

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

MINUTES – Tuesday, December 9, 2014

Location: United American Indian Involvement  
Los Angeles, California

**ATTENDEES:** Angela Trenado, Carrie Johnson, Dan Dickerson, Charlotte Lujan, Sunnie Whipple, Sherry L. White, Avril Cordova, Danielle Glenn-Rivera, Luis Escalante, Mark Parra, Mirtala Parada Ward, Nina Tayyib, Maribel Romero, Kurt Schweigman (via-conference call)

**I. AI/AN UREP Capacity Building Project 14-15 - Community Spirit Wellness Project**

The Community Spirit Wellness Project was launched on August 1, 2014. A recruitment flyer for Community Spirit Healers (CSH) was sent out to the AI/AN community. Kurt has selected five CSH presenters' applications. The Co-chairs will review their resumes and confirm approval. The background of each CSH varies from business, mental health professional and social services staff. The AI/AN community is so diverse it's great to have diversity within CSH trainers. Sunnie, a committee member volunteered to provide information to CSH on how to approach the AI/AN community members who have re-located from the reservation to the urban city of Los Angeles County. Sunnie, said it may be difficult for AI/AN community members to process information presented or react to the information provided by consultant. Dr. Dan Dickerson will also be providing support to CSH, regarding issues that may arise during the presentations and make community referrals (clinical or/and traditional) when applicable.

Mirtala, Program Lead, clarified it's not a requirement for the CSH candidates to have lived experience and/or had overcome trauma. Sunnie, a community members shared it will be beneficial if the CSH have gone through a lived experience. Sunnie, declined the offer of applying as a CSH. The committee agreed it would be beneficial if the CSH have lived experience but agreed that it should not be a requirement when selecting a CSH.

**B. Power Point Presentations (Curriculum) Feedback**

The Community Spirit Healers (CSH) will be trained on three topics: 1) Native Americans and Cultural Wellness 2) Historical Trauma - Impact on Behavioral Health 3) Outreach and Engagement to reduce Mental Health Stigma. Kurt shared with the committee the three revised power point presentations. Kurt asked for additional feedback from the committee on the revised power point presentations.

The goal of this project is to have the curriculum completed before January 15, 2015, so Kurt can train the 5 CSH on the three topics. Kurt will also prepare the CSH with presentation skills and facilitating talking circles. By February 1, 2015, the CSH will be ready to present to the AI/AN community in Los Angeles County. At the end of each presentation, CSH can have an open discussion or a talking circle depending on the number of participants. There will be a total of 30 trainings in the course of 6 months, conducted by 5 CSHs. The CSHs will also be facilitating two community forums with Kurt. The forums are more interational so the community can provide feedback on the project; Kurt will be the presenter for the forums.

**Feedback on power point presentations**

Topic 1: Outreach and Engagement to reduce Mental Health Stigma

- Have one slide for each of the following agencies: UAI, AICC, AICS.
- The committee would like more detailed information regarding the services provided by the community agencies identified in the power point presentation (i.e. traditional services, foster care, parent classes, domestic violence). Also the committee would like slides to include the agency's referral process and how individual can access the services (i.e. DCFS referral in order to be part of Foster Care program).
- AICC provides a variety of different services and it will be helpful for the CSH to be trained on how to access these services.
- Committee request for pictures to be added throughout the power point presentations (i.e. dancing, beading and dancing). Carrie will provide to Kurt by 12/12/14.

- Committee provide input regarding the correct names of various agencies and requested those changes to be made. For example, change "Changing Spirits AOD Residential recovery Program" to "American Indian Changing Spirits Residential Treatment Center".
- Verifying if the American Indian Healing Center in Whittier continues to be in business.
- Add a slide to include this agency: The Red Cycle Project-APLA Health & Wellness Center, 3743 South La Brea Avenue, Los Angeles, CA 90016, (323)329-9900.
- If possible, add the Red Pages website link to the PowerPoint presentation.

#### Topic 2: Native Americans and Cultural Wellness

- Add pictures throughout the power point presentation (i.e. dancing, beading and dancing). Carrie will provide to Kurt by 12/12/14.

#### Topic 3: Historical Trauma - Impact on Behavioral Health

- Add pictures throughout the power point presentation (i.e. dancing, beading and dancing). Carrie will provide to Kurt by 12/12/14.
- At the end of the presentation, briefly have the CSH go over the community resources (included in the Outreach & Engagement power point presentation) to review and engage the audience in a discussion on how to access the resources and utilize MH services effectively.

