the broader themes of direct and collective action, mutual aid, civic and community engagement as immediate responses to perceived community and environmental health needs which appear throughout this Mindstorm.

To deal with health, we have to deal with racism. Specifically, the trauma inflicted on POC. It starts with education. We must share the true history of each generation with the next. And with the current ones.

We need to teach more about civics, not from a “this is what you need to do for you country” stance, but from a “this is the structure of national and local government and how you as a citizen can affect change,” in schools as well as on channels on c-span. You can still get it now, but it should be more available. Available to anyone not just kids.

The systemic racism in the healthcare system needs to be changed and re-imagined.

If true history isn’t being taught in school, make books clubs with your friends! Self-educate.

That structural and racist oppression against anyone other than white men, if we continue to have that in our society, we won't be able to have something better in our future.

It is in our hands, along with God's help, to shape the future for us and for our children. I think that what we need is more equality between races. This would improve our physical as well as our mental health. We cannot continue excluding each other. If we put ourselves in other people's shoes, we will improve tremendously.

I would like to fund public education, it's corrupt, if you're wealthy, you live in a wealthier neighborhood and the schools are better funded. I would want to look at how we public education and how we marry it to property taxes. Beyond education, we need to do more in preventative health care. I know when you go into poorer neighborhoods, or just me when shopping on a budget, the quality of food is lesser and more processed and hurts our health over time.

I work for Indian tribes, tribal governments, everything revolves around our community. In working with youth for over 25 years in a non-profit, we focus on getting more Native students into college, in trying to prepare them. Everything in college is about greater Western society, you don't learn about Native culture, history. We are given this inaccurate history throughout school and college. Having an elders' council, what value would there be with an elders' council? An alternate dispute resolution forum. For our tribal community, elders are looked at as an authority, they lived it. I'm also a tribal court judge for fourteen tribes and we're developing a youth court, and one of the components is having them meet with tribal elders and representatives, so they can go through their family tree and know where they come from. That's really the message we're trying to get out. Collectively, until we know where we come from, we're going to have a hard time getting to those aspirations.

My African-American friends I see being treated differently in schools and healthcare. People need to be educated about the severity of racism.

Anti-racist training starts at home. Anti-racism should be emphasized by parents in how they teach their children. Parents are the first teachers and kids like to copy what adults do and say. If adults say negative things, the kids will replicate it.

Linked to this idea in the comments is the notion of a need to address a perceived failure of political institutions and dearth of ethical leadership, the expression of hopes for greater transparency, more accountability and oversight for decisionmakers and the development of better resources for education and informed participation at all levels. Participants highlighted the importance of civic participation for solving social problems and desire for leadership that is more representative of the community, state and nation. Throughout the regional discussions, this interest in ongoing advocacy and the public holding officials and other decisionmakers accountable remains strong, periodically complemented by concern about elitism and investment of elites in maintaining the status quo. The interest in diverse representation appears particularly strong here.

We need better leadership. During this pandemic, we are seeing the consequences of not having good leadership that can guide us and give us what the inhabitants of this country deserve.

I've had great trust in our government over my lifetime. As I'm going back and relearning history (reading *White Rage*), I'm questioning "how much can we really trust the government?" If we don't as individuals and as community members start holding our government officials accountable, we won't get anywhere. That takes action and attention the part of constituents to hold representatives accountable for their actions, corruption, coverups.

I think the way that things need to change is that we need more diversity in systems, especially local governments – and more action in general. More people of color in positions of political and economic decision-making instead of just older CIS white men. They're not the only one's affected by those decisions.

Even when we talk about COVID-19, the Latinos are likely to go unnoticed because we don't often seek help. We need leaders that only speak Spanish but also know our traditions. We don't want to be just another statistic. We want change and better resources for our community.

I don't think the current political moment is a Black and White issue – it's people coming together fighting for change.

In next thirty years, maybe a Vietnamese [person from the] next generation will be a president [of America]. A lot of Vietnamese people have joined the armed forces and even work like pilots and bomb rescuers. We are having a hope about our next generation, [that one of them] can become a leader of this country.

Yes, we need to organize based on common vision. We envision to elect our representatives who can give us what we want. We need culturally competent people to speak in our behalf being a voice for us. We envision our kids to be politically conscious so that we can achieve our common sustainable economy which works for all.

I mean, in scenario one [Crowd Control] you have [people] fighting for equality and justice, against racism, and if you don't make a change in our leadership, if we don't have the chance to vote – there are like 50 different techniques right now for trying to suppress the vote – so if you have a chance to vote, that 99% getting to have a share in decision making without having to worry about the lack of healthcare, all of the environmental determinants of health – food, and housing. I do understand what Z—— was saying about being able to meet those basic needs, but it takes leadership that's going to be more inclusive, less racist, where everyone can be involved. Even though there's all of that going on right now, I see the glass half-full. The goal right now is to see everyone represented in the census and everyone able to vote so that the leadership will be sensitive to what we're calling for and make the changes necessary to make us all equal. It's not by any fault of our own, but there have been things we need to get past – when we aren't losing a hundred or a hundred and fifty thousand people to this disease – we do have a voice and we do have power, we just have to make ourselves be heard.

We need to be the ones that are creating the next innovative model. Bringing together the plans, we can't wait for others to build the plans. We need to be the ones making decisions about our own communities. People that have the time, capacity and the expertise, we are all human, we all have symptoms, exposures, the result of these conditions that we live in, healthy or not. I'm not going to wait for someone else to build it, that subscribes to it. It takes doing it. I've been doing it for 20 years – we're tired of waiting.

Drawing on supporting comments and themes from elsewhere in the Mindstorm notes, it becomes apparent that among many participants, equity is a focusing lens for issues ranging from the differing impacts of Covid-19, to the environment and sustainable resource management, the relationship to land and water, and the visibility of class in built spaces. Building on these themes, some participants expressed the idea that the Covid-19 pandemic has provided an opportunity to broadly reimagine our systems and make changes where improvements are most desperately needed.

This pandemic has showed that nobody is going to do things for you unless you do it. I am very active in my community I always participate in events like this to share information about resources. I know that I have a voice, and I want you to know that you have a voice regardless of your status. We as a community can demand for things to our representatives, we all can go to their offices and have them to listen to us and work for us. We all have rights regardless of immigration status and we also have responsibilities. Now with the pandemic, our responsibility is to make sure we all take our precautions, wear a mask, don't organize parties or barbecues. Participate in meetings that are important in our community. Build alliances with other minority groups, like Asians groups, Black Life Matters or black groups, we all are discriminated [against]. We need to be united, so we can impact our communities. We also need to remember that we need to participate in the census because if we don't participate our city and communities would not receive enough money and resources from the federal government, remember that the money that our city receives is our money it is part of our taxes.

I was going out with my daughter and I was realizing that the Black and brown communities are more heavily hit by Covid. I realize that this goes beyond just literal case numbers, but it's about pride in cities. I was going through a nice part of town and a poorer part of town and I saw a different level of pride in place, both at the governmental and personal level. Why do we, living in Ocean Side, have to drive our children two cities down to experience natural beauty, parks, the ocean? There's a case to be made for beautification and access to nature that would increase pride in living and wellbeing.

I was intrigued by the first scenario (Crowd Control), and what stood out to me was the haves and the have-nots. I'm originally from Mexico, but I recently became a citizen because my wife was concerned that the president would try to deport me if I stayed a resident. And from my own perspective – I own a small business, and I often deal with getting paid less than I should for the work that I do, and a lot of business owners will try to say to pay your workers less. But I understand about the haves and the have nots, so many of us come from the bottom and have to build, and I'm finally understanding that I don't want to be one of the haves – so many people only want to think about themselves and what they need. I don't want to be that way.



I just worry about the pace of life for people. In some ways, Covid-19 has forced people to slow down, but that's not universally true. So many others are still working multiple jobs and trying to figure out healthcare and how to take care of their kids and families, because there's no safety net and no space for things that heal us and provide joy. It's a terrible trend we've been on for a while. It's one thing I really worry about.

I'm the CEO of a non-profit here. Our work is to maximize self-sufficiency – 95% of the people we work with are low-income. Everything we do is connected to it in terms of equity. The majority of the people we serve is of color and low-income. Such a large percentage of the Latino population here have been impacted by Covid, access to health, to education, to affordable housing. I'm a true believer in [the idea that] once you have stable home environment, you can start thriving in health and economic status. And being able to open doors and step into higher areas of work.

It's interesting to work in such a wealthy country and see so many living paycheck-to-paycheck. When we talk about healthcare and equity, is it working? For the majority? For a small percentage? I don't want to live in a country where there is so much wealth and [yet so much inequality in the distribution of resources and opportunity].

### **Question Set Five/What else should we know?**

**We asked:** *What would you like to see in the future more broadly? Is there anything happening in your community now that is promising for the future? Is there anything you'd like to see more of? Less of?*

**What else should we know?** *Is there anything we didn't ask that we should have? If so, please share both the question(s) you have identified and your group's response(s).*

These two sections of the Mindstorm provides an opportunity in their framing for participants to connect what they see in their communities presently with what they'd like to see in the future and express general hopes for the future and propose their own directions for discussion not already provided for in previous questions. In this particular region, many groups appear to have used both of the final sections either to add detail and additional comment to themes already explored elsewhere in the Mindstorm. As a result, they are considered together in this section of the thematic analysis. Eleven of thirty-six total groups submitted notes in response to question five and sixteen submitted notes in the final, open-ended section.

Supported by comments emerging from earlier in their discussions, some participants chose to share personal narratives about their difficulties accessing healthcare to support ideas about ways to make the healthcare system more equitable and effective, among them disentangling healthcare from employment, increasing collaboration between hospitals, clinics and insurance providers to help fill gaps among those who cannot afford health insurance and/or medical care, and providing support for those facing difficulties paying for care even though they are covered by insurance ("That's why we think the healthcare in the US is bad."). Additional comments speaking to this theme address the need to broaden existing supportive resources and programs to include not only those suffering the most intense poverty, but also working class, lower-middle class and middle-class residents ("I'm getting savings [support] from Morris Cancer Treatment Center – they are sponsoring me to get treated. This is my second round of cancer [treatments], I applied to Medicaid, but my husband has two jobs, so I didn't qualify.").

I kinda see scenario one [Crowd Control] as what's happening right now – disparities and inequities in wages, healthcare, etc. And the second one [In It Together] seems much more like the future we'd want, with representation and universal healthcare. What we have now, you lose your job you lose your healthcare, and those who are already vulnerable, you get sick, you lose your job – you can't get care and you can die.

I also want to have health care for all, many families would not go to the doctor because we can't pay a doctor bill. I use traditional medicine like herbal teas and massages.

But seeing the healthcare separated from jobs so that we don't have what we have now, so when you lose your job, you lose your health insurance and healthcare and therefore have the ones who are already sicker, those with underlying health conditions, just becoming sicker and/or dying. And so, if we separate, and do more of a universal or



national type of healthcare separated from your job, then you're always guaranteed to be taken care of regardless in case something comes up and you lose your job or are between jobs.

On the second scenario [In It Together], I liked that we could have some reasonable healthcare, especially as we get older, that we could have affordable healthcare instead of passing costs to the next generation.

We need access to healthcare. Health care should not be for-profit – why is it that Cuba has a better health system than [the] USA? I am afraid to get sick because I would not be able to pay my bills.

I don't have healthcare, sometimes if I apply for a program I don't qualify because I make just a little bit more to qualify, so I have to be almost homeless in order to qualify for something. And I don't get anything. So, if I get sick, I do a lot of remedies from herbs.

Since unemployment is huge and about 40% people are going to file for Medi-Cal (state insurance), I believe that FQHC (Federally Qualified Health Clinics/free clinics can be a great partner in helping to provide the "universal" care for people as they are going through sliding scale fees.

A few participants spoke to the need to eliminate stigma and provide more resources for mental and behavioral wellness and touched on gender-based differences in the perception of mental, emotional and intellectual health needs.

I want better mental health resources, better healthcare systems, professional help for counseling, especially in schools. We overlook mental health issues for young people, so we need to have resources ready for people in school. It's taboo and help is largely unavailable. My school didn't have a single mental health counselor.

So, I am originally from Pakistan, and I came to the US in 2013 to study at UCSD. Institutionally, [on the topic of] how universities are handling mental health, I think it's gotten better, but there used to be a lot of stigma around mental health, especially for men with ideas around masculinity and perceptions of weakness. I've seen over time more people willing to open up about their problems – and when you hear people talk about their feelings and experiences and you relate to that, it underscores that it's all the same really, what we feel and worry about – then there's just the complexities of life. But I think everyone should feel safe and have someone to talk to, even if that's your family or a friend. There needs to be more work around this notion that seeking help isn't bad.

In high school I don't really learn about mental health. I think they just don't talk about it. But I'm 14 years old, I go to high school. So, I have to have a health class as a sophomore, so I haven't had the opportunity yet.

I never worked for a school, but I have worked for youth institutions (as a corrections professional), and when a lot of these kids were institutionalized they were on medications – and I always wondered what other resources were out there for them. I still don't know a lot about that, and I didn't really know then what kind of help they might have had or what else could be done to support these kids, some as young or younger than 15.

We talk a lot about health, exercise, eating good food – but we don't talk about mental health. We need to normalize having conversations around mental health and seeking healing. We talk so much about health and medical care and we know what to do if we need care, but it takes a lot of research to figure out even where to begin when someone needs help.



## **Mindstorm: Oral Report Notes**

### **About These Notes**

*The below notes were taken by members of our research team during the oral report-out from the Mindstorm small-group focused conversations during the virtual engagement events of July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 28<sup>th</sup> and August 6<sup>th</sup> of 2020 hosted in the San Diego region and broader community of California. During this activity, participating discussion groups nominate a representative from their table to share with the larger group a few key themes emerging from their conversations. Groups have been numbered according to the order in which they presented.*

**9 July 2020**

**Session #1 | Scenario Set:** Crowd Control & In It Together

**Group 1:** We need to come together to find our own solutions.

**Group 2:** Gracias a todos, en nuestro grupo... We made a comparison between the two videos, and there were a lot of emotions. The first one talked about collective action and the second one talked about control – we were talking about the importance of being independent in our food systems, to be more self-sufficient in growing our own food to be more resilient as a society. Also access to insurance and the importance of the vote – because we came from countries where the vote was not as important as it is here. We also talked about how it's not just about ourselves, but our whole families and the lack of access to mental healthcare, insurance and medicine that we experience as minorities. We also talked about the planet and how to recycle and learn to consume less to have a balance in our spiritual life. And also, the need for education not only for kids but also for parents. We also compared the health system here with the one in Canada and Europe where care is free and of a high quality – we need to do that to have more equity in our society.

**Group 3:** We discussed the question of how our society can be healthy when we can't get affordable housing. If you live with that stress, you can't even think about being healthy. For us in California, housing is the issue. We also talked about organic food and communities producing their own food. If every community had their own, we could rely on ourselves and be healthier together.

**Group 4:** We spoke of many things but spent quite a bit of time speaking about the need for diversity in every aspect of our lives in the political arena and every other area. We also talked about the importance of getting the vote out – there are large contingents of people in this country that don't vote, so we spoke about how to get the vote out there and making healthcare more accessible to all.

**Group 5:** Yes, we talked about how important it is to support our community, to come together, the unity, the humanity, the medical field to be more integral with holistic approaches, considering cultural preferences and being a little more sensitive – not as cold as treating a symptom. We talked about future generations – not just our lifespan, but to be respectful to our planet to ensure that it's still around for those who come after.

**Group 6:** We talked about technology and how it shouldn't stop or get in the way of our human connection and how to move beyond the partisan politics that are killing us right now, when getting elected seems to be more important to politicians than public health and our lives.

## **16 July 2020**

### **Session #2 | Scenario Set: The Off-Ramp & Trust in US**

**Group 1:** We talked about mental health and how we need more education and investment in these resources across generations, from the youngest to the oldest.

**Group 2:** How the educational system can be improved.

**Group 3:** We talked a lot about youth and focusing on community organizations that are providing for families, kids and basic needs.

**Group 4:** So, our group really talked about the challenges that will be in the future about sustainability and including all persons, but also the value of living with multi-generational families, and how that can improve our lives generally. I think that was most of what we talked about.

**Group 5:** Children's mental health, Covid has been very difficult on families economically. There is no work, it's very difficult. We can't really think about our health.

## **23 July 2020**

### **Session #3 | Scenario Set: Crowd Control & In It Together**

**Group 1 (English):** Our group really thought that creating opportunities for cooperative solutions will be good for our communities and that holding our government accountable will be essential for having those things, community gardens and healthcare and equity.

**Group 2 (English):** I am an elder in the Native American community. I retired a few years ago and am involved with the elders in our community at the San Diego Native American Health Care facility and we did a trauma thing on video, but most of our elders don't have that – they don't even have cellphones. So, I think it's really important to educate our elders and families on using technology and community – especially our elders who live by themselves. And keeping healthy, moving around, eating better. We have a lot of programs going on that we could get involved with.

**Group 3 (English):** First I'll start with our group's vision for the next decade: We imagine the future with less factories and pollution, more opportunities to grow our own food, more education access – because currently you have to take on a lot of debt to get a quality education. Had this pandemic happened years ago, we'd have had less resources to fight it, so we also talked about new technologies helping us solve some of those problems. We see more automation and less labor, less jobs. We thought basic income is a good idea because there's going to be less jobs available. We also talked about intergenerational strategies, because the younger generation has a really progressive, radical vision for change, and they are making things happen – that's why you see protests and statutes being taken down. If people are afraid to go out and take their kids out, that affects community too. We talked about homelessness is often related to mental health and about the need for health insurance and dental care – a dental infection can kill you just like any other, but a lot of people can't get care. We also talked about mental health and homelessness only being problems really in certain areas and discrepancies in how available resources are.

**Group 4: (English)** The main subject we talked about is that we believe what we need to move forward into the future is more time with our kids – we need to be able to teach our kids how to better situations, we have to better ourselves, instead of trying to fix the whole world. Teach the kids and work on ourselves and then moving forward.

**Group 5: (Vietnamese)** During this time of Covid-19, the Asian community as well as the Vietnamese community has been discriminated against because everyone knows that Covid originated in China. But we are a smaller community here, and it's harder to defend ourselves from this. We hope that this kind of discrimination will stop as soon as possible. We also worry about diet and nutrition for ourselves and our children – the next generation. I also worry about social media, because during this time we are all isolated at home, using a lot of internet, and we don't have control of our children's usage of the internet – we can't watch them every moment, but there are a lot of bad effects. Personally, my child had a bad experience with snapchat – I just wanted to mention that.

**Group 6: (Arabic)** We discussed how men and women are now under great stressors – there aren't many resources. It's especially stressful for parents working at home. And in San Diego, rent is so high that most people are doing this in small spaces, one- or two-bedroom apartments because so many people are low income. What we do is talk to each other and exchange ideas for how to manage on Zoom. I'm so grateful that we have that opportunity.

**Group 7: (Amharic)** We felt very strongly that 30 years from now it will be important to have people who speak our language, because translation isn't exact and it's hard to talk to doctors about your pain or what you need because sometimes there isn't a word for it. One of the Amharic speakers is a resident of City Heights and she mentioned that there is a huge population of homeless people there, and so she doesn't feel safe or able to take a brisk walk in her own neighborhood because of that. We need doctors who don't interrupt and interpreters. It's hard when we go to the hospital and they don't understand the language – we have problems, especially on the phone call [telemedicine]. We need interpreters in our language, from our country!

**Group 8: (Spanish)** Our group spoke about helping our children in the community, accessing resources and food – it's hard to get bioorganic food now, there's so many chemicals in the food that is cheaper, and it's especially important in the pandemic.

**Group 9: (Spanish)** Our group focused on making equitable changes to improve the health of our environment and making resources more accessible to underserved communities

## **28 July 2020**

### **Session #4 | Scenario Set: The Off-Ramp & Trust in US**

**Group 1:** We ended with a place of hope and not being fearful of the current state of what's happening and being hopeful so that we can get through this and thirty years from now be in a better place. We also talked about things moving so quickly right now, how advanced our society is getting with technology and the importance of getting back to our roots – who we are as people and our culture, recognizing that a lot of what's been passed down to us is relevant right now, and really important!

**Group 2:** So, in my group we talked about mental illness. We were talking about having clinics or offices located in areas where you are able to just walk in and would be able to just discuss things with someone without having to worry about committing to a certain amount of time like with therapy. One

of the other things we talked about is having less tracking, having it so you could go for checkups without it.

