

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH  
QUALITY IMPROVEMENT DIVISION**

**AMERICAN INDIAN/ALASKA NATIVE (AI/AN) UsCC SUBCOMMITTEE MINUTES**

November 13<sup>th</sup>, 2018  
10:00 a.m. – 12:00 p.m.  
AICC

**Present:** Belinda Smith, Keith Vielle, Angela Trenado, Dan Dickerson, Monique Castro, Marissa Abril, Danielle Kayne-O’Gilvie, Sunnie Whipple, George Funmaker, Josh Andujo, Rebecca Chavez, Kelly Wilkerson, Mirtala Parada Ward  
**By Phone:** Farrah Ferris, Andrea Garcia, Monique Smith, Bernice Mascher, Terri Jay

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<b>Welcome/ Introductions</b>	Attendee introductions
<b>Review of minutes</b>	October 2018 meeting minutes approved
<b>Announcements</b>	<ul style="list-style-type: none"> <li>• Mirtala shared that the feedback for the first draft of the YourDMH proposal from all of the subcommittees was pulled together and shared with Mimi Mckay and Dr. Sherin. Mimi has recently shared the second draft with everyone and stakeholders should share feedback again by emailing Mirtala (<a href="mailto:mparadaward@dmh.lacounty.gov">mparadaward@dmh.lacounty.gov</a>).</li> <li>• Sunnie Whipple shared that now that the SLT is shifting and going away and his two-year term is ending, he is ready to step down from the SLT seat.</li> <li>• Mirtala shared with the subcommittee regarding the deadline for capacity building projects to be implemented (end of year).</li> <li>• Kelly updated the subcommittee regarding the 2019 conference including recent site visits to the Universal Sheraton, which increases the cost by approximately \$40,000. Kelly informed the subcommittee that she is making a reservation at the Cal Endow as a possibility as well.</li> <li>• Keith Vielle recommended rotating the meetings between two different locations and have it on the same day each month (i.e. first or second Tuesday of the month) in order to increase attendance. Monique Castro offered to create a community flyer. Also recommended having April Skinas share the flyer with her email listserv.</li> <li>• Sunnie Whipple recommended having more Native American representation at the other subcommittee meetings (i.e. Deaf, Hard of Hearing, Blind, and Physical Disabilities UsCC subcommittee) and vice versa.</li> <li>• Next meeting potluck?</li> </ul>
<b>Capacity Building Projects- Discussion</b>	<p><b><u>General Feedback:</u></b></p> <ul style="list-style-type: none"> <li>• Terri jay recommended that the subcommittee integrate the two-spirit community into all projects. Kelly to share Terri’s proposal (Indigenous Pride: LA) from the LGBTQI2-S UsCC subcommittee with this subcommittee.</li> <li>• Keith Vielle recommended that the Veteran community also be integrated into any projects.</li> </ul>

## **Top Four Capacity Building Project Ideas Discussed (after Survey Monkey ranking):**

### **Community Symposia/Forums**

#### Possible Outcomes:

- A call to action where the attendees are empowered to go out into their community and educate others regarding what they learned;
- Increase the membership of the UsCC subcommittee;
- Engage more consumers to attend the larger conference we would host in November 2019;
- Survey the attendees of the forums (community members and consumers) and hear from them what are good topics to focus on at the larger conference in November;
- Invite the attendees of the forum to open the conference in 2019 and also participate as panelists or presenters.

#### Possible Topics:

- Explore the idea/possible topic of “Moral Injury” (there is an upcoming conference in May). This concept is being used to treat Veterans.
- Another phrase that was coined is called “The Mark of Cain.” An element of this is that when Native soldiers would return home, they would be treated via the sweat lodge and other traditional practices to heal prior to going back home to their families.
- Have veterans speak on their experiences (i.e. Keith Vielle, Belinda Smith, Melanie Cain, soldiers just coming home, young vets, etc.).
- Documentary on Native Heroes (A through Z). Keith can share during the symposiums.
- Traditional practices including drumming, archery, equine, etc.
- Host one outdoor symposium with dancing and drumming, experiential stuff, etc.
- Focus one symposium on each age group – children, TAY, adult, older adult. Invite those populations to the symposiums.
- Other topics: depression across the generations, substance abuse, suicide, youth, community empowerment, etc.

#### Logistics:

- Host four to six smaller (50-100 guests at each) community symposiums/forums.
- Raffle, food, CEUs.
- Look into Bob Hope Center as a possible location for a Symposium. It is owned by the County so it may be free to use.
- Topics vetted through subcommittee – focus groups with community members, themes, topics, presenters, targeted populations, talk about their plans for outreaching
- Look at spiritual leaders to host or facilitate symposiums, not necessarily a PhD.
- Host them at university Native American programs (cal poly Pomona) – as part of budget, the Consultant will pay for/arrange parking.
- Sherman Indian School – bus the youth in to participate in symposiums.