#### Next steps

- Extend the first deliverable date for this project – completion date is currently unknown.
- Kurt (Project Consultant) will make edits to the power point presentations based on the committees' feedback by 12-12-14.
- Angela Trenado, Co-chair, will assist Kurt in a summary of the services provided by the community agencies by 12-11-14.
- Dr. Johnson, Co-chair will provide AI/AN images to Kurt so he can incorporate them throughout the 3 power point presentations by 12-11-14.

**Next Meeting:** Table the next meeting, DMH and Co-chairs will move forward with the Community Spirit Wellness Project.

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**American Indian/Alaska Native Mental Health Conference on November 4, 2014, conference debrief**

**A. Conference Registration Summary**

A summary report was developed to capture who attended and did not attend the conference of those registered. The summary includes the name of the agency/school the participant is affiliated with. For 2014, the AI/AN Mental Health Conference had a total of 260 participants attend the conference out of 340 registered. The data collected showed about 1/3 of participants were LAC-DMH employers and 1/3 AI/AN community members. The rest registered as consumers and general participants.

Charlotte, a committee member, recommended adding a line under "general" category so participants can specify what agency they are affiliated with. 82 participants registered as "general" attendees. Of those 82, 55 attended the conference.

Mark, a committee member, shared he would like to see more youth participation in the conference. For this year, 10 students attended the conference (3 middle school, 1 high school, 5 college and 1 unspecified). Angela, Co-chair, shared when she was a High School student she attended an American Indian conference and it inspired her to be part of the Social Work field. The committee agreed that having students exposed to the field of mental health can continue the Native voice for the generations to come.

**B. Conference Workshops Summary**

In the morning workshops, they were 130 participants and 113 in the afternoon. None of the workshops reached room capacity of 50. The top three workshops participants attended were 1) Two Spirit Elymology and History 2) The Voice of Our American Indian and Alaska Native Families: The Importance of the Indian Child Welfare Act and Agency Collaboration 3) Native Voices: Healing Our Community through Traditional Medicine, Ceremony and Teachings. Some presenters shared they ran out of time during their presentation. Presenters would prefer more time to present their material in the future.

Anna shared that the "*Native Voices: Healing Our Community through Traditional Medicine, Ceremony and Teachings*", workshop didn't have an accurate number of participants for morning and afternoon workshops, due to logistical difficulties with the sign in sheets. The committee recommended having more sign-in sheets when having a workshop conducted in a big room. A committee member shared she forgot to sign-in at the workshop in the afternoon; make an edit of 33 to 34 attendees.

The committee discussed concerns regarding workshop volunteers and how to address/improve their facilitation skills. The committee expressed concerns regarding a DMH employee "Dr. Marc Borkheim" whose behavior was perceived as being disrespectful and inappropriate towards one of the workshop presenters. The committee said he was preserved as being rigid and abruptly ended a workshop that he was monitoring. Nina thanked the committee members for bringing these concerns to the attention of DMH so they could address it internally. Nina also confirmed that DMH will

following up with these specific concerns from this year's conference and will also address this for future conferences.

### C. Conference Survey Summary

The Los Angeles County – Department of Mental Health, Quality Improvement Division/Program Support Bureau developed a 5 question survey. The purpose of the survey was to gather information on how the AI/AN Mental Health Conference is increasing awareness of mental health issues and reduce disparities for the AI/AN community. The survey was composed of general and clinical questions. Surveys were handed out and collected at the end of the conference. A total of 126 surveys were collected. A re-occurring theme was the need for workshops related to AI/AN culturally mental health interventions for service providers.

Charlotte, a committee member, noticed some of the participants wanted more Euro American techniques which may not be appropriate for AI/ANs. Charlotte liked the plenary speaker, Dr. Duran's communication style. He used traditional & psychological analysis without using terms such as Cognitive Behavioral Therapy. As per Charlotte, there was a wide range of professionals who attended the conference and Dr. Duran was able to reach to each of them.

Danielle, a committee member, provided feedback on behalf of Julia Bogany. Julia recommended for the workshops on *"Two Spirit Etymology and History"* and *"Restoring the Circle: Inclusive Spirituality as an Antidote to Internalized Homophobia"* to include a panel discussion. Panel discussion allows the audience to engage in the discussion.

Sunnie, a committee member, shared that he was interested in the outcome of the *"Native Voices: Healing Our Community through Traditional Medicine, Ceremony and Teachings"*, workshop, which was presented by John & George Funmaker. Sunnie, reported that the Funmakers' workshop exposed the participants to the traditional side of Natives vs the Western approaches.