**Group 3:** We actually talked about a lot, but I'd say one of the themes that was presented was that we acknowledged that there's a lot of wealth and opportunity in this country, but that it's only available to a very small number of people. So, we talked about inequity. You could work really hard and not be able to provide for your family or have health care – if you live in a food desert, maybe you can't even find vegetables and other produce. There's the question of housing – how can we make housing more affordable? Are things like food, education, healthcare – quality healthcare – are these things rights? WE talked a lot about that. While there were things that we liked in the scenarios that we saw [Ramp/Trust] we had some concerns around technology driving everything.

**Group 4:** Watching the videos, we all appreciated that everything really centered upon community and collaborating with family and friends, we loved the idea of having a love-centered community in the future. But one of the things we were concerned about – well, we talked about how robots are definitely a thing, but none of us really appreciated that. There were some concerns there.

**Group 5:** We talked about many things, we talked about access to healthy food and exercise – there has been a change in the last 30 years in participation, but if you don't participate, you aren't seen – you can't get access to resources in the community. We have rights in this country, but those rights come with responsibilities, duties. Black Lives Matters is important, the lives of families – Chicanos, Latinos – these things matter. We have rights and it's time for those rights to be respected – if we unite in our efforts, we will be successful. But the pandemic is bringing us together, it is forcing us to be united. We have to return to valuing our families, having everyone together, treating others with respect. We have to be willing to fight for our rights and our communities. We are Americans and we want to improve the lives of our children. (Translated simultaneously from Spanish by lead evaluator.)

**Group 6:** We talked about debt and how one of our group member's daughter is working so hard to pay her [student loan] debt. There's a lot of things that have happened with education – the schools aren't segregated anymore, but there's still discrimination based on race. A lot of us felt like there are these things we've already won, but we aren't seeing the benefits of that. Several of us also talked about looking to our ancestors on what they ate, sharing about their gardens and the things we do to make our own food and keep ourselves healthy.

**Group 7:** So, our group had a lot of discussion centered around teaching our children to be empathetic, especially with the situation currently with racism and how we can improve that in the future. We also talked about issues with technology and a lack of human connection, especially with the pandemic and how to connect with others, so we were very grateful for the opportunity we are having right now to talk and connect.

**Group 8:** Our group was very impressed with the video Crowd Control and we wanted to talk about two things. The first thing is the gaps between the rich and the poor – just in San Diego we can see the difference in treatment in education and health care and opportunities – there are notable differences, even just in whether or not the schooling is online and how it goes. We would like to see a change in the education system – especially for the poor. We also talked about racism related to this pandemic – they kind of stereotyped all Asians – no matter where we came from, Chinese, Vietnamese or whatever. We are harassed in stores; our children are being bullied in schools. One thing we think parents can do is join meetings like this and attend parent meetings at school to let people know what is happening – if we don't step up, then we aren't able to advocate and be heard and make change. We have to make our voices be heard.

**6 August 2020**  
**Session #5 | Scenario Set: Crowd Control & In It Together**

**Group 1: (General/English)** We focused on the importance of meeting one's basic needs, both now in Covid, but also before and after. We talked a lot about the social, economic determinants of health and wellbeing. We also talked about the need for universal healthcare especially as we age. We also talked about basic income and living wage, especially for those that are vulnerable.

**Group 2: (Youth/English)** Basically, as a group, we came to consensus that there are things we can do on a personal level, recycling and taking care of the environment. Be the change you wish to see in the world.

**Group 3: (Indigenous/English)** There were two big things that came up in our room – about the lack of access to technology in a lot of the indigenous communities in San Diego, particularly the reservations, and about how many people are cut off from the tools we use to stay connected, particularly the elders. We asked, how can we make it so that technologies which have never worked for many in our communities – how can we make it work for them?

**Group 4: (Swahili)** We talked a lot about the environment, and someone mentioned that humans have to be respectful to the environment so that we don't repeat something like this.

**Group 5: (Vietnamese)** So, we had a big group today in the Vietnamese room, so we only watched the first two videos. The two main things: first of all, most of us want the vaccine as soon as possible so we can get over the pandemic and kids can go back to school – but, safety first. Everyone should stay healthy at this time. Secondly, we appreciate the technology we have at this time. Back in the day they only had yahoo – they could do conferences like this, but not with video. Now we have zoom with interpretation and video, but we need to catch up with the technology by growing in our knowledge. One thing we were concerned about is designer babies – ethical concerns. What if they don't have any emotions? How would society be in the future?

**Group 6: (Arabic)** We focused on the environment a lot and talked about how it can start as simply as putting the recycling in the bin. Just take that step. And we talked about the Coronavirus – a lot of the Chinese people in the group said for the first time they saw blue skies, clear skies – even in Los Angeles. So, if we start with small things, a little at a time, we can move forward from there.

**Group 7: (Arabic)** First off, we focused on decreasing use of chemicals, fertilization of plants, synthesis of materials everywhere, the water bottles. They want to decrease the chemicals that are used and return to natural circumstances and focus on herbal treatment, but with perfect, logical doses and full education about that – not using roughly or haphazardly. The second thing: we talked about the hospital and the long wait times. We need to increase the number of doctors and put interpreters and translation on the door to decrease or minimize wasting time. They also talked about the wood material used in buildings – it transmits sound, so there's no privacy at all – a lot of sound pollution. And that's the main point.

**Group 8: (Somali)** We talked about having basic needs, making sure we spread positivity, support, and wellness within our community so that there is inclusion and awareness of societal events. Some of the women were reluctant to envisioning 30 years into the future but trusting in God and the plans he has for us was a reoccurring focus.



## Mindstorm Notes | Raw Aggregate

**Please note:** While the small group discussion notes in this document have been organized by discussion question, ordered by date of the virtual events (bolded in the texts) and separated by discussion group (indicated by the following symbol: \*\*\*), not all groups submitted notes in response to every question. Additionally, some groups submitted notes that were not organized by question, but by theme. Where possible, such notes including clear responses to particular questions in the discussion notes have been reorganized under the relevant question and date. Where the conversation notes submitted appear to be too general or too broad to be broken out according to the Mindstorm questions, they have been included under the final section of this Mindstorm which allows participants to propose their own questions and/or organizational structure for their conversations. Personal stories appear often in the text of the notes and have generally been included here in the section under which they were submitted in order to avoid separating such comments from the context of the conversation in which they occurred, including in cases where themes overlap and/or the discussion in fact addresses several questions posed in the Mindstorm discussion guides.

**Question 1:** Is there anything you saw today that inspired you? What, if anything stood out to you across all of the scenarios? Was there anything you liked?

### 9 July 2020

- One thing that stood out to me is the outrage we feel because of the inequities that persist in our country. Maybe there will be some silver linings that come out of this [pandemic] – corporations and the government, maybe they'll use this moment to shift to thinking about worker cooperatives and shared ownership. It would be amazing if there was more of that in the future.
- Inequities are being deepened right now, but also uncovered. Now that we have so much more social awareness, I think it's going to create more action for people to change systems from the ground up.
- I think about how playgrounds have been disappearing – it feels like such a simple thing, could we have more parks?

\*\*\*

- I wanted it to be positive no matter how the media portrays it. It's hopeful at least.
- I really appreciated that there was a lot of cooperation, supporting each other. It really struck me.
- As we progress, it depends on the progress. It's time to do other things; [I am] hopeful people learn about their employees telework. It's brought positives, the internet, zoom, skype, and new technology. I don't have to go out, so it's less. It's a matter of perspective, we've come this far with what we have, technology-wise. Has it made us smarter? It forces us to adjust to a different way of [doing] things. Flying drones—it could be second nature for kids in the future. Maybe I'm too hopeful. It will go forward regardless. We're polluting less, GMOs let us feed masses – the problems depend on where you are. First-world problems.
- It's only until people decide to buy a certain way. Choice is removed, buy local, domestic. What happens to small business owners. It does have an impact. It's very hard for small business owners to compete. As consumers, do we want two-day shipping? And the price is unbeatable. As far as community communication, what we're doing, being connected to the internet, I have kids. They have communities all over the US, YouTube channels, they merchandise, they are entrepreneurs, they are doing things beyond what I'm doing when I was fifteen. How do you stay connected? They have friends all over, in Chicago. They're so unaware of race and embrace



other cultures, they have friends from all other cultures. They don't understand how the world of adults is so different. We've taught them, we've passed those issues down. It seems like we're disconnected, there are a lot of connections. As adults, we have the responsibility to form connections. It's important for us to be parents. It's not their faults, the kids have unlimited data, unlimited entertainment. My 15-year-old daughter has a YouTube channel, a Minecraft channel and has figured out how to make money. It's self-taught, it's amazing.

- Coffee shops have become more innovative. It would be dangerous if we sit on our butts. Once we were told we could go out, we went out to the park, we took the family out and we got to appreciate it. It's been great. We get into these routines.

## 16 July 2020

- Story I – (The Off-Ramp): I liked when they talked about building their own communities and collectives.
- I think about how gardening is so good for us, it gets us into fresh air, develop self-help skills, speech – it's good for children's development. In the beginning of this crisis, I couldn't even get any rice, so I keep thinking about how we really need to have our own food.
- The idea that we would change our primary focus from economic growth to human health which in some ways would equalize the experience people are having of health and wellbeing. I don't know what the path there would look like, but I like it.

\*\*\*

- It made me reflect on the way it used to be pre-contact with native people, the bartering, living in communities.
- It was interesting to think about 30 years from now. I was more drawn to the hub concept versus the 2<sup>nd</sup> video ("In It Together"). There was something reassuring about having smaller interconnected communities. The robot piece was concerning, but you're talking three decades from now. It felt like going back to nature, stepping away from city life and going to a slower pace story.
- The eco-hubs have this space for elder councils and healers. I love that piece. How do we respect end-of-life, the way we treat end-of-life now, there's so much room for improvement? Respecting end of life would be a huge cultural shift.
- Can small community cohesion – eco-hubs – help us be more resilient in the long run.
- The hub scenario is the most attractive to me, with Covid, having that community. I have three kids and I'm having trouble right now. The eco-hubs, having the focus on community.
- My parents stayed at my sister's place; for a short time, they were multi-generational home. It was an interesting learning experience to see that. There's knowledge there, there's a respect built in there. When you just see grandma and grandpa on holidays, it's a different interaction then with you live in it. With the eco-hubs, it sounded like you could have self-identified hubs of people. I thought immediately, that's my retirement. It could be a way for people in non-traditional families [to experience community and care].
- I work for Indian tribes, tribal governments, everything revolves around our community. In working with youth for over 25 years in a non-profit, we focus on getting more Native students into college, in trying to prepare them. Everything in college is about greater Western society, you don't learn about Native culture, history. We are given this inaccurate history throughout school and college. Having an elders' council, what value would there be with an elders' council? An alternate dispute resolution forum. For our tribal community, elders are looked at as an authority, they lived it. I'm also a tribal court judge for fourteen tribes and we're developing a youth court, and one of the components is having them meet with tribal elders and representatives, so they can go through their family tree and know where they come from.

That's really the message we're trying to get out. Collectively, until we know where we come from, we're going to have a hard time getting to those aspirations.

- The platform has a place for diversity that brings about a tolerance. I grew up in the middle of a corn field in Ohio, there was no diversity, I didn't meet my first Jewish person until I was in my 4<sup>th</sup> year in college. As I learn, I get to know [more], I am more accepting of different cultures. A hub, with elders equally represented, a true equity of learning, kids born into that environment – it's normal.
- I liked the first video. It's about community, building a sense of confidence in the future and how things can be better – and having a feeling that you are part of a community. That's very soothing and gives you that sense you aren't alone and can do this together. I liked the pods, with the little things going around, I think 30 years is quite too short [to accomplish this], maybe 75 years.

\*\*\*

- [Scribe notes:] The group was inspired by the extreme measures that individuals can take in times of crisis. They felt like the videos served as a wake-up call to change their actions. The group did not like the scenarios and were more alarmed than excited. There was a quick transition to question 2, in which they discussed the concepts from the video that they did not like.
- People working for the planet is what inspired me the most, but I feel it's not enough and the population keeps growing. We consume too much, we should build a culture around taking good care of the planet and start since pre-school.
- It's alarming the measures that we might have to take to keep us living. It is important to take steps and measures to gain control but being constantly monitored it's too extreme.
- Alarming. One of the things that worried me the most from what I saw was what they showed about the fetuses, babies being born outside the human body and the robots. I don't like that, and I feel that it might happen in the future. They show a very pretty future with robots but to me [it] sounds alarming.
- Alarming [to think] that we are being controlled by the government. We won't have privacy anymore and I worry about my children and the generations that are yet to come.
- Worrisome, alarming. Especially the way babies might be being born and the government monitoring. Also, it got stuck in my mind the way we will be planting our veggies in the future and the robots. What will happen with our children in the future?
- The children are what worry me. I worry because during this pandemic, children are the ones affected the most, unable to go to school or share with their friends. I worry how the future might be with this kind of pandemics. The robots are also alarming and how our life can change so much. The food and where will it come from, the agriculture, that alarms me as well. With this virus also our life has been so limited, it impacts me how you go to the store and you don't find what we need.

## 23 July 2020

- With the kids at home, I'd like more activity for the children, affordable things they can participate in and be active. I'd like to see more of that. My youngest daughter does volleyball and my other daughter likes swimming, so I take them to the YMCA, but my husband isn't working right now, and I think that's true for many people.
- I want to see more parent involvement. I know a lot of parents work long shifts, but I'd love to see more parent involvement. If there's resources out in the community, sports and things like that – we have to volunteer for that. If we don't speak for our children, nothing changes. We are the best advocates for our children, so I wish for more parent involvement and jobs that

would make that possible. Everything's so expensive in California, so I understand why so many people have to work so much and can't make it to open houses or walk their kids to school. I wish the pay were better, so instead of worrying about bills, parents could focus more on their children. That's where the failure comes from sometimes, just parents being full time parents and having to work so much that there's no time to do that. Coming from a Latino family – or whatever race – you have to work more jobs, or more hours just to pay rent and put food on the table. I hope that's something we can see in the future – better paying jobs so that we can support our families.

- It is true that we as parents have to involve ourselves more in the community. I started from scratch – was picking up trash when I first started in this industry. And I had a lot of time on my hands, I used to be on the PTA board and really involved in my daughter's school – but now that I own my own company, my whole day is taken up with meetings, and I haven't been to one of the PTA meetings in so long. And I told myself I wouldn't be one of those parents – but, I'm young, my thinking is that, I'm 28, so if I work on this stage of my business now, I can have more time later. But it's very difficult, sometimes it seems impossible to be there for your kids the way you want to be.
- So, I'm on the other side of this – my children are all grown and have their own children now, so I relate to those stages. I think some companies are starting to provide maternal, paternal – family leave. Maybe we could extend that to a certain number of hours – ten hours a week for example – to spend that time with your family, doing that work in community and supporting your kids. I worked a job that was less hours when my kids were younger, so I could be with them, but my husband was almost never with them because of work, so I'd love to see something like that where there's time made available to do that important work. Thank you to the both of you for the work you do in the community.
- I love my job – we provide services to eight schools and I try to bring whatever I learn to the families, to the parents and households we serve. I don't mean that it's any kind of judgement on parents, it's just hard to prioritize that for so many people.
- I feel so blessed to own my business. I've told each of my workers – it's a small business, I'd hate to turn into a big corporation [because I want to do things differently] that if they have something like that – a PTA meeting or a recital – let me know, I'll give you the day off, because I think it's important. I remember when I was working for a big company and if I wanted to go to something for my kids, I would have to lie about it. And work is always going to be important, but this is important too. A lot of people are afraid of losing their jobs in this climate, and so people won't go to their kids' school things because they can't afford to lose the job. We have to change and teach these values.
- One of my kids is in high school, one in middle school and one in the second grade. This year I started volunteering in the morning and I see the hard work that the teachers are doing – I don't know how they do it. We need to help our kids, yes, but teachers need help too. I personally will do more, but we all need to! The kids are like teachers of this country – and the teachers are making *their* dreams come true, so I will do my best to support them.

\*\*\*

- I liked the idea of working together for saving the planet, specifically the scene on the video with folks planting trees. It is very important to stay united for the improvement of the planet. I believe that if we start now, we can leave the planet in a better shape for future generations.
- I liked the second video “In It Together” in which they highlight the idea of equity. Although the pandemic is affecting everyone, there are definitely some that are disproportionately affected. Although in thirty years, I will be 85 I would like to leave the planet more equitable for my children. Regarding the technological advancements, I come from a town in which everyone ate the fruits and vegetables that are home-grown, and I fear losing that aspect with lab-grown food

and such.

\*\*\*

- In the second story, the corporations vs. co-ops and employee ownership was really inspiring. I thought the employee-owned and co-op style were promising ways to balance social equity and economic equity in the future.
- I liked the idea of the co-op and gig economy, making it sustainable
- I've had great trust in our government over my lifetime. As I'm going back and relearning history (reading *White Rage*), I'm questioning "how much can we really trust the government?" If we don't as individuals and as community members start holding our government officials accountable, we won't get anywhere. That takes action and attention the part of constituents to hold representatives accountable for their actions, corruption, coverups.

\*\*\*

- Last clip: Equality amongst races, generations, class and transparency → Very Inspiring!
- We live in a society of diversity; it seems there is no equality for Asian people in general and Vietnamese in particular. Our culture tends to be reserved and afraid. We feel like there is no need to raise our voice. We are so passive. But we get many disadvantages in healthcare, interpretation and education services because if we don't raise our voice, people think we don't need that.
- That vision of equality and transparency inspired me a lot.
- The clips about future and vision are so interesting but I can't imagine that will happen. In the past, we can't imagine about the pandemic, either but today we are sitting here together and communicating via Zoom like this. Maybe in the future, there will only robots working in the restaurants and serving us food.

\*\*\*

- Yes, we heard so many people sharing their experience how to cope with their daily life. We were surprised people are staying healthy during the Covid-19 pandemic. We heard people sharing the same problems as we face. That made us to see others suffering and be patience with ne anther.

## 28 July 2020

- The eco-hubs are nice, cool – it hearkens back to the 60s. An inspiring good thought, giving up certain freedoms for the good of all. It showed them in the video gathering things, everybody got an equal share – some people would say it seems communist-like, or perhaps socialist. If you look at Germany, France, the EU, the UK – they have some socialist principles, they make sure they take care of their people. If you look here, for example Minnesota – in my opinion, does a good job of making sure there is health care and education – California would probably be second for education especially. I think they do a good job. But if you look at the model of healthcare [that] they did in Saskatchewan in the 90s – I mean, if you just look at how we handed our system over to the insurance companies and it went to hell. Canada is different, the UK, Germany and such – how they issue healthcare is different. With the scenario here [The Off-Ramp/Trust in US], it seems like they are saying something like that could happen, but also there was the government and surveillance going on, so you have to think about what you are giving up too.

- Both scenarios [The Off-Ramp/Trust in US] were inspiring in the sense that they got me out of the day-to-day of the pandemic and my work and what are my kids going to be doing when they go back in the fall – so, it was inspiring to take a moment to think about what the world is going to look like in 30 years. I think I was more drawn to scenario two – the emphasis on transparency and knowing where things come from, who’s profiting, how much are people getting paid, I think that’s something that would help.

\*\*\*

- B——— was inspired by the multiculturalism of the program. It shows that America is finally coming together and becoming a real melting pot. The pieces about food were interesting. She has always killed everything she’s tried to plant so her sister is helping her grow food and being successful growing tomatoes and peppers for the first time!
- L———’s husband: We started out as tribes, but now it’s, “who shares your values.” Thirty years is a long time, and eco-hubs already kind of exist in lots of places. Love the emphasis on people coming together. But we still seem to be relying on government.
- P———, I love to eat, and it brought up the question of where you get your food and that’s a great question that I always wonder about. This is a great discussion.

\*\*\*

- I———: Mom coming home from work; inspiration to clean and make the house a welcoming place for mom after work
- F———: I was going to say the same thing!

\*\*\*

- Under scenario I [The Off-Ramp], it seemed like the world would have to change completely.
- The 2<sup>nd</sup> scenario [Trust in US] seemed to be the healthier scenario. The human interaction is so necessary. It’s part of what makes us healthy.

