

COUNTY OF LOS ANGELES DEPARTMENT OF MENTAL HEALTH
AMERICAN INDIAN/ALASKA NATIVE UREP SUBCOMMITTEE

MINUTES – Tuesday, September 16, 2014

Location: United American Indian Involvement
Los Angeles, California

ATTENDEES: Angela Trenado, Carrie Johnson, Dan Dickerson, Charlotte Lujan, Larry Gasco, Mark Parra, Mirtala Parada Ward, Nina Tayyib, Maribel Romero

I. UREP Capacity Building Project 14-15 - Community Spirit Wellness Project

The Community Spirit Wellness Project was launched on August 1, 2014. A recruitment flyer and 3 power point presentations were provided to the Sub-committee for their feedback and review.

A. Recruitment Flyer Feedback

- Remove the current image and replace it with a cultural image such as a humming bird or community picture.
- Add after the title: Looking for community members interested in proving training to our Los Angeles County community.
 - Making these changes allows for parents in the community to apply for the position rather than just leaders of the community.
- Qualification section:
 - Line 1; remove the first line and add "involved with American Indian & Alaskan Native community".
 - Line 2; add "an advocate for mental health and substance abuse needs".
 - Line 3; add "have good communication skills".
- At the bottom of the flyer add contact person (Kurt Schweigman) so community members know who to send their resumes to.

Once the recruitment flyer is edited, it will be distributed through A/IAN community. Kurt will interview the candidates and then select 5 Community Spirit Healers for the project. The 5 Community Spirit Healers will receive 3 trainings on 3 different topics, with a total duration of 9 hour training. By February 1, 2015, each Community Spirit Healer will provide 3 trainings in Los Angeles County and 2 community forums. The trainings could range from an agency to a group of community members.

B. Power Point Presentations (Curriculum) Feedback

Three themes were selected for Community Spirit Healers to be trained on: 1) Integrated traditional services 2) Impact of historical trauma 3) Reducing Stigma and Understanding Mental Health.

Angela shared with the Sub-committee that Dr. King was unable to attend today's meeting. Further, she stated that Dr. King is interested in the timeline of the community presentations as he would like to incorporate them with Health Neighborhoods. When this information is available, Angela will provide it to Dr. King.

Topic 1: Cultural Wellness in Native Americans

- Modify the title of the presentation to "Native Americans and Cultural Wellness"
- Add information to the power point pertaining to sweat lodge, traditional practices, talking circles, etc. The information is included in Carrie's and Dan's power point presentations, which Kurt could use as a reference.
 - Add the Red Pages Resource Guide at the end of the presentation and explain how to access these services.

Topic 2: Historical Trauma Impact on Behavioral Health

- Add information to the power point pertaining to the American Indian Relocation Act of 1954, specific to Los Angeles County.
- Add information on how UAll was founded and developed.
- Add information on the effects of substance abuse, which increases the risk of suicide. In addition, how individuals self-medicate by using alcohol/drugs to cope with their problems.

Topic 3: Stigma Discrimination and Reduction & Suicide Prevention

- Modify the title of the presentation to "Outreach and Engagement to reduce Mental Health Stigma".
- Reduce suicide presentation information and focus on how to navigate the Red Pages Resource Guide and to access mental health and substance abuse services.
- Identify key services providers in each community where a presentation will take place and provide this information to the audience. It's important to simplify the presentation with less academic words, as it needs to be written at 6-8th grade level.

II. UREP Capacity Building Project FY 14-15 - Public Service Announcements discussion

Dr. Tayyib explained there are two types of DMH vendors: Option 1, is open to the general public. They obtain a vendor ID within a 15-minute process. Option 2, is obtaining a vendor from the Master Agreement List. Based on the goal of the Sub-committee, it sounds like they would like to work with a vendor from the Master Agreement List as they appear to be better qualified.

During the discussion the Sub-committee agreed to the following:

- Sub-committee would like to select a vendor from the Master Agreement List who understands the Native American community.
- DMH-Liaison agreed to seek more information pertaining to how a vendor is added to the Master Agreement List.
- Both vendorization processes require the submission of an application, separate from each other. The difference between option 1 and 2, is that is quicker.
- Dr. Tayyib shared there are pre-existing vendors on the Master Agreement List who have worked with Karen (LAC-DMH, PIO) and she reported they are flexible and respectable to cultural needs.
- Co-chairs will be part of the production process to ensure it's culturally appropriate.

Dr. Johnson presented a draft for the PSA and Ad to the Sub-committee for feedback and review. Dr. Johnson shared that she used AI/AN DMH Learning Collaborative materials and Community Voices to develop the PSA and Ad proposal. Based on the feedback of the Community Voices report, the community would like to build more trust, reduce stigma, have access to mental health services and become more aware of community resources. The project hopes to fund one video clip: one 60-second PSA and one 30-second Ad. The PSA and Ad would air in Radio and T.V. stations in the Los Angeles County. The purpose of the PSA and Ad is to increase mental health awareness and resources for the AI/AN Los Angeles County community. The Sub-committee agreed to reduce production cost from \$14,000 to \$10,000 and increase distribution cost from \$50,000 to \$54,000.

Next steps

- Provide Kurt Schweigman, Community Spirit Consult with Sub-committee recommendations.
- Provide Angela Trenado, Co-chair, a timeline of the community presentations when it's available.
- DMH-Liaison will provide the Sub-committee information on how to apply for the Master Agreement List with LAC-DMH; Maribel will explore this.

Next Meeting: September 30, from 2 p.m. - 4 p.m. at UAll