Luis, from LAC-DMH Training Division reviewed the evaluation responses of participants who attended *"Native Voices: Healing Our Community through Traditional Medicine, Ceremony and Teachings"*, workshop, presented by John & George Funmaker. All of the responses were good. The evaluation question on "presentation was useful and broadened my knowledge", participants rated 'very good' or "excellent" by 80%. Even though the narrative feedback was not directed towards specific presenters or workshops, in general the comments were positive. Participants appreciated the cultural knowledge they gained and felt enlightened by the traditional practices included throughout the conference. Sunnie recommended separating the data from the survey of people who identify themselves as American Indian/Alaska Native, from the general public. Sunnie, would like to know if there is a difference in the data outcomes.

### D. Conference Evaluation Summary

Luis, from LAC-DMH Training Division reviewed over evaluation results with the committee. Luis reported for that an additional question was added to the evaluation form, which will allow attendees to identify if they identify as AI/AN community members. For participants not requesting continuing education, 46% (17 respondents) said they identified as AI/AN. For participants requesting continuing education credit, 30% (13 respondents) said they identify as AI/AN. Across the board, the keynote speaker received the highest rating at 90%, which is scored as "very good" or "excellent". Attendees for the conference presented with a wide range of experience and the keynote speakers did a great job in connecting with the participants.

The narrative feedback was reviewed by the committee, one of the participants who attended *"Two Spirit Etymology and History"* (Joshua Tree Room) provided feedback, for participants who are not familiar with the Native term *"Two Spirit"*. It should be clear that the term be referred to

LGBTQ in a Native perspective and should be included in the workshop description.

### Future Capacity Building Projects

Committee members were asked to discuss for the future funding by the UREP Program Head, Mirtala Parada Ward. Committee members were informed in order for MHSA/UREP to continue funding a conference, a board letter is needed. The current board letter is expired, it allowed for the funding of 3 consecutive years of MHSA/UREP funding. If the committee chooses to move forward with another conference, a Board letter needs to be presented to the Board of Supervisors. The letter will include a justification why the committee wants another conference and how the conference will increase capacity in the AI/AN community. In addition the committee has expressed a desire to increase the capacity of conference from 300 to 600 attendees. In order for that to occur we must justify why this is necessary. The issue with that is that only 240 participants attended the conference in 2012, 300 attended in 2013 and 260 attended in 2014. Since for two years the conference has not reached capacity, it will be hard to make the case to increase conference capacity to 600.

The UREP Program Head, Mirtala Parada Ward, clarified that the funds used for the conference are not training dollars but MHSA funds. Luis confirmed that LAC-DMH Training Division doesn't sponsor conferences but does pay for DMH slots for employees to attend a conference.

The committee asked if the UREP funds could be used for another project other than a conference and Mirtala said yes. Mirtala shared other UREP subcommittees have used their funds towards building capacity in their communities in a variety of different ways. For example, the Asian Pacific Islander UREP used part of their funds towards community education by sponsoring consumer leadership training and become community advocates. The Eastern European/Middle Eastern UREP funds are split amongst four ethnic groups, each receives \$25,000. The subcommittee used part of their funds towards a radio talk show that is aired weekly pertaining to mental health issues. The Latino UREP subcommittee is using their funding towards research project that will help the Promotores De Salud Project Model (PPM) become a community defined practice. The LGBTQ UREP is using part of their funds to train clinicians who are providing services to youth, who identify as LGBTQ. The African/African American UREP subcommittee has divided their funds into three different projects.

Angela, Co-chair, reported that in the survey responses participants want an AI/AN trainings on traditional and community defined best practices. She suggested part of the funds could be used towards developing community trainings. Another committee member suggested developing a series of trainings to better serve the AI/AN community. Mirtala confirmed that MHSA funds can be used for new projects such as community trainings. A Statement of Work (SOW) would be developed and there will be no need for a board letter. The process would require a SOW, which is standard process. Next year's budget is \$99,000 and the committee needs to decide how they want to use these UREP funds.

#### **Next steps**

- There was concern about CCC and having an AI/AN UREP member regularly attend the meetings. Charlotte, shared that George Funmaker is interested in representing the AI/AN community at the Cultural Competency Committee meetings. For next AI/AN UREP meeting, the selection of a representative will be discussed.
- A meeting will be set up next month to further discuss future capacity building projects for 2015-6.

**Next Meeting:** Wednesday, January 15, 2015 from 1:00 p.m. – 2:00 p.m. at UAI