## 6 August 2020

- I liked the tree planting, making the environment better. That’s inspiring. I’d like to see more of that and motivating us to participate in some way. I have children, and I’d like them to breathe cleaner air and grow up [in a healthy environment].
- In the second scenario [In It Together] there was a lot about transparency and accountability – and I think I’d like to see more transparency. If we could see where the budget is going and where the decisions really lie, the division between the haves and the have nots – trying to see what we can do today to prevent that.
- Some of the positive outcomes I thought were inspiring: one of which I thought was the level of cooperation that allows communities to come together to make decisions democratically, decide their destiny and shape their ability to survive. I liked the idea of people 30 years from now being able to cooperate with farmers and agricultural workers to provide food for everyone. One of the things I thought was really positive was workplaces that are more democratic. It’d be great if we could figure that out somehow. What else? I’m for universal healthcare, equal access to opportunity, renewable energy for everyone
- To me, what was inspiring was when there was a scene when people were planting trees and seeds. I often come across invitations for different events for yoga and hiking, but I haven’t seen enough events like a tree planting event and making the environment better. I’ve been to meetings with the dept of transportation and they talk about air pollution and the things they’re

doing and that's inspiring, so I'd like to see a lot more of those and motivating us to participate in some way. I have children, and I'd like them to be able to grow and be able to breath cleaner air in a much better world than what we're in right now.

- Scenario 1 felt like what we are living in right now and having that progress into the future is pretty scary where you have the haves and have nots and you continue to have inequities and disparities in health and wages and thing like that. And the one that's inclusive, Scenario 2 [In It Together] looks more like the future that I think most of us want to see, where we are all involved, all inclusive, all in it together where we actually share within the wealth because this country is a very wealthy country, you just would never know it because it's only in the hands of some people. But seeing the healthcare separated from jobs so that we don't have what we have now, so when you lose your job, you lose your health insurance and healthcare and therefore have the ones who are already sicker, those with underlying health conditions, just becoming sicker and/or dying. And so, if we separate, and do more of a universal or national type of healthcare separated from your job, then you're always guaranteed to be taken care of regardless in case something comes up and you lose your job or are between jobs. The other thing obviously is having a livable wage and have a say so in everything we're dealing with. So, in scenario 1, where people are up in arms, which is basically what we're going through now – people protesting for equality and justice and trying to get rid of racism and things like that, that's where I see us right now. And if we don't make a change with our leadership which is what we saw in scenario 2 [In It Together], where we had an opportunity to actually vote, rather than having about 50 tactics right now to suppress the vote, that if we have an opportunity to vote then the people actually have a say so and can gauge their future and be a part of what the future looks like. So planting things together, working together, having a share in the pie and that the pie is not just for that 1% but that the other 99% get to share in it, and therefore we all get to live happier healthier lives, not having to worry about lack of healthcare, all of the social determinants of health, our environment, our work, our wealth. We can't buy homes. All the things that we want, I see in scenario 2 [In It Together], but it takes us to move it in that direction. It's not just going to happen. For the ones who do have the right to vote to get out and vote, and make the changes that are needed to take place, but it takes leadership that's going to be more inclusive, less racist and try to finally make this country what it should be, where everyone is involved. Things seem very dark right now, but I see the glass is half full vs half empty. We have control at this point. The goal right now is for everyone that you know to be counted on the census so we don't get eliminated that way and that everyone who can vote votes, so that the people can actually have a say so, which is what I see in the Scenario 2 so people can actually get control of this, and that the leadership represents us so that whoever we put in there is going to be sensitive to what we're calling for and make the changes necessary to make us all equal. I understand all of the stressors that everyone's living under right now with not getting any kind of extension of our lifeline that we need right now because it was not any fault of our own, but we needed to shut down. But at some point, when we can get past this, and we haven't lost another 100-150K souls in our country, that we can come back together and make this a healthier, happier place where people are not dying unnecessarily from things just because they didn't have access. I do have hope and I do see scenario 2 as a good option, but we have to make that change. So, each one of us have to do our part to go in that direction. We do have a voice and we have power – we just have to come together.”
- Some of the positive outcomes I thought were inspiring, one of which was the level of cooperation that allows communities to come together and make decisions democratically and decide their own destiny and shape their ability to survive. Cooperate like they were talking about in the scenario to grow food locally, cooperation between small farmers and large ag business to provide food for everyone. And one of the things that I thought was very positive was the development of co-operative more democratic workplaces. I'm for universal health care, equal access to opportunity, and renewable energy.”



- Scenario 2 [In It Together]: Liked that we could get reasonable, affordable healthcare we could pass on to future generations. And the housing communities – that people could afford very good housing, especially for those who are homeless.
- Pretty interesting what we're talking about right now, which are the current trends in the lives of people who are very poor and can't manage to get by, including the homeless population. We have a government in San Diego that helps them – we have the convention center and some of the homeless population is there. And they are contained and are connected to the department of public health and social workers. I'm struck with the have and have nots. It's heartbreaking to know that people can't pay their rent or can't live their day-by-day because they've lost their jobs and can't have food on their table and they have to take care of their children, so as a community, we have to really help and do whatever we can for them to survive. It's really interesting. Scenario 1 – we should have foresight on what we should do, especially for equitable health for all of us. Older people have Medi Cal, but for people who lost their jobs, they don't have health insurance. In CA, we have public health clinics. Thinking about the world right now, so much suffering. Hoping for vaccination. People should follow the health guidelines. I know a lot of people who have died of COVID. Of course, several of the nurses I know throughout the country are suffering, the front liners. We have to thank them – the people we see on the streets, those working in grocery stores, janitors, people who help us, like healthcare workers. Especially in nursing homes, I know a lot of Pilipino nursing aids who are suffering by the coronavirus, their families are also affected. We have to do the right thing. We should listen to the scientists – wear a mask, wash your hands, stay at home, and listen to the guidelines.

\*\*\*

- The most important thing is that there are people who think about us during this crisis and want to hear us. This is a good thing that we are able to raise our voices and say our needs.
- This meeting gave us the opportunity to see our friends on the camera and have a serious discussion.
- Diversity, we didn't expect to see this many people sharing their ideas about the future.
- Nothing we didn't like

\*\*\*

- The association between the family with access to a farm/agriculture; how everyone can have a fair payment.
- Agriculture groups and the production of vegetables and fruits; that it could be more organic and that way people would not buy a lot of items at the store.
- I like the idea that more people could plant more fruit. For example, I have seen videos from other countries that people plant their own food. If everyone would be able to plant their own fruit tree that would help us all.
- We can start by looking at how climate change affects us. Looking at it in a vertical manner, it could be better.

\*\*\*

- I liked the idea of everyone owning a part of a corporation, like how some of our tribes operate, depending on our tribes.

\*\*\*



- I liked the windmills to be sustainable and the vertical planting to be more efficient with our spaces.

**Question 2:** Is there anything you saw today that you didn't like? What if anything stood out to you across all of the scenarios? Was there anything you found alarming or upsetting?

## 9 July 2020

- I found it interesting that the video [Crowd Control/In ItTogether] said that most people are going to start moving to the Midwest, because right now that's the area that's more affordable and becoming so much more economical than the coasts, which are getting so expensive and not really sustainable – especially for people my age. It's pretty hard to imagine being able to buy a house here in California.
- For me what stands out is how expensive it is becoming where we live, as big cities keep growing. I didn't think about moving to a different state, because I always planned to be here in San Diego, but seeing how expensive it is to live, to buy a house, we feel like we don't have a choice but to go to another state for more options. That stood out to me as a mother.
- I'm the old person in the group, so I'm jaded – you know, in the 60s we thought we'd see real change, that we'd do away with racism. But here we are dealing with the same things. The things that don't change are young people voting in larger numbers. I don't think a lot of young people understand that their votes can actually really change things. How do we get the vote out? We have lots of people in the Hispanic community for example who are eligible to vote, but they don't how do we get that vote out?
- I also think about how the world isn't go to end because of that, but of a pandemic virus or climate change, which has had impacts on how these bugs can evolve and adapt and become harder to fight. Our ancestors used to use natural things, so you didn't mutate viruses and bacteria. When you talk to me about what's gonna happen in 2050 – we'll all be dead, but hopefully the nieces and nephews alive right now will figure things out.
- I just kind of worry about everything – from the way our food is grown to how it gets to our table. Unless you've grown it yourself, you really don't know how it's been handled.
- And the medical system is a little too limited – there are things like acupuncture that can make a big difference, I'd think our system would be more open to that, instead of making you have to pay for that separately. So that would be something that would add to my health, that I'd like to see in the future.

## 16 July 2020

- Scenario 1 – (The Off-Ramp): I saw that it was more of a kinship group and had a community of leaders. They were elders and that's great, but there's youth too! One of the things that I found frustrating is that – we need to be able to play and experiment and build projects and grow from that.
- On the topic of trust, my question is what are the resources that are going to be available, what are the resources the government will have to support us 30 years from now? I'm in the 50+ [age group] percentile and think about the lack of resources and the isolation that we are seeing even now – I think building your own gardens, having your own food – that's something that can really help. But we need to think about what resources we are going to have access to.

\*\*\*

- When it got to the tech wombs, and the robots, it's really hard to think 30 years out. There

were some really difficult to swallow pre-contact push but mixing it with technology that I'm aware exists yet. It gave me a lot to think about.

- I was turned off in the 2<sup>nd</sup> story, it felt mechanized... Big Brother watching. We had cameras installed in my building and I had neighbors that got nervous. That piece still resonated with me.
- I was thinking about that Will Smith movie with the robots while watching this.
- What does certified bias-free mean?
- There would have to be such a transformation in the way we do business to get to that point. With these secret algorithms.
- Our staff just started DEI [diversity, equity and inclusion] training, and we learned to undo the current biases, it will take 7 generations to do so. It's a great aspiration, but we have a lot of work as a culture to be able to do something. It needs to be on the wish list.
- Right now, we don't have intergenerational homes, I've noticed with Covid, the parents are working from home, kids staying at home, they need the help. Other cultures, it's a built-in way of life.
- The exo-womb was really weird. I don't know if I was creeped out. I have one child, if I wasn't able to have children, then I could see it being acceptable. It's still felt jarring. Maybe I'd do it if began normal. Right now, it freaks me out. I'm glad to be part of this conversation.

\*\*\*

- The group was very concerned about the rise of technology and its ramifications. Many of the group members mentioned that the robots on the video shown upset them. They were particularly worried about the lack of human interaction that technology is causing and will continue to cause, as they are already experiencing its consequences during the COVID-19 pandemic. Additionally, the issue of creating babies in a lab was constantly brought up as an alarming possibility. The group was also worried about the increase in government surveillance and the growing role of the government on individuals' personal lives. Lastly, the group was concerned about the possibility of food shortages and how the planet will sustain the growing population.

## 23 July 2020

- I was intrigued by the first scenario (Crowd Control), and what stood out to me was the haves and the have-nots. I'm originally from Mexico, but I recently became a citizen because my wife was concerned that the president would try to deport me if I stayed a resident. And from my own perspective – I own a small business, and I often deal with getting paid less than I should for the work that I do, and a lot of business owners will try to say to pay your workers less. But I understand about the haves and the have nots, so many of us come from the bottom and have to build, and I'm finally understanding that I don't want to be one of the haves – so many people only want to think about themselves and what they need. I don't want to be that way.
- I had two feelings about the first video (Crowd Control) – one, it felt apocalyptic because people had to migrate due to the climate changes and I worried about the have-nots not having the resources to do that. And then the haves and the have nots – well, that feels like today, not the future. We're still facing those same kinds of temperaments and issues right now.
- For me, I think that because of what we're dealing with today, it's hard to accept thinking about 30 years from now, because we're just living day to day. I speak for a lot of people – I've talked to a lot of families about this, and in the times we're living in, it's really hard. I have three kids and with school being out – we go to the supermarket and everyone has to have a mask, it's an adjustment. It's really hard to predict the future. I could say I want this or that for my kids, but I don't know what's going to be there tomorrow, because I don't know what's going to happen today. It's overwhelming.

- I agree with that – what’s going on now, especially those of us with young kids...like, my 8-year-old keeps asking when is this going to end, can I go back to school? And it’s very hard to know what’s going to happen. It’s very hard economically too. We hope that everything will quickly be resolved and that in the next 30 years, our kids’ school and the environment and the things that our community needs will happen, but it’s very hard – it’s very hard right now, especially with the kids.

\*\*\*

- I did not like the corporations that do not let other people advance due to their thirst for power and money. They are not valuing what people (and the Earth) want and need.
- It was alarming to see that large corporations were controlling everyone and making the gap between the “have” and the “have-nots” even bigger. I did not like how large industries were abusing the most vulnerable.
- The overpopulation
- I do not like to see how we are negatively impacting the planet. As a hairstylist, I throw away hundreds of plastic gowns every day and I am concerned about the future of the Earth if we continue down this path.

\*\*\*

- I think a live-action video would help people visualize the future better
- In the media, we frequently see violence as very real. But we rarely see functional, cooperative communities. I rarely see people like me thriving.
- I want to see people sharing and people caring.
- One thing that didn’t get addressed was housing. It’s a critical piece of well-being and health. In 30 years, I hope we don’t have rental property at all. We should build an equitable system where everyone can own. It could be inter-generational housing. And there would be beautification too because that’s where the pride in living comes from. We should fix the issue around unaffordable housing, because once we do, the pride will come with; the beautification will come with. With renting, you’re never building any sort of equity or wealth. And study after study has shown that wealth is connected to health.
  - I’ve been thinking a lot lately about mixed-income housing. Owning land is important too. Like how so many people cited growing vegetables or gardening as ways they stay healthy.
  - Right, living in an apartment, you don’t have the ability to be healthy in the same way.

\*\*\*

- During this pandemic, teenagers may not have many chances to join outdoor activities. They are so passive, stay at home; play games and watch TV. Therefore, we are so concerned about their mental health and no social interaction.
- I worry about the children’s health. They depend on internet and iPad. It results in no time to interact with family members. There is no family bonding time like our childhood generation used to have. I also yell at them to not use internet too much, but the internet affects them incredibly. But this pandemic is a chance for me to talk to my children. I hope schools will open soon.
- I was impressed with the idea of self-supply in last video (In It Together), self-planting and not go out for grocery shopping
- However, the 1<sup>st</sup> or 2<sup>nd</sup> video (Crowd Control/In It Together) seems to be contradictory to each other. One is about modern automation; the other is about self-supply life, just like in the

ancient time. Those automatic things will replace the hand-made things and human ones, but I think human beings are cleverer, for example, barber and nail technicians. I can't imagine robots will do that and I am worried about human will be replaced like that.

- We speak English as a second language. We are not bold enough to speak it out because we are afraid that it may be wrong. That is also the reason why we don't have a voice, or our voice is low.
- Organic plants seem cool.
- Going back to school is good but I am still so worried about it especially with all the virus number increases. At home, we can discover activities to interact with the children. At work, even though I am equipped with masks, gloves and hand sanitizers, I am still scared. It is definitely not good for children to expose to environment like this.
- Videos about automation, robots replace human (I can't imagine that, too advanced).

\*\*\*

- We like everything we saw.

\*\*\*

- Something alarming about 3D and that was worrisome. Or that babies would be fabricated.
- Well I think God is the only one who can create life. And 3D housing I don't think that would be fair.
- It caught my eye about overpopulation and that it's healthier to be vegetarian. And also, that wealthy people get rich off the poor.

## 28 July 2020

- One thing that stood out to me – maybe I misunderstood it, but they talked about it being, about 90 percent of it coming from our own human cells. I think what we need is actually food sustainability. Here, just by looking at the land, you can see the human trace of our survival – in a very clean and healthy way. The water and the tools and you can see where the In the last 13,000 years [of human history] and especially the last 1,500 years, with industrialization, urbanization and land management – we really started to change things up, and we don't fully even know the results of that now. There's a lot of orally-based community knowledge that has been passed down through generations – these slow-moving cultures with knowledge that has been developed over long periods of time. But now we're looking at what – chips in our heads instead of cellphones? Genetically engineering and modifying our foods is something we've been doing for a long time – longer than lots of people realize – but we've had the time to observe and learn about the results of that over time in order to know that it's safe. Some of the things we're doing with food now we haven't had the chance to really test and understand in that way. The kinds of things we can do to DNA – lab grown food and even humans maybe – that raises a lot of ethical questions, and we're already keeping kids in cages. There are a lot of impacts and social ills that come from such a fast-moving culture, fast-moving technologies.
- There was one thing I didn't like in scenario one [The Off-Ramp] – that was the babies in the tubes?! I was like, what is going on here!?! That was a little much for me. I also felt like the first scenario was a little too binary for me – like, city or being in nature. If I connect that to what I feel now, it's that sense of like, why does everything have to be a binary? Why does it have to be this or that? The question cards that you sent asked whether there's one thing you think all cultures have in common, and I think that's something that's really important – it's about family and the people you love – all cultures have that element, and I've been trying to use that to think about getting above this binary and to where we realize how much we have in common.

It's not just about testing and the science – I have a public health background too, and it's not that you don't need the technology and the help – but there are also those fundamentals – have you eaten, have you had time to get outside? How are you feeling? How are you doing? Those things matter too.

- It's my opinion that we're moving so fast that we're forgetting some of the quality things that made us exist, trying to find the next this or that and forgetting all the good things, certain things that were passed on from our ancestors. Some of the answers are already there and we're trying to reinvent them, sending researchers to the Amazon looking for medicines that for some of us can be found in our own backyards, our own histories, the things that are there that are tested in these ways. A lot of my papers from my public health days focused on that. With things like the way we're doing GMO testing right now – there's so much we don't know and we're moving so fast without knowing how it will turn out – and, I mean, I eat some of those veggie burgers, but...
- I was also considering going into public health in undergrad, so I'm glad we're talking about this – you have to think not only about the problems
- It's like, if you look back at history, parts of it look a lot like now. If you want to talk about the Spanish Flu, 1915-1918, they were social distancing, they were using masks and everything. But when the people rushed – because they were happy that WWI had ended – cities saw major impacts – Detroit for example saw a spike because they didn't listen to the health experts. And now we're being told not to listen to the health experts by that guy – I'll call him Cheeto, that orange guy in the office – and the truth is, we don't need to guess what's going to happen. The same thing that happened during the Spanish flu – that guy – Cheeto – has been telling people not to listen to the public health experts are saying, so we're seeing the same spikes in cases now that they saw then in places like Detroit.
- In Europe where the experts got things under control, they look at us and they laugh. So again, it's the rush into the future – go back into the basics, just do the basics even, and we might be okay.
- I work in the schools with the parents and when some of the families found out that we were going home they were so scared – they said, M——, they're going to keep us at home and program our brains to control what we do. And I thought, really?! Are you serious? But then they go home and they're going through difficult situations – not able to pay rent, to buy food. When I saw the scenarios, it opened up my eyes, and I'm thinking about where all this is going and what we're looking at in the future, and I'm scared.
- Well, don't be scared – there's always hope. As a species, we have faced things before; as a species, we will survive. There's no need to let fear get to you – we're going to survive. I volunteer doing food rescue, bringing it to areas, putting it on Facebook and stuff, but working with some pastors and doctors – we're trying to do things they've been doing in Europe for a long time, there's food rescue in a lot of cities in the United States now. Feeding America is there and available, they're making food available to people during this time, so we won't have to go hungry. Healthcare – I mean, that's by state, so it depends on your state – but some places are doing okay. Where I live, there's the Cesar Chavez center where you can get free Covid testing. And there's free food distribution from North Park all the way down to Santa Cito, we do food drives and food rescue in the Southeast – we go to the wealthy places for food rescue to make sure there's good quality food. As I get information from healthcare providers, doctors – anything I can do I try to share it with everybody so that there's equal knowledge and equal access. The bishop at my church, one of the things he's emphasized from the beginning is to think of our elders, support efforts for access to food, share the knowledge you have about resources. We're doing everything we can to make sure that people are being taken care of. Those who are afraid of being evicted – don't be. The governor has made it so that you won't be penalized right now, they know that otherwise there would be millions – well, thousands here – of people who would go homeless – and you know that here in San Diego we have a big

homeless population because other states send their homeless people here. I work with this population, and when I ask people where they're from, it's Kansas or Michigan, it's Chicago. We're kind of unique here in CA because we were initially able to keep things under control until Don Cheadle decided to do otherwise and encourage people not to listen to the health experts, it's like – what are you doing?

