

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

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

July 10, 2018
2:00 p.m. – 4:00 p.m.
APLA

Present: Monique Smith, Keith Vielle, Michelle Enfield, George Funmaker, Charlotte Lujan, Kelly Wilkerson, Mirtala Parada Ward
By Phone: Sylvia Youngblood, Angela Trenado

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome/ Introductions	Attendee introductions
Review of minutes	June 2018 meeting minutes approved
Co-Chairs Discussion/ Nominations	<ul style="list-style-type: none"> • Angela Trenado shared her experience having been a co-chair previously. • During the meeting, Charlotte nominated Cheyenne Phoenix. • The following community members were nominated: Farrah Ferris, Monique Castro, Cheyenne Phoenix, and Raul Garcia. • The following DMH staff were nominated: Keith Vielle, Iva Maes, and Belinda Najera. • Kelly to reach out to the nominees and ask for bios and create a Survey Monkey to be sent out in the next two weeks. • With regards to outreach and engagement of new subcommittee members, a recommendation was given to hold meetings in service Area 1 periodically (possibly at Tribal TANF). • Mirtala is also exploring the possibility of Skype equipment.
2018-2019 Mental Health Conference- Discussion	<ul style="list-style-type: none"> • Mirtala and Kelly reviewed the increased UsCC budget and what this means for the conference including the possibility of having a larger conference with a larger venue and increasing the budget for the keynote speakers. <p><u>Recommendations/Questions</u></p> <ul style="list-style-type: none"> • Consider promoting statewide through CalMHSA and to promote the specific workshops early on in order to attract more people. • Outreach to universities to get more students to volunteer and attend-Cal State DH, CSULB, Cal Poly Pomona, etc. • Consider doing a day and a half conference so the key note speakers can speak for longer. • One full day in a different venue with someone else coordinating/consulting should help make it easier. Also a benefit of having it in a hotel space is that they are used to accommodating conferences. • Have it at a smaller hotel chain like Double Tree or Embassy Suites where parking is more affordable. • When considering a hotel, let's be sure to also think about the theme of the conference (mental health) and the attendees (Native Americans, consumers, family members) – we want to make sure it is a friendly environment. We want to make

	<p>sure that people are prepared in case there are any negative vibes.</p> <ul style="list-style-type: none"> • We should explore transportation in advance for SA 1 residents and students from Riverside. • If we have it at a hotel, can we move it back to November? Potentially but it is only 4 months away. • Another option is to plan a larger conference for November 2019 and host it at a hotel or other event space and increase the capacity of the conference and plan something smaller for January 2019 (see below). • For a larger conference, we should ensure we can offer a good amount of CEUs because that will bring individuals from other areas.
<p>Capacity Building Projects-Discussion</p>	<p><u>Community Forums</u></p> <ul style="list-style-type: none"> • Host 3 community forums (SA 1, SA 4, and SA 8) made up of community members and consumers. Since we have the Cal Endow reserved for 1/17/19, we could use that space for one of them. • Forums would be more focused on specific topics like depression across the generations, substance abuse, suicide, youth, community empowerment, etc. <p>Some possible outcomes for the forums:</p> <ul style="list-style-type: none"> • A call to action where the attendees become Ambassadors and are empowered to go out into their community and educate others regarding what they learned • Increase the membership of the UsCC subcommittee including outreaching to youth • 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 • For those who attend the forums, we would guarantee registration at the larger conference <p><u>PSAs/60-Second Docs</u></p> <ul style="list-style-type: none"> • Develop 15-20 sixty-second PSA to build awareness • These PSAs could be aired on the radio, television, and any social media platform • Explore Native American production companies or find Native American students <p>Possible PSA Topics:</p> <ul style="list-style-type: none"> • 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-the philosophy, worldview • 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 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.)

	<ul style="list-style-type: none"> • Historical heroes (Navajo talkers, Eloise Vielle, etc.) <p><u>Other ideas that came up in past meetings:</u></p> <ul style="list-style-type: none"> • Culture Cards – replicate those for all subcommittees • Social media campaign targeting youth • Health fair/wellness workshops in Service Area 1 • White Bison training • DMH hosted pow wow • Develop resource guides that list health, mental health, and substance abuse providers • Media campaign to educate people regarding the negative impact of acculturating Native American culture through mascots, sports teams, Halloween costumes (similar to the "I'm Not Your Mascot" campaign) • Community readiness model involving the Executive Directors of all Native specific agencies (workshop or forum) • Project focused on Native American homelessness <p>Kelly to send out email to subcommittee to elicit additional ideas and discuss ideas shared during this meeting.</p>
Next Meeting	<p>Meeting adjourned at 4:00pm</p> <p>8/22/18</p>