LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
OFFICE OF PERFORMANCE DATA - QUALITY IMPROVEMENT DIVISION
ASIAN PACIFIC ISLANDER UsCC SUBCOMMITTEE

MEETING MINUTES – Thursday, February 15, 2018
Location: APCTC 520 S. LaFayette Park Place, Suite 300, 3rd floor, LA 90057

ATTENDEES: Sokha Chan, Maham Chaudhry, Krist Chhim, Usophea Chim, Alice Chin, Jazmine Guillen, Lishi Leo Huang, Eric Ji, Mariko Kahn, Jae Sook Lim, Patricia Oh, Phaly Sam, Meas Sath, Maria Tan, Samin Yoak, Vickie Yu, Nina Tayyib (API UsCC Liaison, LACDMH)

DISCUSSION

- **Welcome and Introductions**
- **1/11/18 Meeting Minutes review and approval**
- **Code of Conduct review**

API UsCC subcommittee logo

At a previous API UsCC meeting, the API UsCC subcommittee was informed of the opportunity to develop a logo to represent the API UsCC subcommittee. The goal would be to find a design that is representative of the diversity in the API community (South Asian, Southeast Asian, Pacific Islander and Native Hawaiians).

Based on the feedback at the previous meeting, the group had narrowed down the logos to four designs. The sample designs were displayed so that the group could discuss and provide additional feedback. The designs included a design of a mandala with in a flower (designed by Leo Lishi Huang), a map of Asia above two hands (designed by Jeffery Liang), an abstract lotus flower with multicolored leaves, and holding of hands/arms in a hexagon. The subcommittee provided additional feedback on the logos and narrowed it down to designs by Leo and Jeffery. The subcommittee agreed to replace the mandala inside Leo's design with a multicolored map of API countries (from Pakistan to Hawaii). Leo agreed to make the changes and bring a draft to an upcoming meeting.

There was a suggestion to add some wording at the bottom of the logo to highlight the theme of unity. There was also as discussion about colors and selecting colors that have some meaning. It was agreed that colors and wording would be decided after a final draft of the design was made. "API UsCC subcommittee" will also be added to the design.

Next API UsCC Capacity Building Project: Brainstorming & Discussion

Nina reviewed the process and protocol of the projects, as well as an overview of previous projects. The goals of the projects are to increase knowledge about mental illness and mental health resources in the API community. As well, the projects aim to decrease stigma associated with mental illness and increase access to mental health services in the API community. UsCC capacity building projects are not for mental health services. The API UsCC subcommittee spent time brainstorming ideas for the next round of API UsCC capacity building projects. The following project ideas were discussed.

Leo suggested the implementation of a community driven API Mental Health Conference, especially since the API Hope and Recovery Conferences have not been held. He suggested that the API UsCC implement a conference that included mental health professionals, consumers and family members representing various API communities. The conference would highlight the unique needs of the various API communities, but still focus on unity of the API community. Nina provided an overview of the process, which takes approximately a year and requires Board of Supervisor approval as well as intensive subcommittee involvement.

Rather than having a one day conference, there was also discussion about having a series of trainings/symposiums on various mental health topics that impact the API community in order to reach a larger audience.   The trainings/symposiums would include all the elements that a conference would (speakers, breakout session, information booths, interactive activities, etc.) but be shorter. Each training/symposium could focus on a specific API community and language, which could be selected by the API UsCC subcommittee. This would allow for more information to be provided on various communities. Nina shared regarding similar projects that were conducted by other UsCC groups through contracting with a Consultant. The API UsCC subcommittee, consumers and family members would still play a big role in determining the focus and activities of the trainings/symposiums, but the project would be coordinated and implemented by a Consultant.

There was discussion about the present LACDMH Asian American Mental Health Conference, which has been held yearly (usually in October).   The subcommittee discussed potentially discussing increasing consumer and family members' feedback in the planning of the conference and including more consumer/family focused presentations. The subcommittee agreed that it would be a good idea to try to collaborate with the planning committee to expand their conference, rather than "re-inventing the wheel".

There were some suggestions regarding the presentations, regardless of format:
1. Including consumer and family member success stories
2. Include interactive activities for consumers and family members, including cultural activities.
3. Provide presentations for consumers and family members in various API languages, so that the session can be more interactive for those who are mono-lingual.
4. Presentations should be developed in collaboration with experienced organizations and agencies (i.e. NAMI, etc.)

5. A list of API mental health resources should be distributed to the community

Some topics for presentations were discussed:
1. Mental health related stigma and factors unique to the API community
2. Cultural identity and its role in addressing mental illness and accessing mental health services
3. Tobacco cessation and the connection between mental health and tobacco use as well as effective community and clinical interventions
4. Mental health issues related to specific ethnic groups (suicide, substance abuse, etc.)
5. Empowering family members regarding mental health issues and resources
   - There was discussion about the communication gap between generations, particularly between parents who are recent immigrants and their children who are born/raised in the U.S. Issues discussed included parental denial and lack of awareness of their children's lives outside of the home. Sometimes, it is not until the child has severe issues or comes in contact with the legal system that parents are aware that there is a problem.
6. Substance abuse in the API community
   - There was discussion about the perception of substance abuse disorders in the API community and how it varies depending on the level of acculturation of parents and children. Attendees shared personal and professional experiences in working with API families and how often substance abuse is seen as a character flaw rather than connected to a need for mental health services.
   - There was also discussion about how academic pressure can be related to substance use, in order to enhance performance and decrease the need for sleep.
7. The role of schools in mental health treatment
   - Often, parents are not aware of the way the educational system works in the U.S. and become aware of their child's mental health issues through issues at school.

There was a question as to whether previous API UsCC capacity building projects could be repeated, in particular the Consumer and Family Member Training and Employment program. Nina shared that the funding for UsCC projects historically have required that only new projects be implemented. Given the structural changes at LACDMH, this may be changing and the subcommittee will be updated. The next meeting will be spent on discussing these ideas further, as well as new ideas. Proposals will be presented on April 5th. Instructions on proposal submission and voting will be emailed out to the API UsCC subcommittee.

Announcements:
- Maham and Jazmine shared some information regarding the Tobacco Control and Prevention Program at the Department of Public Health. They shared that a coalition is being developed to focus on this issue and the goal is to have diverse membership, including API community members. The subcommittee invited them to provide a brief presentation at the next API UsCC meeting.

Next Meeting: **Thursday, March 1, 2018 (2-4) at APCTC**