\*\*\*

- The two videos [The Off-Ramp/Trust in US] were very alarming. We are substituting people with machines; robots are educating our children. In my opinion, robots do not know how to distinguish between good and bad, so that does not sound like a good situation. I also did not like the fact that babies were being created outside the body. Another aspect of the video that I was concerned about was the production of meat with human cells.
- I think both videos were very alarming. What kind of world are we leaving for our children? We cannot let machines overpower us. In fact, when I go to the supermarket I refuse to go to the automatic checkout and instead spend more time going to where there is a cashier in person. The purpose of this is to do my part to foster human connection.
- I actually did not think the videos were very alarming. I work in the medical field and I think implementing technological systems that do not make decisions based on race, ethnicity, religion etc. Many doctors have many biases that do not provide the best care for their patients. Therefore, machines could potentially get rid of those biases.
- I think both videos were very alarming. Talking about replacing the human race is concerning. We are taking away the sensibility and the essence of humans by replacing them with robots, technology etc.
- Something that I saw on the video is that they are making us aware of what we are doing to the environment and the repercussions that could arise in the future (2050). Logically, we do not want that for our future generations so we must act now to make sure that what we saw in the video does not become the reality.
- It is concerning to think about robots taking over the workforce. It makes me worried to think that my job could be replaced by a machine.

\*\*\*

- T—— saw the video as a little far-fetched and robotic. “Where is the love!”
- L——’s husband: I’m on my way to plant based myself but I think owning our means of production is more key.
- P——: Also, didn’t love the robotics.

\*\*\*

- L——: Tracking people – perhaps for safety? I am attached to my phone and already feel like I’m being watched, so it feels a little scary. I remember a time before people had cellphones and tablets, and I feel like there were good things about not being connected all the time.
- G——: sexism – saw it in the video; it’s a problem now AND in the future.
- M——: Tracking; if we were to create a better world where things weren’t measured in wellness, not wealth, then I don’t see why you’d need to be tracking people. Maybe monthly check ins about wellness, kind of like a regular doctor’s visit.
- F——: Particularly during the pandemic, places to check in are a GREAT idea.
- L——: What about \*online\* check ins? Fabian: It’s nice because there are options, like text?

...



- I could see how it could be commercialized, people would have to better to make it work.
- I am happy with technology, but not to the point where some of these technologies would be something I would be happy with. Our bodies were made the way they were made, for a purpose, I think we lose a bit of ourselves when we change that. It didn't seem quite appealing to me.
- It shocked me, what is the future of health going to look like? This was a bit scary.
- I also have a negative view of exo-hub, I think that would be a synthetic, brave new world, and you have the separation of the caveman people, first the exo-hub people, then someday the cave man people might attack the hub or take over or destroy the hub, to create your perfect world. I don't think we'll move to that in any future within 30 years.
- The Trust Act, who's watching the government, who's regulating them. You're going to build an underground, it's just like the protestors now, they will try and take it down.
- Who is left out of this new system? There will always be people that don't want to be part of the communities.
- The hub sounds like a healthy world, but I think you lose the natural health.
- I feel in scenario 1, there is an opportunity for a lot of isolation. Similar to now, it's not the same, I can only see one or two.

[Below are a secondary set of notes submitted for the same discussion group by a scribe. In order to preserve any additional details captured by the second note-taker, we have included them here.]

- I thought immediately about what could go wrong. With the exo-womb thing especially, I immediately thought about gene selection and designer babies. Human beings would have to be very "good" in order to not exploit such a thing.
- For Scenario One [The Off-Ramp], the world would have to change completely for that to happen. I like technology, but that would take a lot of trust. Our bodies were made the way they were for a purpose. We lose a part of ourselves when we stop relying on our bodies and start relying heavily on artificial intelligence or automatons.
- I found the robots a little scary, kind of shocking.
- In Scenario Two [In It Together], we have the Trust Act, but who will be regulating people?
- The eco-hub sounded like a healthy world, but it felt like we lost a sort of natural health.
- In Scenario Two, there's opportunity for a lot of isolation.

\*\*\*

- The two videos were very alarming. We are substituting people with machines; robots are educating our children. In my opinion, robots do not know how to distinguish between good and bad, so that does not sound like a good situation. I also did not like the fact that babies were being created outside the body. Another aspect of the video that I was concerned about was the production of meat with human cells.
- I think both videos were very alarming. What kind of world are we leaving for our children? We cannot let machines overpower us. In fact, when I go to the supermarket I refuse to go to the automatic checkout and instead spend more time going to where there is a cashier in person. The purpose of this is to do my part to foster human connection.
- I actually did not think the videos were very alarming. I work in the medical field and I think implementing technological systems that do not make decisions based on race, ethnicity, religion etc. Many doctors have many biases that do not provide the best care for their patients. Therefore, machines could potentially get rid of those biases.

- I think both videos were very alarming. Talking about replacing the human race is concerning. We are taking away the sensibility and the essence of humans by replacing them with robots, technology etc.
- Something that I saw on the video is that they are making us aware of what we are doing to the environment and the repercussions that could arise in the future (2050). Logically, we do not want that for our future generations so we must act now to make sure that what we saw in the video does not become the reality.
- It is concerning to think about robots taking over the workforce. It makes me worried to think that my job could be replaced by a machine.

## 6 August 2020

- I kinda see scenario one [Crowd Control] as what's happening right now – disparities and inequities in wages, healthcare, etc. And the second one [In It Together] seems much more like the future we'd want, with representation and universal healthcare. What we have now, you lose your job you lose your healthcare, and those who are already vulnerable, you get sick, you lose your job – you can't get care and you can die. The other thing is also obviously universal income. Having a living wage and some say so in how things that we're involved in go... I mean, in scenario one [Crowd Control] you have [people] fighting for equality and justice, against racism, and if you don't make a change in our leadership, if we don't have the chance to vote – there are like 50 different techniques right now for trying to suppress the vote – so if you have a chance to vote, that 99% getting to have a share in decision making without having to worry about the lack of healthcare, all of the environmental determinants of health – food, and housing. I do understand what Z—— was saying about being able to meet those basic needs, but it takes leadership that's going to be more inclusive, less racist, where everyone can be involved. Even though there's all of that going on right now, I see the glass half-full. The goal right now is to see everyone represented in the census and everyone able to vote so that the leadership will be sensitive to what we're calling for and make the changes necessary to make us all equal. It's not by any fault of our own, but there have been things we need to get past – when we aren't losing a hundred or a hundred and fifty thousand people to this disease – we do have a voice and we do have power, we just have to make ourselves be heard.
- There're some people who are kind of worried about the future, what's happening. Lucky for those of us who are retired and have some resources we can bank on...but we need to put our voice toward the census and voting if we have the chance.
- On scenario one, Crowd Control, I know the crowd control that we are seeing right now, it's not really healthy for those people who depend, especially for people who are self-employed. As I am seeing, it's not productive for them and it's not helping them out. I'm hoping that it will be worked out so that everyone can go back to work. On the second scenario [In It Together], I liked that we could have some reasonable healthcare, especially as we get older, that we could have affordable healthcare instead of passing costs to the next generation. Another is that we have a healthy community where people can afford good housing, especially for people that are homeless.
- It's pretty interesting what we are talking about right now, the trends with people who are really poor or homeless. In San Diego, we have the convention center, and there is a lot of help from public health and social workers who are helping the people who are homeless there and in our community. I'm kind of struck by the have and have-nots. It's kind of heartbreaking right now to think about people who have lost their jobs, who can't take care of their homes or their family, their children. As a community, we have to do whatever we can to help them survive. We should have a FORESIGHT [community conversation] on what we can do, especially for older people like us, on Medicaid. But people who are losing their jobs right now, who don't have health insurance...I mean, we also have clinics for people who don't have money. But I'm

also thinking about the world right now. Countries are suffering so much because of this pandemic. You hear about the suffering all the time. I just hope that this pandemic can be eradicated by the vaccine that is hopefully coming in the next year. I know several people who have died from this, and also nurses who have been affected. People need to listen to public health and thank the healthcare workers, and nursing aids who are taking care of us – there are a lot of nursing aids in the Filipino community who are affected by this. We have to listen to the scientists and stay at home, wear masks, wash our hands. We should try to help by staying in together. We're all in it together – with this pandemic, we're all in this together. We have to be positive about it, but how can you be positive if someone from your family dies from this?

- Since unemployment is huge and about 40% people are going to file for Medi-Cal (state insurance), I believe that FQHC (Federally Qualified Health Clinics/free clinics can be a great partner in helping to provide the "universal" care for people as they are going through sliding scale fees.

\*\*\*

- The most important thing is that we will be having more organic food
- We wish to stay in California. We don't think that we will be able to move to another state or city again because of global warming or any other reason.
- Pollution is a sign for a future risk.

\*\*\*

- Scenario I (Crowd Control) mentioned that there are certain groups have access to a technological advance compared to others. Like if there is a vaccine, some people have access to it before others. It should be fair and the same for everyone. That is something I didn't like.
- With complete honesty, I didn't like it when they spoke about the presidential election. I have seen it a lot in the news and that is what touched me the most. You can't go to YouTube or anywhere online without seeing politics. You always think "this person is not performing such act," like everyone would like.

\*\*\*

- I thought the healthcare on demand was strange, having your medicine delivered on demand, vitals on a watch. But it's kind of like a fitbit, but it's not going to anyone else but yourself.
- Losing your balance of privacy to have it on demand
- As tribal people, we're different from other groups. This [set of scenarios] is great for all the people represented in the drawing. But what about our tribal treaty obligations. Will they fund HIS [Indian Health Services] more? With the health disparities?
- Especially the migration part, if people are rooted in their reservation and everyone is migrating because of the weather. The natives probably wouldn't migrate. If they are rooted in their land, they probably wouldn't run.
- I don't think it was meant to relate to tribal people.

\*\*\*

- Designer babies scares me because I can imagine the corruption and perversion of the idea. The self-esteem issue would be major.
- The 3D printed housing was a little confusing about the video.

- Today, I went to the park and I saw a lot of people not wearing masks. I found this super alarming. It made me think that people don't care about what's going on in the world with Covid.

**Question 3:** Is there anything we can do right now to ensure a healthy and equitable future 30 years from now? Do you have a vision for community safety in a healthier future? How might public institutions and systems shift or be designed in order to ensure the outcomes you envision?

## 9 July 2020

- If home developers actually build places to stick humans in, I hope we make space for parks. As this generation gets older, some of these kids will ensure we are building parks in developments they are designing. The kids are going to be the future, and this is a lesson as well. As they design the future, they are learning from this.
- There are big parks, in San Cedro, the big park, there's a huge beautiful park, and there's laws that protect areas like that. I'm hoping that doesn't change. Thank goodness for that. Fifty years from now, can they do something about the sewage to keep the beaches clean? I hate having to figure out if it is safe to swim it today.
- The one public space, besides going to the mall, I was walking, they had a Japanese meditation garden, they had a sign every 30 or 40 feet with a different practice. Another day, they had native Americans out drumming. At the park, there was different way to expose yourself to different practices.
- I did some traveling, other countries take their parks seriously, Japan in particular. I'm hoping that here, I think we take it into account, it's a conscious decision to include it. The last place I lived, I valued it because of the park. We called it big grass. It's where my kids grew up. I didn't care how many bedrooms; I wanted the park for my kids.
- To help preserve the planet, recycling things, not throwing waste, not to make things dirtier. Stay healthier.
- I wish we had universal healthcare, we had insurance when my baby was born, it was really expensive, I had to pay almost \$16,000 for the whole pregnancy. The insurance didn't cover a lot of it. That's why we think the healthcare in the US is bad.
- We have to build a different culture within the healthcare system. It's going to be really hard; we have to retire all those people that think a PhD is a responsibility to behave top-down. A lot of communities with inequities, health, race, economic inequities. A lot of non-profits are helping more people than the traditional health system. Change is going to happen with or without them, but the new generation, there is an opportunity to level the playing field to address the inequities. I interviewed with CNN, with Covid, a lot of times government is really slow to respond. Some places are moving to phase two [of their Covid-response], some are in phase I, and we're still fighting the war at emergency care. It takes a long time to move government and bureaucracy. The places with social determinants of health, they are putting themselves in dangerous situations to meet their primary health needs. It's up to health advocates to bring accountability to health departments and government. You can participate civically from home; you can contact elected officials. There is so much that you can do civically. The government doesn't have the answers, if you're appointed, you're not really doing advocacy. You need outside people. They work for us and I don't think we take advantage of that enough. I don't believe we exercise that right that government is for the people. The biggest mistake is to follow the same patterns. The question is, who is at the table? A lot of people in foundations, they are in ivory towers; they are very high-level, very elitist. The real experts are in the neighborhoods, in the communities. They are battling these things every day. They know the problems, that plague our communities. There's a lot to it, we need to change the face of the leadership. Is it going to be real people stepping up who care about our communities? There's a

lot of moving parts. Are we the decisionmakers? That's the something that we need to strongly own. It's not time to wait, we need to own the table. We need to set the table and to guide the next iteration and innovation.

- We need to be the ones that are creating the next innovative model. Bringing together the plans, we can't wait for others to build the plans. We need to be the ones making decisions about our own communities. People that have the time, capacity and the expertise, we are all human, we all have symptoms, exposures, the result of these conditions that we live in, healthy or not. I'm not going to wait for someone else to build it, that subscribes to it. It takes doing it. I've been doing it for 20 years – we're tired of waiting. Frustration when you have no other alternatives and you've given up, we're very energized, and eager to take advantage of the energy, the protests, the movements coming together. A loud voice for all of us. Covid has shaken the health care system. No one is protected right now. People got in the fetal position, there have been deep cuts for decades. We can't fight Covid in the emergency rooms. We need to deputize non-profits that have historically addressed inequities. No one has made that call. We need to guide the government, they don't know how. They react, they triage, they deal with emergency cases. They have tunnel vision, we need to be the one to give them peripheral vision. Start putting in a dollar value on it. We need boots on the ground to address the inequities.
- The core issue is partisan politics, the core of what I see, we have the innovation, we have the technology, the money, partisan politics is the crutch. We're so divided into two stupid parties, we can't decide how to treat each other. That's the core destructive power, if we are supposedly at the [fore]front of innovation, front of technology, and we can't cooperate, then I hope that is something that needs to be resolved for the future. I hope my kids' generation learns from our mistakes. The technology is there, the ability is there, That's insanity. Doing the same things over and over. And at the core of it, partisan politics. That's why things are the way they are. People with great ideas don't have the power. The moment you threaten stock quotes. I hope this is a wake-up call to put politics aside, but I'm still hopeful. I have to present the possibility that this future can be better.

\*\*\*

- In 30 years, I would like to see the community keep helping each other. COVID-19 has united our community in many ways, such as when somebody gets sick, family and community cook meals and share some resources.
- Freeze rent at times or mortgage because rent is expensive in California. Now because of COVID-19 and before many of us are not working and it is hard to pay rent.
- I would also like to see gyms to be free for everyone! Many people in the Hispanic/Latino community we would like to go the gyms, but it is very expensive.
- What I like for my future is that the immigrant community has more access to basic things, like health care, fair wages, affordable housing, and just fair things. We need an immigration reform as well. When you don't have documents is difficult to get resources.
- In 30 or 20 years I would like to see more equity and more resources for people. We have many homeless and is sad to see them every day in our sidewalks, sometimes you see complete families.
- I want to be able to pay for our basic needs like rent because rent is too expensive, food, but good food. Sometimes when I go to the store, I have to make a choice, either I buy good quality food, or I buy food for all my family. To buy organic food is just impossible for my family. I know if it is not organic, there are many chemicals in our food, and it is just so sad to know that because me and my family are eating that, but what are my choices? Maybe grow my own food – but I live in a small place.

- There is no rent control, we need rent control! rents need to be lower! Most of the time we have to work two jobs to have enough money to pay rent, and sometimes we can only pay a room for a big family.
- I also want gyms to be free, and we need free health care for all so when we get sick we don't have to worry about paying hospital bills or if I feel sick I can go to hospital with not worry about what's my bill going to be.
- Access to healthy food. Healthy food is way more expensive than junk food. We need to grow our food. There are many chemicals in our food and those are affecting our health.
- There are too many people smoking marijuana in the public parks where kids go all the time to play. I don't like my kids to see people smoking marijuana, kids can get sick from that. I don't feel safe when people are doing drugs in public spaces.
- Rent is too expensive in California; we need good paying jobs. In my house, my husband is the only one who works, and we can't pay rent, food, bills are very hard. Sometimes we can't even have any help from anywhere.
- Our community needs to be organized and together. When we are organized, we can achieve good things. We need to be united, so in difficult times we can count in each other. Also, when we are united and organized, we can spread the word for things like these conversations or other resources in the community.
- I also want to have health care for all, many families would not go to the doctor because we can't pay a doctor bill. I use traditional medicine like herbal teas and massages.
- Old people are more at risk to get COVID-19 and other virus they also face more difficulties, especially if they don't speak English. Young people must take care elders.
- Because we don't have health care many of us rely on traditional medicines, such as herbs and foods, limpias (cleansings) If I get a cold or fever, I usually make teas that my mother and grandmother thought me. Caldo de Pollo (Chicken Soup) is a must in our traditional medicine in our family.
- Young people, our kids, should have access to affordable education and they should go to college and become whoever they want to be. When I was young, I didn't have access to go to college but now that I am a mom, I want my kids and young people to achieve their dreams.
- I don't have healthcare, sometimes if I apply for a program I don't qualify because I make just a little bit more to qualify, so I have to be almost homeless in order to qualify for something. And I don't get anything. So, If I get sick I do a lot of remedies from herbs.
- In this country we have many people that are undocumented, many hard-working people that are just great and always try to make better their lives also undocumented people face discrimination not only for not having documents but also for not speaking English.
- I hope that soon something good happen.
- Hope discriminations ends, we need better jobs, better wages, access to housing, have healthcare for all. Better economic equality.

## 16 July 2020

- We all need to be aware of the challenges and being mindful in our everyday life. If everyone was individually working for a better and more inclusive society, then in 30 minutes, we'd be building toward that collectively, more people would have access to healthcare and insurance. I think history is a great teacher, we can learn from the mistakes that we've made, just keeping in mind the long-term goal.
- One of the things we need to work on is mental health – if we start right now, thirty years from now it will be a whole different story. Right now, we regularly go to the dentist, if we started right now to make sure that from childhood, babies and infants even – have the opportunity to speak to someone and learn how to manage their feelings and what they're going through.



- We talk a lot about health, exercise, eating good food – but we don’t talk about mental health. We need to normalize having conversations around mental health and seeking healing. We talk so much about health and medical care and we know what to do if we need care, but it takes a lot of research to figure out even where to begin when someone needs help.
- That is really true, because I am a preschool teacher, but also a foster parent. And there are a lot of resources to help children, but sometimes it takes a lot of time to get things rolling. It often takes a family member who is informed and knows how to advocate for the child. In the early childhood field, we’re realizing that these are things we *have* to address at an earlier age. There have been times when we’ve been asked to wait [to talk about mental health needs], but then you talk to the kid and see what they need, and you know that you have to have these conversations now. My pediatrician is great, but I think having that strong core team supporting the parent is so necessary. Parents at the school sometimes have a harder time getting those resources. I try to do as much education as I can and try to create opportunities to get that information to them. I think that it’s changed over the years. I hate to say, [that it has changed] genderwise, but I remember way back in the day, boys had a stigmatism of problem behavior, being hyper – but it’s not just boys we see that with now. It’s every gender, it’s a lot of the kids. People say they’re being bad, but it’s just their attempts at getting help. They don’t have other ways to say that something is wrong.
- So, I am originally from Pakistan, and I came to the US in 2013 to study at UCSD. Institutionally, [on the topic of] how universities are handling mental health, I think it’s gotten better, but there used to be a lot of stigma around mental health, especially for men with ideas around masculinity and perceptions of weakness. I’ve seen over time more people willing to open up about their problems – and when you hear people talk about their feelings and experiences and you relate to that, it underscores that it’s all the same really, what we feel and worry about – then there’s just the complexities of life. But I think everyone should feel safe and have someone to talk to, even if that’s your family or a friend. There needs to be more work around this notion that seeking help isn’t bad. At the end of the day, it’s the person who is troubled who is profited the most in seeking help – you owe it to future you. The first step is always the hardest. There are plenty of times where you can relapse but taking the first step forward is the hardest part, and once you do it you can commit to moving forward.
- In high school I don’t really learn about mental health. I think they just don’t talk about it. But I’m 14 years old, I go to high school. So, I have to have a health class as a sophomore, so I haven’t had the opportunity yet.
- I never worked for a school, but I have worked for youth institutions (as a corrections professional), and when a lot of these kids were institutionalized they were on medications – and I always wondered what other resources were out there for them. I still don’t know a lot about that, and I didn’t really know then what kind of help they might have had or what else could be done to support these kids, some as young or younger than 15.