- A survey could come out, what did you like about this, comes from the community
- Incorporate other project ideas that were proposed (professional development, equine assisted therapy, Giving Spirits Project, indigenous elders).
- Consider sustainability – how can we keep this going? Can DMH keep something like this going?

### **60-second PSAs**

Aired on the radio, television, and any social media platform.

- Possible Topics: Intergenerational trauma/historical trauma (people say “that’s not a real thing”) – begin to build buy in and reference other forms of trauma in other communities – allow others to see our similar experiences and how we are all in this together (i.e. Cambodian, Armenian, Jewish, Tuskegee experiment, etc.); Colonization; Invisibility – show different Native American people and have them say their tribe, maybe they do not “look” Native, it will bring awareness; Talk about language/communication and how there are no curse words – this is how we were raised, how we learned curse words from others cultures; Say the words for suicide or trauma or pain in different tribal languages; Stereotypes (i.e. we were not scalpers, mascots, drunken Indian, etc.); Historical heroes (Navajo talkers, Eloise Vielle, etc.); Sexual health.
- New Ideas/Feedback:
  - Combine with the Video Showcase.
  - Focus on topics including trauma, veterans (women and men), adolescents, family, suicide, etc.
  - Explore warrior status
  - PSA first and then website so PSAs can go on website
  - Limit number of PSAs we try and do – consider five 60-second PSAs,
  - Kelly to send out the outcomes/final summaries from previous media campaigns – talk about it at the next meeting and explore whether this is good use of UsCC budget at this time
  - SCIC has production company/department – reach out for possible reference quote (also for video showcase).
  - Marissa Abril to share vendor information for another individual who does production (also for video showcase).

### **A Video Showcase: American Indian Counseling Center (proposed by Keith Vielle and Marissa Abril at October meeting)**

- Description: Exhibit and promote a video film about the American Indian Counseling Center, a Los Angeles County run Mental Health clinic. It will showcase the various programs and services the clinic has to offer to the Native American/Alaskan Native community. This video will cultivate interest and promote the culture.
- Objective: Promote the services to the community; Increase awareness and interest in availing the services; Elaborate on the center’s process and exhibit results/success; Enlarge the number of NA/AI the center is servicing.
- Purpose: The purpose of this video showcase is to extend to the community the many resources and information available to them. The video will exhibit the process and results of the program, thereby strengthening the ties that bind the community.
- Recommendations from subcommittee: Showcase all of the Native specific agencies and providers; Post videos on YouTube/social media; Play video in clinic waiting rooms.
- New Ideas/Feedback:
  - Combine with PSAs,

- Keith shared that at the VA they have a loop going on showing a veteran coming in and going through the process – also shows veterans housing – this may help reduce fear and uncertainty.
- Look at Red Pages and Native American Neighborhood Network (NANN) as possible resources.
- Include DMH logo in Video Showcase.
- Keith to share a video made by a staff member at AICC – Native American heroes from A to Z including LGBTQI2-S, all tribes, veterans, etc.

**Website and Social Media Project (proposed by Monique Castro at August meeting)**

- Description: Develop a website and social media platform for the American Indian/Alaska Native community that will allow community members to easily access wellness resources. Through a website and interconnected social media presence, we are able to offer an array of vital information and resources to the community that is easily accessible and centralized.
- Objective: Is to increase access and awareness to wellness services that are culturally inclusive and competent in Los Angeles County and to increase the visibility of American Indian / Alaskan Native, resources for consumers, community members, educators and other professionals and to increase the awareness about challenges affecting our community including homelessness, suicide, substance abuse and other disparities. Also would bring awareness to our subcommittees so we can get more people to attend our meetings, and to be a part of all the planning process of our conferences. Overall a place to get all this information.
- Purpose: The Purpose of this project is to ensure the American Indian/Alaska Native community has access to information and resources that will increase their overall well-being (including their mental, emotional, spiritual, and physical health).
- New Ideas/Feedback:
  - Hosting itself is inexpensive, development is more expensive.
  - Maintenance/updates – how do we maintain it?
  - Red Pages and NANN – links.
  - Kelly to reach out to Bernice Mascher as a possible vendor.

Next steps: Kelly to draft summary of community symposiums to be discussed in next meeting and begin to obtain reference quotes.

**Next Meeting**

Meeting adjourned at 11:53am  
Next Meeting – Tentatively scheduled for 12/4/18