\*\*\*

- To deal with health, we have to deal with racism. Specifically, the trauma inflicted on POC. It starts with education. We must share the true history of each generation with the next. And with the current ones.
  - Ex: educate on who built this country, who invented things whose patent rights were then stolen.
- It seems like Black people frequently don’t live past 50. That needs to change—how we’re treated in the healthcare system, etc.... it’s not genetic.
- The idea that Black and Latinx have a higher pain tolerance, will be treated differently in the ER, medicated differently, is wrong and bad.
- Working cross culturally to learn about Indigenous and Latinx and other communities’ healing

practices and elevating those healers has been valuable to me and would be valuable if they're further amplified.

\*\*\*

- What I would like to see on 30 years from now is that the government would do good things for people. Recycling also, and to make it right. Being more responsible with our own waste, we go to the store and we keep using plastic bags.
- I see our future with a lot of control; sometimes I think this pandemic is to have us under control. I feel sad because I see that we are losing our human warmth, families are separating, and I fear that families in the future will be colder. Everyone is in their homes now, no gatherings, not sharing with one another. I also worry that we are harming so much our planet. I would like for us all to stop that way of acting and that we stop harming our planet.
- Less green areas, less water, the only bays we are going to have will be lakes. Our hills will be invaded by houses. Culture starts with us. Talking to our children about this is also important. The government also needs to encourage culture, put more ads and warnings about caring for our planet. Instead of making improvements in technology they should make more improvements on how to care for our planet.
- Technology could improve towards taking care of the planet, but technology is not being used that way.
- I wish for there to be less disease and that family would be more united. I've seen so much sadness because of social distancing; I would like to see more unity.
- I would like to see a greener future, with more recycling, more unity and consciousness among people. We are damaging so much, we keep using sprays although we know it's so harmful for the ozone layer, be more mindful of that. Disposable batteries, we use and waste so many batteries, where are all those batteries going? We need to be more aware of that. Lights and device chargers, they stay on all the time, even if we are not using them. I would like to see a better world with more green areas, healthy people, eat more vegetables, more consciousness in all population and in our government too.
- A positive change in the community, paying special attention and starting in our youth.
- I don't use the dryer machine. The water I use to wash dishes I reuse it to water the plants. I can't use the hose to water the plants, I just can't. I prefer to reuse whatever water I can. We don't eat junk food with my kids, I always cook food. Just a few times we buy process food.
- Starting with small steps is definitely the way to go. Thank you for sharing.
- Avoid creating more waste. I don't use plastic bags when going to the store, whenever I go to the store, I bring my reusable bag, the kind my grandma had. I use it and wash it, and then I use it again. But with this pandemic they don't let you use your own, and they give you disposable ones. But whenever I can, I use my reusable bag. I don't use disposable plates or forks either, or nothing like that.
- Many times, small acts lead to greater changes.
- Recycle whatever I use. You can also recycle clothing, shoes, and batteries. You take all of those things to recycling centers. I always tell my children, take good care of the water, in México we didn't have much access to water. I get traumatized when I see people here wasting so much water.
- Yes, especially when coming from a place without easy access to water.
- I take care of the water. Also, in my house we take care of electricity. I tell my kids, if you are not using the light, turn it off. When you brush your teeth or shower, do it quickly. Start educating and taking care of these things with yourself and yours at home.
- It is important to teach our youth.
- I take care of the water, the electricity. I tell my children the water is expensive, electricity is expensive. We also should be mindful of the food. Right now, is abundant but we might not have

it in a future.

- I'm cautious with the use of water. My husband wastes so much water when he showers. With my kids we also try to be cautious with the use of the water. I don't use plastic bags anymore.
- Take good care of the water, electricity and waste. We should organize our self and with others and create groups to help and clean. This video and the pandemic make us think, we should start by giving the example to our kids and others. By picking up papers or waste that we see while strolling on the street and bring it to the trash can, just by doing that we would be giving an example. And we should all participate in this, so we don't have to reach the situations we saw in the video.
- And also, what G—— said, because of Covid, whenever you go to the store, they give you plastic bags.
- Yes, and we also are seeing that the stores are now being emptied. Just like the traffic lights, we must stop and think. Thank you for this talk.
- This is the reason of this talk, to make a reflection and also to take action.
- Recycle. Everything I use, I break it down for the recycling. Cardboard and whatever that might be reusable. I take good care of the water. My family is mindful of the water when we shower; I take care of the electricity. I try to pick up trash I find around and put it in the trash can.

\*\*\*

- The group strongly focused on environmental practices to keep our planet green. A large amount of group members mentioned that it is necessary to reduce, reuse and recycle now to ensure a healthy future. They mentioned that it is necessary to teach children from a young age how to take care of the Earth. A group member had the idea of increasing government-sponsored advertisements about environmental practices rather than fueling the consumerist culture. The woman believed that the government focuses too much on technology but does not use it enough for environmental purposes. Another group member thought that the government should fine individuals as well as large industries for contamination as an incentive to stop pollution. The group thought that showing the videos that they watched today about the future should be watched by everyone in order to raise awareness and make individuals think about how their current actions could impact future generations.

## 23 July 2020

- I live in City Heights and right now the resources our kids have – my two kids are in middle school and have access to programs like College Access – and that's important, I've been really looking forward to that. I've been living here for 30 years and because of my skin color I get treated differently, but we do have a lot of resources here – and I think they make a big impact on our kids and their futures. I do feel that there is growth – we see it and try to stay positive. But in our communities, there are a lot of resources out there to help us grow and do better as a community.
- I completely agree. Me myself, I grew up in City Heights as well. The same way – it was such a difficult neighborhood when I was growing up. Me and my friends were all gang-affiliated, and I don't say they were hard times, because it was just normal to us. I never finished middle school, but now I own my own company and my brother was the first person in our family to graduate high school, so I know and believe that there are things in the community that are helping out. But we need more things like this, we need to stop just worrying about ourselves and look to the people coming up behind us. The reality is – we have all failed, just looking at where the US is right now. If we start where we are and teach different values, try different things, we can actually make things better. But you have to be able to separate yourself and take the time to teach these things, I sit down with my kids, like – don't be a bully, don't be a racist – that's such

a big and important thing right now, though I don't think it's so bad in San Diego. Just, the important thing is to sit ourselves down and learn and then teach. It's why I'm here right now.

- Yes, I am trying to be grateful also. Parenting here is so different – in Africa the worries were that they don't have water to drink, they don't have food to eat – but I am thankful right now that I don't have those worries, even though were at home. We're able to be with our kids, we talk with them – before we didn't have any time to be with our families because we were only together at night.
- Yes, so many are living day by day – where if they don't work, their kids don't eat, so I feel very lucky that I don't have to worry about that right now.

\*\*\*

- I think that making people in power aware of their need to help others through unifying our voices. To be honest, as a low-class citizen, I feel like there is very little I can do against those in power. However, I definitely want my voice to be heard and I do not want those that are simply “money-hungry” to be running our nation. I believe in taking care of the Earth, because that is where we eat and breathe from, so we need to start by making everyone environmentally aware.
- I think that what has allowed me to lead a healthy life is to eat well, respect others, have dignity, and take care of the world that we live in. I have taught my daughter to recycle, clean up the trash, and do my part to educate the younger generation because I know that one day, it will become habit for her. Eventually, that generation is the one that will be running the institutions that will make big changes happen.
- We need to inform people and make them aware of what is needed to be done to take care of the planet. We need to show people how to eat healthy and ask the big institutions to make healthy food more affordable.

\*\*\*

- I think we need more racial equity. I don't think we're doing to get there in 30 years. That's one of the things that bothered me about this video is that it made it look like barriers based on identity are just going to vanish in 30 years. It's unrealistic.
- Our country needs cooperation within 30 years. Less of the “me” syndrome, which is the history and foundation of this country with capitalism, extractionism. And the country has kept the same mind set. I don't expect it to drastically change on the national stage, but what we can control is our local communities. We can then do cross-cooperation between different communities. I work at a preschool and we've offered a grab-and-go meal throughout the pandemic for the children we serve, or we drop it off at their house. As a preschool we're trying to meet the needs of our students, of our parents. We call them daily, seeing where they're struggling, and we then direct them toward resources.
  - Sometimes we have an idea that things like this are a “community effort,” but sometimes your “community” is the person sitting right next to you, and you and those people are the ones who make things happen.

\*\*\*

- Eating and drinking habit of the children. Vietnamese families usually eat vegetables but if the children eat only school food, they might be obese. They should eat more healthy and organic food for a better future generation. Staying at home all the time tends to slow down their intellectual development. Therefore, it would be great if the Government does something to help them in term of both intellectual and physical development. School close is something we

are so concerned.

- In the next 30 years, some of us here will retire; some of us may not be alive. We should think about what we can do the best for the young generations, what we can do today to help them. Going to school and eating organic food are all investment in their future. If they have a good care like that, they can help our country the best in the future.

\*\*\*

- We envision in 30 years all people treated equality and fairly. We envision all people having their own homes and educated.
- Yes, we need to organize based on common vision. We envision to elect our representatives who can give us what we want. We need culturally competent people to speak in our behalf being a voice for us. We envision our kids to be politically conscious so that we can achieve our common sustainable economy which works for all.

\*\*\*

- Take care of our planet, grow vegetables, don't throw trash in the street. Most importantly, teach our children respect for all other human beings. Do exercise and eat healthy to improve our overall wellbeing.
- Use our water wisely. Take care of our rivers and drains. A lot of times there is trash in our drains, and it affects our planet. Also, eat healthy. Teach our children to eat healthy.
- A better education. Better wages. Personally, I think that we should go back to the future and learn about nature. We tend to eat faster, easy to make foods. In rural areas/towns, you eat healthy food. But you don't have education. Here, there is education but, food is what is not helping us. The food is not good. We don't have options. I grew up in the South and ate really healthy foods. I was not able to have an education.
- Living situations here in San Diego, California are different. People live in towers and you are not able to go outside and do much. Also, the food and the changes in hormones that children are diagnosed with. In City Heights, I see and hear about that a lot.
- It's expensive to live here. There are a lot of homeless. It's difficult to find a place to live. Homeless people live in unhealthy places and that is also unhealthy for us. Sometimes you see a lot of them in one area and that's not good.

\*\*\*

- I noticed that everyone talks about equality but that never actually happens. I think the way we fix this is actually working in our community. We are seeing this now during COVID-19. Even now we talk about equality and even schools are giving our kids trash food. If we want to make change, we need to change within our community.
- Yes, everything is very true and yes, I see my part in the change for our community. A little at a time if we want to make change we need to start at home.
- Yes, D—— talked about everything that is really important. Yes, the 3D housing is very worrisome because that means we won't be safe at home. Who knows if we will be here in 30 years? – because this world is a little crazy! I feel like people like us are being used to make the rich more rich. And the cost of living for us just keeps getting more expensive.

**28 July 2020**

- I think of it in terms of physical and mental health, preventative care, what can I do to avoid being admitted into a hospital for long-term care. The characterizations of the future being dependent on technology is distressing, when I really just want to unplug. And making for functional relationships with other people. And depending on your income and access... Nutritional food being an example of that.
- To be transparent, F—— and I work together. I'm the CEO of a non-profit here. Our work is to maximize self-sufficiency – 95% of the people we work with are low-income. Everything we do is connected to it in terms of equity. The majority of the people we serve is of color and low-income. Such a large percentage of the Latino population here have been impacted by Covid, access to health, to education, to affordable housing. I'm a true believer in [the idea that] once you have stable home environment, you can start thriving in health and economic status. And being able to open doors and step into higher areas of work.
- I live in a city that still full of opportunities, you have to go out and find them. When I first moved, I didn't have insurance, when I was first diagnosed. There was [sic] never doors that were closed for me. But there were people that connected me to people that could help. I think, it's a place that is full of opportunities and you have to go out and find it. Eating healthy, people would give food, and I would take it home and mix it with something...
- All of San Diego has people that are open and helpful. Even in the rich community, they put money into the philanthropy, they moved homeless into a program to get them off the streets. But I think about all those homeless people, in equity, they didn't do well in their search, and now they're out in the streets. And the housing problem in San Diego, we have the highest rental amount that you can't afford to rent, and the rent keeps going up. During Covid, all the people lost their jobs and now are trying to figure out month to month, and they're lucky to have the government assistance to delay the payment. But if you don't have the equity, you can't sustain your health. A lot of people [are] losing their healthcare, imagine trying to afford healthcare for the entire family. What is [the cost of] the medical bills for the cancer treatment?
- I'm getting savings [support] from Morris Cancer Treatment Center – they are sponsoring me to get treated. This is my second round of cancer [treatments], I applied to Medicaid, but my husband has two jobs, so I didn't qualify. So, they had a program to sponsor me, they pay for the treatment. My first reaction when I heard cancer, I thought I was going to die. It's a blessing, for some reason right away, I got into the program and my treatment started right away. I have four kids, my husband works two jobs, I'm busy, and I'm going through treatment.
- During this call, my wife and kids are going out, a lot of people are asking for money to survive.
- With Covid-19, we don't go outside, we have an area outside for our kids, and we make sure to all mask up. Technology moves so fast it feels like they're experimenting on me. And I'm seeing the best, and I'm grateful for what I have, and I take it one day at time.
- V—— said something, and we debate this, [I] with my husband. What should we work to have? In the US, the wealth is concentrated in small percentage [of the population], V——, you have a lot of blessings, but there are people that work that can't afford healthcare, shelter, educational opportunities. At the core of health and equity, what are rights? What do you have to work and earn to purchase and afford [the things you need to live]? It's interesting to work in such a wealthy country and see so many living paycheck-to-paycheck. When we talk about healthcare and equity, is it working? For the majority? For a small percentage? I don't want to live in a country where there is so much wealth and [inequality in the distribution of resources and opportunity].
- I agree, because I've known a lot of people, it's cyclical, they live paycheck-to-paycheck, then they have an issue and lose their home.

**6 August 2020**



- I came to this country as an immigrant, and for much of my life I have worried about life itself – there’s so much out of my control. The reason why I say this is because the situation we are facing right is all over the world, but there are specific communities that are really in danger, in difficult circumstances. When I first came here, I worked for a restaurant, then Google, then IFC here in San Diego, helping refugees find jobs. So, I look at the situation we are facing right now, and nearly 90-100% of our clients have lost their jobs. Imagine, you come to a country, you don’t speak the language, you lose your entry level job, government offices are shut down, they struggle with technology, and there isn’t much help for them – it’s a struggle mentally and emotionally. What do you do if you lose your job, you’ve only been here three years or so, less than five or ten years, and now you can’t afford to provide for your family? How would you feel? It’s very stressful, very emotional. They think, oh wow, is this the end of the road? What is the next step? What if we don’t get to a cure for this? That’s the worry in my community and the community we serve – wellbeing, being healthy – you can be healthy when you get your food, but what about paying for rent, for healthcare? It’s a really hard time for this community.
- I can relate to that, I think a lot of us have those concerns right now. I think mental health is really important too – we should all be connected – to our friends, our neighbors, our family. It helps us with our mental health to communicate. I have a lot of things in my mind, but what I do is helping our community as well – I am a nurse, and I do a hot meal drive through that we started last July. I try to call my neighbors and old friends, especially the seniors, the ones who needed help.
- The pandemic we are experiencing is really a very uncertain, unprecedented time. The least we can do is help ourselves, first of all. Do our best, ask like we did in this group, what we can do to be healthy and to remain healthy, especially mental health, which is so important for all of us to be connected. We should all be connected to our families, our friends, our communities. It helps us with our mental health to communicate if just via Zoom. I am a nurse and I help with the community, hot meal drive-throughs in the SD community. I also call my old neighbors and friends, especially the seniors.”
- Vote, civic engagement, participate in the census.

\*\*\*

- The issue of chemical use in everything nowadays including our food, drinks is causing a lot of health issues now and in the future, so they need to minimize the use of chemical material.
- People have to eat organic food. Seasonal food must be planted when it’s time to.
- Avoid the pollution of water due to chemicals thrown into the water.
- The need to change the buildings material made of. All apartments are made of wood and there is no family privacy, all neighbors are listening to each other because wood transmits sounds. This issue causes mental health problems for some people because they become uncomfortable even with their own family. Due to different work schedules they are forced to sleep at the same time or getting disturbed by others. This is a very important point that not everyone is aware of, especially in California, there are a lot of different people from around the world with different cultures.
- Some people don’t speak English, or they are not educated. They don’t know how to use technology, so it is not easy to communicate with people or raise their voices to explain their needs and problems they are facing. They need someone to help them to use computers to study and use Zoom.
- The issue of discrimination, wherever you apply for a job they ask you for your background especially in 2020. This has to be stopped.
- Need to have more doctors in the hospitals and less waiting hours

\*\*\*

- People need to think clearly on who they will vote for and why. Also, thinking about the certain groups that you want to become a part of. For example, like they mentioned earlier, doing more yoga and it begins with one person (with oneself). We can all do our part first of all and then be able to change the future.
- Have the initiative to have the seeds of the food I will consume. Also, bring human values to everyone. We are all created equal and should have access to equal resources.
- I agree with the last comment. I really like the thought that we should plant trees, even if they will not be for us, they will eventually be available for our children. We need to harvest our food because it helps our ecological environment and our health, overall.
- In general, it is very difficult to begin the process of creating a better future. We need to start at home. For example, teaching our children to not waste water, to take better care of our environment. What worries me the most is clean water. We need it, plants need it in order to grow. We, here in this country, we don't have a problem with that. Other countries have clean water issues.

\*\*\*

- It's many things on different levels, I'm located about an hour and 15 minutes from San Diego on a not busy day, 2.5-3 hour round trip. Public transportation is limited, broadband, most people can't afford internet. Our people's income wouldn't be able to authorize the 30, 40, 50 dollars a month and they don't have iPads, laptops. When information is sent out, they don't have access to it. So, having access to information is important. With health, most homes had gardens, and towns had gardens and we're starting to see that. And with chickens, fruit trees. We're a high-risk area, 47% of our Tribe had high risk conditions. Just trying to be safe.
- The elders were meeting at the San Diego Native American Health Center, we started with 4-5 people, at the last meeting, we had 50 people. The lack of communication with each other... I try to stay in contact with elder groups. Many live alone, don't have families here. The ones that are by themselves are scared to go on the bus to get groceries. We've been getting help for those elders that need transportation. We try and look for help. I know how to use a computer, a phone, some of our elders don't know how to do that. They don't even know how to talk on the phone. With all this going on, everyone is staying home, the families, we have families that have high risk and can't afford to get sick. Overweight, diabetes, if I got it, I'd be gone in five minutes. Just have to keep on with what we're doing and getting more information out there.
- Technology is not accessible for my Tribe. My family is living in like a third world country environment, moving forward, but I don't foresee the government providing robots, lab produced pills, agriculture, but if everyone is moving North into Tribal territory... It's interesting to think about, in 10 years, what technology exists, how do we educate people that don't have access to tech right now?
- I would like our country to become without the social turmoil and the Covid combined, it really gives a sense of instability. It bothers me. I've worked in continents, I love America, but I always felt more safe here. But that is getting away, I was concentrated on finishing up my Bachelor of Science, and we had to go completely online. Are we in San Diego? I think to be safe, to be healthy, we need to feel secure and safe and meet our physiological human needs and we can try, and everyone is different and everyone should develop in the way they can. To add happiness into the world. Work should start from within and expand the love to everyone around.
- I think this point of technology is really important. It both solves issues within our community, and I have both the urban and reservation experience. I don't see how technology can do that for us. There are so many ways of being within our community, that don't fit with technology. My reservation is two hours away from the nearest grocery store. What drone can deliver that?

We move back and forth, from our home community to urban areas. Technology is a big thing. Zoom has made it easier to get together, but it also makes me question. Relationships are our infrastructure. Relationship to land [is an example:] you're not going anywhere, you're not connecting, it's harvest time, you're not doing the things. How does technology replace that connection?

- The lack of technology, people are reaching out to us, but it's not always available. We're used to meeting together and coming together, and a lot of our people don't know how to use it. Schools, people sending Covid information, doctors doing telemedicine. It's not always possible to do that.
- For us living in urban areas, talking to elders, for some of them I didn't know them before. To trust you, who are you? What do you want? Communicating, communicating with our people and trying to get their needs met. With medication, it's not delivered to the house. To have them understand that they can get things delivered. Grocery can be delivered, but they don't know how to use it. I've been home since the middle of January, and I can tell the number of times I've been outside of the house. I get scared of things.
- Even here on the reservation, we're all together, but we're all separate. We've set up times to contact each other, and to connect with them. Staying connected is really important, to make sure they are feeling well or don't need help. I see the tribe coming together more, and we get to bond more, as our lives are busy. So, there is some plus side to that.
- Technology will actually keep evolving. It's how we use technology [that matters]. With medical technology, we have our numbers for each visit. For billing, it's convenient, but with someone with bad intentions can steal information. The technology is a good thing. We have to evolve, still not trying to explore, we have to respect the privacy, and respect the older generation.
- As far as technology, the whole reservation is wired for wifi, but everyone has spotty wifi. When you hit the road to reservation, you have two minutes to finish the call, because you have no service in the reservation. Once on the reservation you can't use. We have all the technologies, but they don't work for us. The things we should have the right way, we don't have.
- People think the tribes get all the money from the government. I worked in the nonprofit world, but they think we have all this money. I don't see philanthropists giving to tribal communities, unless they are of the tribal community. We have local communities that have shut down their entire education system with Covid hitting. I wish larger society understood our position and funders saw us their responsibility and worthy of investment. We need all these things.
- It's specific to a lot of tribes, but water rights [are essential for health]. We're named after the river that goes through our reservation. We have no right to that water. Water rights is really important.
- We settled our water settlement case after 50 years.
- Maybe in 30 years we will have rights to our water.
- It will probably take that long, unfortunately.
- Clean water, that's what the new wars will be over.
- For food, resources, there's a push to move towards more healthy food options. A lot of people talking about eating more healthy. Food is an interesting topic, I think moving to pills that I've turned my nose up at. How is that healthier or a better option? There is an ability to create more agriculture, to move more towards plant-based diets.
- I was thinking about technology and people don't have good technology. When this all happened, we were scrambling for food, water, toilet paper. We were all worried about the basics. If this happened again, how prepared are we? We really have to think about being more prepared. For anything that can happen. This is zoom and it's a great way to communicate, and that's great, I've never used it before. It's been a great way to communicate, we've used it to run our center. If this falls again, we have to be prepared to do more. We have to prepare for everything.
- Be prepared for everything, whether it's Covid, or fires,

- What resources will we have? I lived in urban settings and we were short, I'm worried about the resources we will lack in 30-50 years. If someone wants to start a garden, do they have resources?

\*\*\*

- Having these types of dialogues and conversations in community to continue the discussions.

**Question 4:** Name two things you want or need in your future to experience health and wellbeing. Do you feel that you have a role in building the future you imagine? Is there anything you need to see in your future in order to thrive?

## 9 July 2020

- My family comes from Mexico and I arrived here when I was 17 and part of me like invited my family that are U.S. citizens to go, and it has been not easy – I really don't understand why people don't get that we have to become one [united in our efforts to create positive change] – it has to come from all of us – to make this country work and to solve the issues we face moving into the future. It's kind of scary to think about the future. But I'm really glad that you guys are creating this forum – we need to come together as a community, as a country to make the future a better and healthier place.
- I think the way that things need to change is that we need more diversity in systems, especially local governments – and more action in general. More people of color in positions of political and economic decision-making instead of just older CIS white men. They're not the only one's affected by those decisions.
- For me, supplements and essential oils, exercise and meditation – I use a lot of these. But even with all of that, the future doesn't seem so clear about how things will be with our health system, it's not even able to keep up with what's happening right now. Our kids, when they go to school – we don't know what that's going to look like. I have to just think of today, and not let the anxiety get to me. No one knows how things are going to be even week to week or month to month. It's hard to understand or see who's going to be in charge of or responsible for so much. For me, it's kind of in the middle of a confusion state – hopeful at the same time.
- Another thing I've been thinking about is – I just worry about the pace of life for people. In some ways, Covid-19 has forced people to slow down, but that's not universally true. So many others are still working multiple jobs and trying to figure out healthcare and how to take care of their kids and families, because there's no safety net and no space for things that heal us and provide joy. It's a terrible trend we've been on for a while. It's one thing I really worry about.
- I think it's great that we're all here and trying to learn and think of ideas for the future – especially at this time.
- I'd like to see stronger communities, to have more people around meeting. In my community there are many areas that feel unsafe. If in my community, we could share more experiences and conversations or information like this – that is important.
- I'm just wondering if anyone has thoughts on what to say to people who don't believe that their vote counts or that it will matter?
  - Well, in my family we say if you won't vote, you don't get to complain
  - Some people die for that and here we take it so lightly sometimes
  - I feel like people think that way about voting because they feel like they don't have a voice

\*\*\*

- Lack of access/resources in our society. In the future, we need more access to resources. Distinction between lack of access and simply lack of resources (ex: food, tech, education, access to funding, get a loan, etc.).
- For me, education is the lack of resources. School lost \$28000, budget cuts, no summer school, etc. With DeVos defunding of schools, it's going to get even worse. Uncertainty during pandemic time is even greater.
- Education online is weird. Can't show as much enthusiasm, interaction with work and teacher. Harder for certain types of learners than others.
- Living with immune-compromised family members, going to school in-person sometimes isn't even an option.

## 16 July 2020

- There are so many things that are happening right now to be thinking about the future, is just so hard to concentrate in the future now! I do not have a job, my kids are getting depressed, I try to be positive every day but is hard. I only want this pandemic to end and to have a job that can help me to pay my bills and rent, it is all I need now. Then I would like to see real changes in our society and government.
- Now with the pandemic people in San Diego are losing their jobs every day, and soon there isn't going to be many jobs and people would have to compete for them. Young people who are just graduating from the university would they be able to find a job? This pandemic is creating stress, depression, anxiety and is affecting our kid's health. I feel that I need to be more hopeful.
- Is hard to access to healthy food, I wish healthy food were not too expensive, so my family and I don't have to choose between food or bills.
- Unemployment is a problem in San Diego, and it could get worse for the families that are undocumented, it is even harder for them because they do not get support for rent or qualify for resources.
- Homeless here in San Diego is a big problem, they are almost in our sidewalks. It is so sad to see that many of them are always doing drugs. Sometimes you see entire families that are homeless because they are unemployment, or they have very low wages so they can't afford to rent a house or apartment.
- We should teach our kids to eat more healthier foods because all they eat is junk food and that is bad for them, everybody should be eating healthy, but there is a problem, healthy food is way more expensive.
- Now during the pandemic schools are distributing food, but the food is not so healthy.
- Robots are already replacing us, many stores and companies have them already. The question is how to create more opportunities for everyone with the technology that already exist? I feel that robots and technology are good for our society it makes jobs easier. I hope we have more robots and technology in the health industry so that doctors and nurses do not get overwhelm.
- I want to see a future with better education and better health care system.
- Kids are too addicted to technology in this generation. We need to monitor our kids and have them to do more outdoors stuff so that they are healthier, and their brains get a break from technology.
- Covid-19 has a lot of people traumatized, there is uncertainty in our community we don't know how the future is going to look like and what other things COVID-19 will bring to us. Maybe we will lose family members as we have lost friends already.
- My head is not in the future, it is in the pandemic and the upcoming elections. It is important to vote and make sure Trump is out of the office, he has done a lot of harm to many people in this country. Because of his lack of leadership with the pandemic we have a lot of people dying, many people losing their jobs and discrimination is getting worse.
- We need equality, we need affordable health care, we need good pay jobs. We also need

affordable housing. We need to be organized so we can make sure we get those things.

\*\*\*

- Yes, I do feel like I have a role. The POCs I know, don't always care for their health super carefully. I feel like my role is encouraging people I know to make healthy choices (eating, smiling, exercising, humor).
- The systemic racism in the healthcare system needs to be changed and re-imagined.
- Our medical system is set up to become reliant on medicine and prescriptions or it's totally inaccessible. That shouldn't be the case, should be somewhere in the middle
- My African-American friends I see being treated differently in schools and healthcare. People need to be educated about the severity of racism.
- Training of medical professionals should include more training on racial bias, cross-cultural understanding.
- Anti-racist training starts at home. Anti-racism should be emphasized by parents in how they teach their children. Parents are the first teachers and kids like to copy what adults do and say. If adults say negative things, the kids will replicate it.
- Racism is taught, so we need to learn to unlearn, or just teach it right from the beginning
- Educational system should teach not just American history, but history of other cultures as well.
  - My 9<sup>th</sup> grade year, in an ethnic studies class, it was the first time I learned formally about other cultures
  - I didn't have an ethnic studies class like that until college
- San Diego Unified School District: We do play a really big role in our community—calling families to check in, getting them faster internet, etc.
- Burnout also happens. How to you stay healthy, mentally and physically?
  - I have a really good boss that says, if you aren't doing well, how can you expect to help others? It's been challenging having a two-year-old and working from home. But I've been setting my hours very intentionally and leaving work after that.
  - For women of color especially, sometimes it's hard to take a step back, do the work of selfcare
  - In my job, sometimes Latino family we'll reach out to will say, "no, we're fine." Sometimes it's sort of a pride thing.

\*\*\*

- [Scribe's note:] The conversation surrounding this question centered around what the group members felt like their role was in building the future that they imagine. There was an emphasis on conserving water and electricity at home. There was a general consensus that if everyone does their part to be more environmentally friendly in their everyday activities, everyone will have a healthier future. Many group members mentioned that there needs to be a focus on reducing trash, so they refrain from buying disposable bags in the supermarket. They also mentioned recycling household items like cans, clothes, and plastic. A group member discussed health in terms of nutrition. She mentioned that in order to experience wellbeing in the future, she would like to see more affordable options for take-out. Since there are not a lot of healthy options in the area where she resides, she is cooking healthy home-cooked meals.

## 23 July 2020

- Control contamination on a large-scale (factories, industries, aviation)
- Control the production of food to have more nutritious options available
- Give more access to underserved communities to healthcare and medications. The healthcare system needs to be reformed to make it more affordable for people to seek physical and mental



healthcare services

- Take care of the elderly population by reducing elder abuse
- Access to more high-quality and organic food.
- Access to primary care healthcare. It is not fair that low-resource communities must have an urgent medical need in order to obtain medical attention. Frankly, I do not feel like there is a lot that I can do. I believe that people in important positions in charge of the large institutions need to create change.

\*\*\*

- Share information about health and well-being. Make information more accessible for all people.
- Today, young people are being selfish by not being vigilant about Covid. I think changing the mindset to be more community-oriented would help us all be better and care for each other.
- I am a single adult that lives alone. I think I need a community that will help me age gracefully. I think we need to recognize the wisdom of elders. We don't live in a culture where we live intergenerationally together, and I think more interaction across generations would be a key to a healthy future.
  - In the dominant culture, inter-generational housing is stigmatized (like living with your parents as a young adult), but really, I chose to live with my parents not because I wasn't capable of being on my own, but because it contributed to my family's overall well-being
- I think we need a common language with which we can productively communicate across cultures. Tonight, with five languages present, this is a beautiful example of what the future could look like.
- I saw the same thing in tonight's meeting where, for example, the majority is actually the minority (like with English-speakers tonight). I think this is how government should be thinking and the directionality of change.
- Only when we start learning about different communities personally, can we figure out what people actually need rather than what we think they need. Listening authentically.
- More people sharing and caring are key. If the rich people were sharing and caring, the world would not be this inequitable. The world would change rapidly. Even with slavery, if people were educated on truth in each American generation, the issues and legacy wouldn't be nearly as painful today.
- I think a lot of that comes with education. I don't see America changing its culture in giving the poor what they deserve. It's not the American way. In the plantations, the owners never gave the workers, Black or white, what they deserve. The rich have never given the workers what they deserve. However, if we can make subcultures around us, educate our children, our friends' children a different way, a sharing and caring way, then things would get better.
  - If we can learn to trade, grow spinach in the backyard and trade for a co-worker's homemade lip balm. It's about educating the people around you. The people around you are your community.
  - I agree it's about education, communication, and respect. We're not going to easily undo history, but there has to be a way to be better
- We also have to think about incentives. It seems like penalties don't work, but how can we switch our incentives for people to make the right choice for themselves and the common good?

\*\*\*

- During this pandemic, we can notice there is racism increases among Asian in general and Vietnamese in particular. We are living with diversity, different groups and in various cities. We are such a smaller community and we are not able to protect and equip ourselves. We hope this

will stop ASAP.

- We are worried about nutrients for our next generation.
- The children also use too much internet. We aren't able to control them. Social media is very important. My child had Snapchat bad experience in the past. So, we are really worried about this.

\*\*\*

- Healthy and fresh food for all.
- Where all people get paid leaving livable wage for all
- Through organizing and advocacy as one people.

\*\*\*

- Two things we need in my community is schooling. All our Hispanic community is scared about different things like health. I think we help our Hispanic community with providing better health. I can assure you that will help our community. Even when we talk about COVID-19, the Latinos are likely to go unnoticed because we don't often seek help. We need leaders that only speak Spanish but also know our traditions. We don't want to be just another statistic. We want change and better resources for our community.

## 28 July 2020

- It is in our hands, along with God's help, to shape the future for us and for our children. I think that what we need is more equality between races. This would improve our physical as well as our mental health. We cannot continue excluding each other. If we put ourselves in other people's shoes, we will improve tremendously.
- We need to start from our own homes. During this pandemic, we are seeing the worst in humanity; we have experienced racism, police brutality etc. Things like these stem from parents not educating their children correctly. We have to teach our kids to respect each other, to be empathetic, and to help without expecting anything in return.
- We need to have more resources for different cultures to meet each other. Racism can be resolved with a conversation that is not necessarily based around race itself; it can be based on mundane topics like food, movies etc. Everyone carries a certain degree of prejudice and this could be improved with conversations like these.
- We need more mental health resources. In underserved communities like the one I live in there is a lot of problems including domestic violence, depression, anxiety etc. Although part of the problem is not having enough funding for these types of services, there is also a lot of stigma surrounding mental health that needs to be broken down for these communities to improve their mental health.
- I think we need good habits. When our children see us doing something, they will repeat it.
- We need better leadership. During this pandemic, we are seeing the consequences of not having good leadership that can guide us and give us what the inhabitants of this country deserve.
- Regarding the issue of racism, parents need to teach their kids since they are young to not be prejudiced towards other races, cultures etc. This begins with being a role model.

\*\*\*

- T——: you need to get out and tend to yourself. Take care of yourself first and then you can unselfishly support others. I'm close to retirement so I feel like once you leave your job you're

forgotten, but your family is still there.

- L——: Higher Minimum Wage and Housing support. Other countries do them, we can do them. How do we support our kids through K-12 and college. PoC facing more of these problems as well! We need INNER change in addition to systemic changes.
- L——: Ron Finley, Guerilla Gardner of LA, look him up! Growing your own food is great, we need to democratize our politics as well as our workspaces!
- L——’s husband: We need to teach more about civics, not from a “this is what you need to do for you country” stance, but from a “this is the structure of national and local government and how you as a citizen can affect change.” in schools as well as on channels on C-Span. You can still get it now, but it should be more available. Available to anyone not just kids.
- T——: Everyone needs to know that they have a voice and they can do things like contact city council. You need to have a mindset of having an impact and that your voice does matter.
- L——’s Daughter S——: 43% didn’t vote 4 years ago. I usually vote green. The younger generation WANTS change!
- T——: Agreed, I don’t think the current political moment is a Black and White issue; it’s people coming together fighting for change.

\*\*\*

- M——: Not just gender equality, but also racial – I think it’s really promising that lots of people are getting out there and protesting.
- G——: As a teenager, adults don’t always understand. There should be more of a peer support group – there will always be differences across generations; you can’t repeat another’s story, but discussing with others of a similar age, rather than with adults who just make decisions on your behalf. We worry a lot, too, about what other people think of us, so we’re susceptible to changing out of fear and pressure.
- I——: Check up on your friends and family; people might be having an even worse time than you. There should definitely more mental health resources / support in light of COVID. Unsure what it would look like right now; there are too many urgent demands like finances and such, but maybe in the future there could be like, walk in mental health centers. Maybe not attached to regular health centers – might cause hesitancy.

\*\*\*

- We need more affordable housing in California. We got a VA loan to purchase a home. Who can afford San Diego? Our real estate agent was saying it’s a lot of people with inheritances, second homes, etc. I would like to fund public education, it’s corrupt, if you’re wealthy, you live in a wealthier neighborhood and the schools are better funded. I would want to look at how we public education and how we marry it to property taxes. Beyond education, we need to do more in preventative health care. I know when you go into poorer neighborhoods, or just me when shopping on a budget, the quality of food is lesser and more processed and hurts our health over time.
- I agree with the housing thing. You create affordable housing, and people own two or three homes and it’s not a good use of land. Going to the affordable food, my area, City Heights, the fresh food, healthy foods, they always move out 10-15 miles away, they can’t make much in this low-income area. We’re stuck with the Mexican supermarket; they sell a bunch of sugar stuff. They do have a choice in the school system, and you can choose the school, but I’ve heard from people that did that, she was Hispanic, she went La Jolla or University City school, but she always felt like a minority, segregated. The kids always made fun of how she dressed, there would be a lot more rich kids and she would be bullied. You can paint a better picture, but you can’t get added to the area easily.

- I see housing in a couple different ways, affordable housing, in substandard housing, overcrowded homes, or in your car, stable housing allows for that. But in higher cost areas, buying a home is where a family can start building wealth. The biggest hurdle is, how do you go from renting to buying a home. All the single-family subdivisions, I'm trying to figure out how to subdivide bigger lots. Once you start building wealth, you can pass that along to your children. Being able to create that opportunity to create wealth.
- I live in a two-bedroom, two-bathroom, we pay \$1200, and that to us is cheap. My husband works two jobs, I try to help to buy cheaper food, cheaper. If we pay rent, we might as well put it into a house.
- If you buy a house, you have to worry about the down payment, and the requirements for how much you put down.

\*\*\*

- We need more conversations like Marnita's Table in our community, I feel that it is another way to learn about other resources as community members we can connect with other minority groups and we can all learn from each other and share information and resources.
- With the pandemic it is important to stay informed, because you never know when you will need the information and the resources in our communities. It's important to build community in our neighborhoods so we take care of each other.
- I feel like in 30 years the earth is already going to be gone. Mother earth is dying slowly every day, global warming has caused a lot of damage to our world already, and it looks like it is going to be worse in the future or 30 years from now, if we don't do anything to save it is going to be gone. We need to teach our kids to take care of our earth, as an individual we need to lead by example. We need to stop buying things that are polluting our water, soil and oceans and our body. We need to boycott big companies that are polluting our earth or will not have anything left for our next generations. Everyone must do their part if we all want to be in a healthy world.
- Kids should eat more nutrition and healthier foods, well not just kids everybody should eat good food. For our family here in San Diego, healthy food is expensive it is a luxury, like vegetables! Organic food should not be that expensive so everyone could afford to buy them. For so many families in San Diego it's either you pay rent or buy good quality food.
- Rent is super expensive, it's very hard for our families to survive on one salary so all adults have to work. Now with the pandemic kids don't have school, so they have to be at home all day by themselves. My kids are getting behind, they are angry all the time, they just wanted to be in their video games or in their rooms. They are sad. Our house is very small so there aren't many things to do around. It is simply hard.
- With the pandemic people are losing their jobs every day. With no jobs we have no money to take care of our family. Rent can't wait, we all have to eat. At least I need to buy all the basic needs for my family. Local government needs to provide more resources for our communities' regales of the status because we all pay taxes.
- This pandemic has showed that nobody is going to do things for you unless you do it. I am very active in my community I always participate in events like this to share information about resources. I know that I have a voice, and I want you to know that you have a voice regardless of your status. We as a community can demand things from our representatives, we all can go to their offices and have them listen to us and work for us. We all have rights regardless of immigration status and we also have responsibilities. Now with the pandemic, our responsibility is to make sure we all take our precautions, wear a mask, don't organize parties or barbecues. Participate in meetings that are important in our community. Build alliances with other minority groups, like Asians groups, Black Life Matters or black groups, we all are discriminated [against]. We need to be united, so we can impact our communities. We also need to remember that we

need to participate in the census because if we don't participate our city and communities would not receive enough money and resources from the federal government, remember that the money that our city receives is our money it is part of our taxes.

- We need to have access to healthy food, affordable housing in California. Rent is too high so in 30 years I would like to see rent less expensive. In 30 years, I would like to see a fair society more unity with everyone regales of their race. Racism [based upon] our skin color should not be a factor for discrimination.
- We need to fight more for our people, we should not be silent. Our struggles – “Nuestra Luchas” – in our community are worth to fight. The current president is actively attacking our families, friends, and community. Kids should not be in cages or lost. Mothers and fathers should be with their kids.
- We need access to healthcare. Health care should not be for-profit – why is it that Cuba has a better health system than [the] USA? I am afraid to get sick because I would not be able to pay my bills.
- I hope that conversations like this one could take seriously our experiences and good things could come out of this, otherwise is just another empty event.
- I agreed with everyone, we need to be informed, organized, participate, demand and learn from other struggles so we can achieve real changes in our society.
- I really wanted to make sure that people understand that we need to take care our environment or we would not have anything to fight for in 30 years from now.

\*\*\*

- It is in our hands, along with God's help, to shape the future for us and for our children. I think that what we need is more equality between races. This would improve our physical as well as our mental health. We cannot continue excluding each other. If we put ourselves in other people's shoes, we will improve tremendously.
- We need to start from our own homes. During this pandemic, we are seeing the worst in humanity; we have experienced racism, police brutality etc. Things like these stem from parents not educating their children correctly. We have to teach our kids to respect each other, to be empathetic, and to help without expecting anything in return.
- We need to have more resources for different cultures to meet each other. Racism can be resolved with a conversation that is not necessarily based around race itself; it can be based on mundane topics like food, movies etc. Everyone carries a certain degree of prejudice and this could be improved with conversations like these.
- We need more mental health resources. In underserved communities like the one I live in there is a lot of problems including domestic violence, depression, anxiety etc. Although part of the problem is not having enough funding for these types of services, there is also a lot of stigma surrounding mental health that needs to be broken down for these communities to improve their mental health.
- I think we need good habits. When our children see us doing something, they will repeat it.
- We need better leadership. During this pandemic, we are seeing the consequences of not having good leadership that can guide us and give us what the inhabitants of this country deserve.
- Regarding the issue of racism, parents need to teach their kids since they are young to not be prejudiced towards other races, cultures etc. This begins with being a role model.

## 6 August 2020

- I need universal care that includes dental for everybody. Taking care of oral health means you are improving systemic health.

- What I'd like to see included in the conversation in the future....structural and institutional racism and how it can be addressed and eradicated? That structural and racist oppression against anyone other than white men, if we continue to have that in our society, we won't be able to have something better in our future.

\*\*\*

- Go back to the organic ways of treating ourselves, avoiding medication. And educate people how to use it.
- Sport is very important for health and eat healthy.

\*\*\*

- Motivation (which is most important) and then have a work. Being able to have a job in order to be able to buy things. But, first motivation in work.
- Work responsibly and a good health.
- Motivation, to not feel depressed, and more consciousness so that we don't blame others. We must do exercise, feel good, and be able to work. Motivation counts a lot and it is what you mostly need. Also, workshops so that we can socialize with others and be able to communicate effectively.
- Be surrounded by your loved ones. Have more time for oneself and for those that you love (family).

\*\*\*

- Reallocate government funds from programs that don't benefit my community to ones that do.
- I would like to see more peace around; people smiling to each other, not in their shells, isolated, secluded.
- I try to practice zero waste, personally. It's not going to change global warming, but it helps me feel like I'm doing my part and having an impact. I also try to seek out conversations in my community to get people thinking more about the environment.
  - For sure, I went vegan/vegetarian because a friend was, and it had a ripple effect. Now, maybe half of my circle is vegan/vegetarian!
  - I try to keep myself in check, my anger and emotions, so that I don't do or say something that negatively affects someone else. This is how I do my part. I read or do dishes to calm myself down. More generally, we have to think about keeping ourselves in-check and then trying to go change the world.
- I like seeing people in the community helping each other—picking up trash, planting trees.
- I'm part of the youth advisory council, and we did this fundraiser for an organization that helps people affected by the criminal justice system. We made a lot of money, and I felt like I was able to do my part.
- I think health is intertwined with a lot of stuff we don't always assume, like social injustice (not just eating healthy). Like if you're wrongly convicted, then you face other challenges, economic, health, mental health.
  - Absolutely, the largest service provider for people struggling with mental health is our prison systems.
- One thing I need is a community of people who are open to talking about health, mental health, spirituality. Like people interested in yoga, meditation, their ancestors. Hearing and conversing with these people helps me expand my horizons, support me, challenge me.
- I want better mental health resources, better healthcare systems, professional help for



counseling, especially in schools. We overlook mental health issues for young people, so we need to have resources ready for people in school. It's taboo and help is largely unavailable. My school didn't have a single mental health counselor.

**Question 5:** What would you like to see in the future more broadly? Is there anything happening in your community now that is promising for the future? Is there anything you'd like to see more of? Less of?

**16 July 2020**

- POC teachers!
- Desegregation of public schools.
- I took a really good class on general history, but it emphasized African history. It completely opened my eyes, changed my perspective. It was super important to go below the surface level. Everyone should take a class like that.
- In high school, the curriculum is super standardized, and it's very much a one-sided history.
- I didn't learn about my history (Black history) until I was 30 years old and I took a Black history class in college. I should've learned that stuff in junior high! I was angry, I felt like I wanted to sue the government! It gave me much more pride.
- Reparations! That was stolen money! There's a bill in congress right now. My family can put a finger on tangible items, land and property, that was stolen from us. That's really crazy, and we need to repair that damage. Of course, this conversation, like every other part of anti-racism, starts with education.
- I read a study that a white man with a high school diploma makes more than a Black man with a college diploma. In my own work, I met people that were making tens of thousands more than me for the same work and with only a bachelors (I have a master's).
- If true history isn't being taught in school, make books clubs with your friends! Self-educate.
- Mainly, I stay connected through the news and Instagram (social media), social media has been used for good lately to spread information about racism and how to stay informed.
- I get a lot of my information from Twitter, sometimes.

\*\*\*

- [Scribe's note:] For this question, the group members discussed organizations in their communities that they are grateful for and would like to see more of. A group member talked about an organization in Chula Vista that organizes presentations about health and keeps the community informed in current events, like the COVID-19 pandemic. Additionally, the organization gives food to people in need. Another group member discussed how she would like to have more organized community activities in the park, at the beach or at church. She mentioned that she has attended arts and crafts activities that has significantly reduced her with stress, depression, and anxiety levels. She also believes that activities like these foster human interaction, which is one of the concepts that she is most worried about. Along the lines of human interaction, many group members value organizations like the YMCA, which provide opportunities for both children and adults. A group member talked about wanting more after-school activities for middle and high school students that provide mentoring for the future. She discussed how she was grateful for organizations that helped her kids prepare for college and college-admission tests. Lastly, the group focused on what the government could do in times of crisis like the one we are living in today. There was a consensus there needs to be more opportunities and a stronger economic infrastructure because many of the group members are struggling to find jobs and pay rent.
- There was this organization in South bay that made a city promise in the Paso Park Chula Vista

community. This organization was giving groceries three times a week, they also organized and do health talks in different districts and they kept us well informed. I would like that to last forever because make the community stronger.

- To make sure that these services keep going and can be expanded.
- Parks, access to beaches, programs for children, youth and adults. Craft workshops to help people suffering from depression and anxiety, especially from being at home without sharing with others, Everything is so cold now, so I wish this kind of programs would last forever.
- To have the opportunity to go to churches and parks.
- Yes, and being able to gather and eat with others, we are a society and right now we are so apart from each other.
- With the pandemic we see how this is going to affect us in the future.
- YMCA has a lot of programs that help adults, children and elderlies. By going to the gym, you can relax and talk with someone and that way you feel better. With this quarantine is hard, and we have to adapt.
- Definitely, it's in the mental state, how to define and direct the energy.
- I like that College Avenue Compact help kids in high school to go to the university or college; they motivate them and help them with orientation and to choose their career.
- So that way they can thrive in their future.
- I would like to see programs that help with rent, right now renting is so expensive and with the current situation is even harder. Two of my sons had already graduated, so I'm not so in touch with the schools anymore, but I know that there are good programs. But my main focus is renting and how expensive has gotten, especially in our area.
- The support for the community is important.

## 23 July 2020

- My community is always fighting to have a clean and safe community. I feel like if everyone does their part, the world would be a much better place
- In my community, there has been a lot of protests for social change, and I am hopeful that this will happen.
- There are a lot of homeless people in my community, and I would want that to end.
- I would like more access to healthy food that is organic (free of pesticides).
- I would like to see more mental health services in order to solve issues like homelessness, insecurity, domestic violence etc. Health is not just physical; it is mental too.
- Better education and schooling

\*\*\*

- When Covid struck, the large homeless community [here] was partially housed at the San Diego Community Center. They are now building a new center for homeless people, to be completed in two years. Covid actually helped catalyze the community to demand better for its most disadvantaged citizens.

\*\*\*

- In next thirty years, maybe a Vietnamese [person from the] next generation will be a president [of America]. A lot of Vietnamese people have joined the armed forces and even work like pilots and bomb rescuers. We are having a hope about our next generation, [that one of them] can become a leader of this country.
- We should always remind them of studying Vietnamese and being proud of our origins.

\*\*\*

- In the future, I would say that we need to protect our vegetation and not only for us older generations but for our grandchildren. I think we also need to talk about discrimination we need to help and respect others. We amongst ourselves do a lot of damage to the world and to others. We need to stop feeding our kids trash food and we need to take care of our land. The change is not made by one but all as a group.
- I think that it's important to have access to all the resources. Especially for people like me, that are undocumented. I can go to the doctor – and yes – there is sliding scales, but they don't treat me the same as a person that had the resources. Having access to living (somewhere) that we didn't have to work 6-6 [a twelve hour day] to pay rent. Our kids are suffering emotionally and mentally because we have to work more than others.

## 28 July 2020

- I would like to see more moral values, united families, acts of loving kindness, and respect in my community. Currently, there is a lot of broken families which ultimately affects our children.
- I would like to see less violence. Wherever you go these days, there is a lot of violence. This is evident in the news, in videogames etc.
- I would like to see more children respecting their parents
- I would like to see less drugs, violence, and vandalism
- I would like to see less divorces. I genuinely think that when a marriage is destroyed, the children lose their connection with their parents and many of them get anxious, depressed etc. The kids are the future!
- We used to have a community garden (in my past home). With community gardens, we can help those that are struggling to eat healthy. During this time, we need to have more help from the education system. Children from underserved communities need more resources to receive help. Many times, kids are seen as “problematic” but what they really need is someone who believes in them and gives them the push so that they can have a successful future.
- I want to see people putting the theory of human values into practice. Unfortunately, not many people stop to think about these values, teach their kids about these values. We are seeing more kids be disrespectful to their parents, be dishonest, etc. Maybe there could be advertisements that should remind people of their core values.
- We need more environmental consciousness. We need to constantly remind our children to save water, electricity, etc. We also need to remind them why this is extremely important in order to ensure that we have a healthy future.

\*\*\*

- L——: so many different strategies at play where we can potentially fit in; it's cool to think about the different threads.
- M——: universal health care! Free / low cost care and medication.

\*\*\*

- I live in a city that is so full of opportunity, I just have to go out and find them. When I was first looking for insurance, people were very helpful. There were always people helping me connect to others, advising me. Here in City Heights, there are a lot of people giving out free food, etc. Sometimes I get free food and it's not the kind of food I eat, but I'm able to make it into something good.
- Part of San Diego is having a lot of people that are very welcoming and helpful. There was a recent effort to relocate the homeless people and build housing for them in a two-year project.

Rent right now in San Diego is one of the highest anywhere, and it's only going up. Covid has only worsened this. Even Obamacare right now is super expensive.

- I'm able to get cancer treatment at a facility where if you don't have the funds to pay for treatment, they sponsor you. I applied to Medicare, but I got denied because my husband has two jobs. I then was able to apply to this other sponsorship program that will cover me for a year. My doctor told me, "the last thing I want you to worry about is how to pay for it." And it's been a blessing. As far as health treatment, I'm okay, I'm covered. But as far as beyond just healthcare, there's a lot of types of health to worry about. Sometimes I feel like the doctors are experimenting on me because I'm receiving a new type of cancer treatment (immunotherapy), but I know I'm seeing the best, and I'm very grateful for that.
  - There's a big debate on what's a right and what you should have to work for. You [person with cancer treatments] are very lucky in that you're being sponsored, but there are a lot of people who work but are hungry, homeless, without healthcare, etc. We have to ask whether this system is working or simply working for a minority. I want to live in a country where people are encouraged to build their wealth, not in a country where people work very hard and are still not surviving.

\*\*\*

- I would like to see more moral values, united families, acts of loving kindness, and respect in my community. Currently, there is a lot of broken families which ultimately affects our children.
- I would like to see less violence. Wherever you go these days, there is a lot of violence. This is evident in the news, in videogames etc.
- I would like to see more children respecting their parents.
- I would like to see less drugs, violence, and vandalism.
- I would like to see less divorces. I genuinely think that when a marriage is destroyed, the children lose their connection with their parents and many of them get anxious, depressed etc. The kids are the future!
- We used to have a community garden (in my past home). With community gardens, we can help those that are struggling to eat healthy. During this time, we need to have more help from the education system. Children from underserved communities need more resources to receive help. Many times, kids are seen as "problematic" but what they really need is someone who believes in them and gives them the push so that they can have a successful future.
- I want to see people putting the theory of human values into practice. Unfortunately, not many people stop to think about these values, teach their kids about these values. We are seeing more kids be disrespectful to their parents, be dishonest, etc. Maybe there could be advertisements that should remind people of their core values.
- We need more environmental consciousness. We need to constantly remind our children to save water, electricity, etc. We also need to remind them why this is extremely important in order to ensure that we have a healthy future.

## 6 August 2020

- More groups like this one, where we can share with people coming from different countries. Being more united; especially right now, with this disease (COVID-19), everyone wants to be separated.
- See less racism, feel more sensitive towards each other and not separate or draw yourself away from others.
- Being able to plant more trees in your neighborhood. I wish there would be more programs like this one but, that would focus more on planting trees. Everyone would have their trees in their backyard and also their fruits/vegetables.

- More respect for life and be able to connect with God.
- The practice of human values is something I would like to be seen more.

\*\*\*

- I want to see more cooperation in my community and people being more open. Opportunities like this for people to talk about inequalities and Covid is certainly a step in the right direction.
- I want to see more positivity and people inspiring others to do good, like donating to those less fortunate or smiling.
  - I agree, smiling (not too creepy though) or complimenting, can go a long way and lift their spirits. Helps people not feel weird and out-of-place.
- I want to see more windmills for sustainability and efficient farming. I don't want it to be, I go to a town and it's surprising or novel how there's solar panels or sustainable methods. I want it to be the norm.
- "This group has been really interesting. I definitely learned a lot about the world and society. I really enjoyed our conversation."

**What else should we know?** *Is there anything we didn't ask, that we should have? If so, please share both the question(s) you have identified and your group's response(s).*

**9 July 2020**

### **Pandemic**

- Taking a lot of online classes, used to doing that.
- People are sacrificing jobs
- White collar jobs/work-from-home jobs are easily transferable to digital. Blue collar/hands-on jobs disproportionately are affected.
- From this, we should be able to advance our society and culture in a better way. The pandemic should be learned from in the same way that WWII/Vietnam, etc. helped us advance our culture. Similar situation with George Floyd murder. Catalyzed change, motion.
- We need to change the laws to support healthcare more, this might be the catalyst for universal healthcare and we can finally catch up with the rest of the world.
- The best thing we can do is use our voices this election to change our government. It is really heard right now. A lot of anxiety about pandemic and George Floyd.
- Native Hawaiian and Pacific Islander (NHPI) always lumped Asian/Pacific Islander. We are one of the highest demographics affected by Covid, but no one knows because we are so under-represented, and the data isn't collected. We have a lot of pre-existing conditions too.
- I am a 10-month employee and they cut my hours because of Covid. I'm 43 and it's hard to be an online student. Better to learn in person, hard to balance family, work, and school. I do believe that the government should be accountable! The government always cuts educational budgets first
- Elections are important all across the board, from city council members to president. We need to get more young people in office. I think that's why that's limited access to education. For people in PWIs, it's easy to just care about your nice school and neglect others. They're removed from the community because they're older and wealthy.
- The big fight in the NHPI community is for the disaggregation of data from Asian. We don't have same education or health outcomes.
- We have to talk about tokenism too. Being the token POC at elite educating institutions. Disaggregation of African-American and African immigrant communities in colleges. POCs always lumped together.

- How do we add diversity to groups (organizations, gov't, universities)? How do we encourage those oppressed voices to step up and participate to make stuff better? Like run for office, go to elite schools, go high-level in PWIs.
  - Easy answer: In my community, titles don't matter. More about lived experiences. But in our society, they value education. If I don't have a MD, PHD, MPP, etc., I don't get a seat at the table. So, I need to get the education, the title *required* to make decisions at the table.
- As a current student, I'm trying not to worry about titles as much, (going into 9<sup>th</sup> grade), but I'm trying to go day-to-day
- I think post-Covid...
  - a lot of elderly or with pre-existing conditions are not going to go to big public spaces
  - Healthcare is going to get even more expensive because the private industry and older population that were driving the system are not doing well. (layoffs and deaths from Covid). So, either it's going to get expensive or there's going to be some reckoning with government support of healthcare.

\*\*\*

### **Group conversation themes [from Spanish-language conversations]**

After the video was shown and the themes of jobs, health care, social connections and how the health for wealthy people is becoming on demand while for low income is one size fits all the group explored the following themes:

**General ideas:** More parks, free gyms, safe neighborhoods, educating the community and each other to achieve changes, affordable housing, health insurance accessible to all.

#### Housing

- California does not have a housing market that is equitable.

#### Opportunities

- Gyms should be free and open to the community

#### Nature and the environment

- Community gardens free for the community.
- Achieve to lower the price of food imposed by the monopolies.

#### Equity and racism

- Treat everybody the same way. Immigrants with legal status and undocumented should be treated the same way and have equal access to health care.
- We should have equal access to opportunities. Many people face obstacles because they don't speak English.

#### Wealth

- There is a huge gap in salaries. People in the low-income bracket live without being at ease.
- Access to housing, health and healthy food is too expensive and not affordable for many.
- Basic well-being opportunities should be free: parks, gyms.
- Salaries don't increase to cover the cost of life. The rent goes up but not the salary.

#### Education

- Help older people keep up with the technology, teach them.
- Young students should have access to the university and pursue their dreams.

#### Community and organizing

- Locally we can have a huge impact. We must organize, meet each other, work together. Simple things can have solutions at the city level.
- Organize and demand free programs that benefit the whole community.

#### Health



- We do not have access to health care. People use natural remedies that will not work for major health issues.
- Older people face even more difficulties.

#### Food

- Junk food is cheaper than healthy food, this should not be the case.
- No money to buy food after covering and paying all the other things.

#### Safety

- Be safe at the parks.
- Police to help and not to go after people simply because they look suspicious.

#### About the video

- It was discouraging in this utopic future to portray that even when seeking solutions there was no resolution.
- Reminded of the movie Wall-E.

### 16 July 2020

- That the main purpose wouldn't be to receive or make money, but that the main purpose would be to improve the community. Many jobs were closed, I'm at home and I'm a diabetic and a care giver, I'm unable to work during these times, so I would like to see more opportunities for income, to be able to move forward.
- I know that right now there are a lot of job offerings, but they don't make it easy at all. They always say that there are plenty of work opportunities, but they don't make it easy when you apply.
- Thank you for your comments, stay healthy, you and your family. Thank you for being here.

### 23 July 2020

- I was going out with my daughter and I was realizing that the Black and brown communities are more heavily hit by Covid. I realize that this goes beyond just literal case numbers, but it's about pride in cities. I was going through a nice part of town and a poorer part of town and I saw a different level of pride in place, both at the governmental and personal level. Why do we, living in Ocean Side, have to drive our children two cities down to experience natural beauty, parks, the ocean? There's a case to be made for beautification and access to nature that would increase pride in living and wellbeing.
- I want to see our administration modeling more compassion and dignity. Then maybe the citizens would act the same.
- I loved this conversation. I loved that the English language was in the minority. I loved the inclusivity and hearing people speaking in their language. I can see myself replicating this type of conversation with a group of friends. I love my community and love the opportunity to strengthen it through conversations like this.

\*\*\*

- We are so thankful about this forum. As we mentioned before, we are Asian in general and Vietnamese in particular. Our voice is usually low or unheard. We truly appreciate for this opportunity. We were cared so much, we were provided with interpretation and become a part of the program. We were encouraged to discuss and share our opinions about the policy and things which might change/affect our life and generations. We think our young generation should join forums like these to build their awareness, to listen and open to other opinions.
- In the event "Black Life Matters" in my local area, some Vietnamese teenagers joined for fun but they stole some stuff. They are 18 years old and no longer under parents' control. Some of them

even recorded and posted those kinds of videos on Instagram that they joined the fire. I think it is called “Crowd psychology effect.” Why would they do that and share that? Even in a single family, parents support our President Trump, but their children hate him. They are angry and do not bother to talk to each other. Therefore, politics disputes happen right in a family let alone a community. Seriously, they are not worthy for family conflicts.

\*\*\*

- A person in the group mentioned that she imagines a future without so many factories that pollute the environment and more opportunities to grow her own food. As well as education with less debt and more just laws.
- Another person suggested that by 2030 we will have more technology and science that will lead to the deterioration of the environment. But that technology can also be helpful for spreading information and alerts to respond to problems like Covid-19.
- Someone else stated that they envision a world with less labor related jobs and more automation. That there will be problems with the environment and a lack of consciousness towards it. We will see more earthquakes, tornadoes and drought.
- When automation sets in, employers won't worry about their machines contracting Covid-19 like they do now.
- The group facilitator suggested that the concept of basic income is a good idea given the issues automation will create. The group agreed for the most part and added that there should still be ways to earn higher income but that the basic needs should always be met.
- There was a suggestion that the younger generation seeks more transformative change and have more drastic ideas to solve the problems we face.
- It was pointed out that there are more and more non-traditional jobs being created by entrepreneurship and innovative ideas.
- Decolonization was brought up in the context that younger generations are attracted to this idea because they acknowledge the damage caused by colonialism and seek to repair it.
- Statues of colonialists are being toppled by these young protesters.
- Someone brought up that there are issues with access to food, that she sees less and less home cooking and more processed foods/fast food. She thinks that in the future, homes might not even have a stove, just microwaves.
- Another person brought up that there are people seeking to solve those issues by creating programs that bring fresh fruits and vegetables already prepped and ready to cook. In order to encourage home-cooking.
- Automation and less work opportunities was again brought up.
- Someone suggested that the community needs more education but that she also sees a lack of effort from community members as well. She says that unless there is an incentive to attend workshops, that people don't show up. She thinks people should attend for the value and benefit of what they will learn and not just to collect an incentive.
- The need for more mental health professionals in City Heights was mentioned.
- Security was brought up as an issue related to homelessness.
- A group member said she is scared and intimidated to go to the store with her small children. She's afraid that a homeless person could yank her child or scare them.

- They mentioned that in her community there is a lot of apathy or indifference to the homeless problem and it has become the norm.
- There is a lack of networks to support the homeless population. There needs to be change in housing structures.
- Someone brought up that veterans make a large part of the homeless population due to untreated trauma.
- Someone mentioned that aside from homelessness, there is also an issue with insufficient and inadequate housing. And that it affects children and their education when there are too many people living at home.
- Someone mentioned that related to this is the social pressure that this child who lives in a home with too many people is also required to perform just as well in school as a child with more resources and the irony involved with that
- The conversation went back to the homeless issue when someone mentioned that she has encountered homeless people who demand more money than she can afford to spare. That they demand \$5 and up and they won't accept any less. So, she's afraid to not give them anything or to give them a little because either way she might get an angry reaction. She mentioned that at time she offers to buy food, but they want cash only
- The issue of mental health and homelessness was brought up as a reminder that they are interconnected.
- It was mentioned that at time people just assume all homeless people can just go to a shelter but that there are structural problematic issues with the shelters.
  - The conversation shifted toward what the group would like to see improve.
- Someone said they would like easier access to resources and not get bounced around from multiple phone lines. She would like a more centralized and updated directory to find the resource needed.
- Dental insurance was brought up in the context that it is unattainable for a lot of people. That dental infections can lead to death. Someone pointed out that dental insurance has always been separate than health insurance for reasons that are not centered around the well-being of people but insurance companies instead
- Another person brought up that she would like to see an improvement in emergency response wait time. That she has had to argue with nurses during wait times.
- Another person also mentioned long wait time for wellness checkups.
- It was pointed out that some of these issues (homelessness, lack of housing, adequate healthcare) seem to only affect some communities.

\*\*\*

- We talked about mental health and women health. Some cultures and religion are sensitive and need cultural competence health providers.

\*\*\*

- The system is operating how it's supposed to. Communities are undermined by systems. Min - The reluctance of wanting to get involved in existing healthcare systems, when the system is so broken.
- Brings the analogy of the fly-zapper.

- D—— - Where do we put our energy? Do we fix or build anew? Working with foster youth, he sees the breakdowns in systems, and the need to work to create alternatives.  
B—— - [Not connected.]  
J—— - College student. Formulating his own opinion on systems. Greatly appreciates this particular community conversation.
- V——- Retiree. Director of a San Diego indigenous group. Now works mainly with elders. Emphasizes the need for human connection, and systems built around people supporting people. We need to focus on mental health as well.  
K—— - “Such a strong theme here of how essential people and community are to health and well-being. I have been feeling that so much, particularly in COVID. I hope we hold on to how important those connections are to helping us thrive.”
- E—— - This new normal of social distancing will present many challenges.  
V—— - It absolutely will. We must take care of our elders and we are constantly failing.  
K—— - Emphasizes how much she relied on community, and how the pandemic has disrupted her life and stability.  
E—— - Consideration for the immunocompromised, like his family member, is guiding his actions.  
D—— - Government has a role to play, but as we evolve, there needs to be conversations and understanding. Outsourcing our capacity to solve problems is not sustainable in the long run. J—— - We need to be able to provide for people’s basic needs — he worries about his fellow college students who are going to be transitioned out upon graduation into a world without many of the supports they have right now.  
K—— - Conversations like this are exactly what we need for progress.  
V—— - [Connection inaudible] Technology playing a big part in adjusting to new reality, especially for elders. Part of adjustment is to expand to all communities, which V—— and her groups have been doing for a long time.  
D—— - Nothing is more unhealthy than when people feel powerless. All problems are compounded when the personal strength and clarity is lacking. Virtual isn’t as great as being in person.  
J—— - Technology can take us far, especially during Covid, but during normal times it can be limiting, and against our health and wellbeing.

## 28 July 2020

- Do you ever feel like the future is already here?
- We’re getting close to the future, but we still have more work to do on augmented reality, telehealth and accessibility in rural areas. The infrastructure isn’t where it needs to be, especially on reservations and in rural areas, where we can’t do the things we try in urban areas. I’m in public health, so I see things a lot differently when it comes to rural health and telemedicine.

\*\*\*

- [Scribe’s note:] Participants spent the last ~5 minutes expressing their gratitude for the opportunity to be here today. They all believed that conversations like the one they had tonight are very necessary. Especially during a time like this, it is crucial to have conversations that foster human connection among different cultures.

\*\*\*

- A mother shared that she is angry and tired. She has always volunteered at her children's school hoping for them to be their best and participated on community activism, but even if some change has happened, she is always struggling
- Single woman in her thirties shares that there should be a universal healthcare system in the U.S. regardless of income, social class or immigration status
- The topic of free education also came up. How it is absurd for people to have thousands of dollars' worth of debt and pay to work to pay that debt. A call for an egalitarian society.
- A lady in her fifties was shocked at the idea of a future where children are conceived outside of a woman's womb. It seems to be a future in which we would be more divided rather than united.
- A young man in his thirties commented that it's important to not forget where we come from and to look back to ancestral traditions. To not just believe everything we hear, to not just adopt veganism or all these modern diets being marketed, but to look at our ancestors' diets and learn from that.
- A young mother shared that with this pandemic, it is possible to live with the basics and not have to consume a lot. These times are helping her realize that a lot can be done with little and that not much is needed to feel good or to live healthy. She also mentioned how this pandemic is bringing families together.

\*\*\*

- T—— says the pandemic has brought us back to the basics and we should take time to get centered and grounded to speak love and walk in love. She loves to hear when people are moving and eating healthy rather than playing video games and it's important to know about things like hidden sugars. She loved hearing the intro with all the families talking about walking together and how that speaks love to her. Teach one, reach one. Its love, eating together as a community!
- L—— notes that despite living in a society that is so interconnected we focus a lot on the individual. Society is very racist and sexist but we need to change things BOTH structurally and individually. WE need to operate on multiple levels.
- T——: I recommend staying on the perimeters of the grocery store, that's where the healthier stuff is.
- L——'s husband
- S——: Questions whether or not eco hubs are ACTUALLY sustainable because urban environments are more sustainable per capita. She also notes that animal agriculture plays a huge role in the use of space.
- L——'s husband: We are body, mind spirit (T—— and P——: Yup). He focuses on Spirit, mind body in that order.
- L——: We have work to do as both individuals and as community!
- B—— (Soon to be 70, with her young [I assume] granddaughter) just lost got a text in the middle of Mindstorm that she lost her brother. She chose to stay on the call and soak in our conversation because she's happy to have company as she processes.

\*\*\*

- I think of health as physical and mental. A lot of the physical part is preventative care. Some of the future scenarios stress me out because I just want to unplug and not be too reliant on technology. Equity means that healthcare is not reliant on your income.
- With Covid-19, we don't go out. We go for walks around the block with kids and have a little outdoor area to hang out, but otherwise, we don't leave our home.

\*\*\*

- During the opening session, we were lucky enough to listen to Ral Christman share the creation story of the Kumeyaay and do a land acknowledgement. He mentioned that the Kumeyaay creation story is centered around the Coronado Islands. Where the creator took plants and animals, held them to his heart and lit them with energy and impulse to create mankind. He mentioned that the way his people say “Hello,” indicates an acknowledgement of that energy and essence that animated us and makes us human. There is no word for goodbye, only “I’ll see you”, which highlights their cyclical worldview.

\*\*\*

- Our discussion started with an essential worker sharing her experience during the pandemic. She says she is a CNA assistant and works with the elderly population. She has a 6-year-old son and lives with her mom. She says that after work she washes off and is very careful, [but that she is still] worried she could bring home the virus.
- The next person to share was the mother of K—— (the essential worker), she said she is very proud of her daughter for being an essential worker. She says she is diabetic and worries about the virus. She said that her daughter also has asthma and worries about any respiratory issue. She does her best to care for her grandson while her daughter is at work by feeding him salads and keeping him active.
- G—— chimes in about the videos and said she was concerned about the idea related to exo-wombs. And that she is concerned about designer babies in the future because she has already heard about this in news reports out of China. She also pointed out that surveillance is already occurring and that we volunteer a lot of information to big tech companies. She also mentioned that in the future there might be segregation not just racially but between the poor and the rich.
- R—— mentioned that she still cannot believe that even during this pandemic, the appetite for a national healthcare system is still not on the table in nationwide discussions. Also concerned about the high debt associated with education and the lack of quality education in some areas of the country. She highlighted the importance of getting involved in local community dialogue so that we can collectively elect better leaders. She mentioned that on paper things should look a lot better but in practicality we are far behind as a nation despite being a global superpower
- L—— commented that she feels angry about having to keep fighting for “won battles”. She got emotional while sharing saying that all her life she has been fighting for her children to have better opportunities, but that there is never any end in sight. She says she’s involved in the community, shares healthcare and education pamphlets to her community. She goes to workshops and looks for interpreters for those in need. She has been involved in fighting against rent hikes and have succeeded in part. She says that the pandemic is causing a lot of us to reflect on what is important and worth fighting for. She says she likes to educate her children about eating a better diet and exercising. She shared a saying that her mom would say “al pais que fueres, hacer lo que vieres.” She also said that we shouldn’t just demand our children to do certain things but instead we should lead by example. She says she learned English, got her GED, eats healthy and now her children do the same.
- There was an agreement about looking back at our ancestral diets (tied back to intro in large group). Someone shared what she grows in her garden including purslane, tomatoes, garlic, etc. She said that growing up in a rancho, all the food is home grown and nothing is processed. She



also mentioned that the pandemic has made her reflect on the value of her time that she has left on this earth and that she chooses to use that time to live a healthier life emotionally and physically. Because her life before consisted of depression and a bad diet.

- Someone pointed out that that in the ecological center (in the video), life and death is respected and that she likes that.
- S—— stated that she has learned that materialism is not a good thing and she has recently stopped bringing in useless items into her home. She has focused on purging things out and selling them or trades them for essential goods.
- F—— pointed out that she would like to be involved in fighting for adequate housing. She shared a bad experience with a racist landlord who pressured her and her family to sign documents in order to evict her. They would use intimidation and fear tactics like bulldozing her garden. She got involved with an activist organization that helps people despite immigration status. She says she's at a different place now but that although she pays rent, the landlord just takes the money but doesn't maintenance the property. She stated that there are cockroaches and things aren't as they should be in her building. She wants to be involved in fighting housing discrimination.

\*\*\*

- I do activism work because I like sharing my voice and talking with other teens that are interested.
- Break out of your shell. Be the change you wish to see in the world. We each use our voices and skills together, but each individual has to take initiative.
- One project we focused on was food deserts. We saw that our community had a lot of liquor stores, but few places for fresh food, so we decided on the project.



## **FORESIGHT**

### **Envision! A Healthy Community Future – San Diego, CA**

#### **Alliance Healthcare Foundation**

9 July 2020, 16 July 2020, 23 July 2020, 28 July 2020, 6 August 2020

### **Circle Share-in Responses**

*The following notes were transcribed by members of the MTI research team during the virtual events of July 16<sup>th</sup>, 23<sup>rd</sup>, 28<sup>th</sup> and August 6<sup>th</sup>. Due to time limitations, this activity was not conducted during the first event in the series on July 9<sup>th</sup>. Organized by the date of the relevant virtual event, all comments included here were offered by participants in response to the same one sentence prompt (reproduced below). While it was not possible to capture all responses due to occasional challenges with audio during the video calls, three copies of the transcribed responses taken by different staff members have been compared against one another in order to provide the most complete transcription possible. Where relevant, comments contributed via the chat mechanism of the videoconferencing platform have been incorporated to allow for the inclusion of those who were not able to verbally share their answers.*

**One Sentence (Prompt):** What is one hope you have for the future of health and wellbeing in your community?

#### **16 July 2020**

- The hope I have is for people to be more self-reliant
- One hope that I have is that we all take care of each other and fight for one another's rights
- Equal rights for everyone
- Salud (for health)
- One hope I have for the future of my community is for people to love each other and have compassion
- Que permanezcan fuertes y con fe
- I am sharing my 14-year old's hope for the future: That there is more understanding across people, that brings about more opportunity, particularly for those who haven't had equal access to opportunity.
- Hacer conciencia para que haya consecuencias buenas y saludables
- tener fe. y cuidarnos unos a los otros q todo terminara y no olvidarnos de nuestro padre Jesús
- Community being strengthened through cross generational and cultural gardening opportunities for our youth.
- Cuidarnos nosotros y cuidar a nuestros hijos y no salir de casa
- Fe, conciencia y mucha salud
- My hope is that we all find a community that we can rely on in times of need.
- Tener un mejor futuro para nuestros hijos
- Concientizar a la comunidad para tener una mejor salud
- My hope for my community is for it to always stay united.
- I hope people start educating their close friends and family on global issues even if we have different views

- My hope is my VIETNAMESE community will be more involved in the conversation of equality, freedom, and justice for ALL
- For schools to equally educate our future generations, especially on racial issues.
- My hope for the future is the we learn to be caring, helpful, and united communities working together for the better good for everyone.
- I hope we can become a more united community, and that way help each other.
- HOLA TENGO QUE IRME LO SIENTO LES AGRADEZCO MUCHO ESTAS PLATICAS Y LO Q ESPERO PARA EL FUTURO ES Q CON TODO ESTO Q ESTAMOS PASANDO NOS HAGA SER MAS RESPONSABLES Y CONSIENTES POR EL BIEN DE NUESTRAS NINOS
- For our community to support each other and accept each other for our differences
- Muchas gracias a todos los presentes... mucha paciencia, hacer oracion actuar con responsabilidad
- One hope is for more acceptance in the world
- No contaminar el medio ambiente en especial el mar nuestro arboles por que son los que nos brindan oxigeno.y sobretodo ahorita que a veces la gente tira la basura como tapabocas en la calle y todo eso va al mar que seamos mas responsables sobre todo por los ninos
- Muchas gracias estuvo muy interesante la platica, lo que me gustaría que con todo esto que esta pasando seamos más conscientes y más unidos como comunidad
- I hope we learn things during this wild time, that there's learning and not just panic
- Take our busy life with ease and learn to first take care of ourselves in order to be able to help others
- Que la comunidad conozca las oportunidades que existen para nosotros.
- I hope we will respect our differences and someday live in a world where racism no longer exists.
- To inform our community what we learn... And respect our beliefs & values.
- To redefine community, as our communities work together
- Lots of love for our mother earth

### 23 July 2020

- Love
- Amor
- Revolution
- Kindness
- Understanding
- Change of hearts/respect
- Equality
- Empathy
- Equality, love, consciousness
- Hope in the younger generations!
- Equidad y toma de conciencia
- Future المستقبل
- Safe
- Mental health
- Community
- Innovation
- Teamwork
- Cooperation
- Utopia
- Hard work

- Equality
- I wish for everyone to cooperate and help each other with kindness and understanding for where we each are at the moment.
- Love, peace, respect, forgiveness
- Equality, love hard work, hope
- Cambios reales
- Compassion
- No discrimination
- Believe love will overcome
- Igualdad y amor
- không kỳ thị
- cảm ơn

## 28 July 2020

- My hope for the future of our community is more unity
- One word is love, so that's – I believe that love will conquer all
- I would say, hope
- Positivity
- Just love yourselves, stay positive – to yourself and to other people around you
- Definitely I think compassion is important
- One hope I have for everybody is that everybody will take good care and have a safe day, I hope a blessing for everybody when they return to normal life and school
- I think that if we work together, we can do big changes, so working together
- One thing I would say is unity
- My one hope is for greater understanding and humility
- Perseverance and hope – never give up
- My hope for the community is understanding
- I am inspired by my small group, and I will say empathy
- Look at the future outcome
- I agree with T—— and L—— that segregation is very much alive and well in America. The protesting of multicultural groups is a start but there is still a lot of work to be done. It is my hope that we can regain our government back from the corruption and chaos and gain a sense of responsibility and accountability.
- Kindness
- Chi Tina có thể chia sẻ qua Chat cũng được ạ
- Equality
- I think the social justice and racial justice [effort] never ends, so we need to be warriors
- Relationship, right relationship with each other and the land
- Cũng mong là như vậy!
- My hope for the community is to see real changes and have racial justice
- Union
- Kindness
- Ya los tenemos que ir pero mi palabra es esperanza y fe
- Respect!
- Grace
- Awareness
- Connection and that everyone feel seen, heard and cherished
- Persevering
- Having more empathy between us

- Fuerza, fe, unido
- Fellowship
- Cảm ơn Ryan hướng dẫn nhóm người Việt tối nay nhé!
- My hope for the future of our communities is that we all have the power – separately and together – to make the changes we want to see
- I hope this pandemic will be over soon
- Respect, to respect others the same way we want to be respected.
- My hope for the community is more hope – I think that if we can all hope for better things, we can strive for better things. I'm excited to see so much diversity here – and that gives me hope.

## 6 August 2020

- One hope I have for my community is dance
- My one word is joy
- Love
- Justice
- Happiness
- Cheerfulness
- To care
- Peace
- Respect
- Peace and equality
- Respect
- Kindness
- United (Don't ever forget we are the United States of America) :)
- Community engagement
- Justice
- Compassion
- Collaboration
- Thanks
- Smile
- Love
- Safety
- Diversity
- Inspiring
- This was a very great activity. The participants really enjoyed seeing their friends (as some of them have not seen each other since COVID)
- Stay safe
- Epic
- Peace
- Balance
- Inclusion
- Consideration
- Good health
- Justice
- Humanitarian
- Thanh Lam
- Unity
- Peace
- Equality
- Happiness

- Togetherness
- Diversity
- Love
- Metta
- Mosaic
- شكرا لتواجدكم معنا الليلة
- Friendship
- Mine is respect
- Empathy
- Togetherness
- Balance
- Sympathy
- Love
- Stay positive!
- Compassion
- Respect
- Compassion
- Resilience
- Unity
- Respect
- Love
- Happiness
- Responsibility
- Spirit
- Consociate
- Unity
- Grateful
- Happiness
- Empathy
- Hyphenated: pandemic-no-more!
- Love and respect
- Strength
- Empathy
- Sharing