

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
OFFICE OF ADMINISTRATIVE OPERATIONS - QUALITY IMPROVEMENT DIVISION
ASIAN PACIFIC ISLANDER UsCC SUBCOMMITTEE**

MEETING MINUTES – Thursday, April 5, 2018

Location: APCTC 520 S. LaFayette Park Place, Suite 300, 3rd floor, LA 90057

ATTENDEES: Sokha Chan, Usophea Chim, Teresa Cho, Al Choi, Lishi Leo Huang, Eric Ji, Mariko Kahn, Jae Sook Lim, Young Moon, Lolita Namocatcat, Patricia Oh, Phaly Sam, Meas Sath, Ruth Satele-Tagloa, Michelle Wong, Samin Yoak, Nina Tayyib (API UsCC Liaison, LACDMH), Kelly Wilkerson (LACDMH QID)

DISCUSSION

- **Welcome and Introductions**
- **3/1/18 Meeting Minutes review and approval**
- **Code of Conduct review**

Discussion about how to increase API Stakeholder Involvement (API UsCC subcommittee)

Nina briefly presented on the Mental Health Services Act (MHSA), the Stakeholder process and the various venues for Stakeholder involvement including Service Area Advisory Committees (SAACs), System Leadership Team (SLT) and the UsCC subcommittees. The subcommittee engaged in a discussion about what barriers existed that limited Stakeholder involvement and provided potential solutions, which are briefly summarized below.

1. Barrier: Location
 - Rotating meeting locations across LA County to help make them more accessible by more individuals.
 - Include live streaming of the meetings, so that a person could participate in the meeting from a remote location.
 - Use venues with more accessible parking and also provide parking validation
 - Include more signage at the venues so that it is easy to find the meeting room
2. Barrier: Transportation
 - Provide transportation assistance including bus tokens and ride-sharing vouchers (Lyft, Uber, etc.)
3. Barrier: Meeting Times
 - Hold meetings during non-work hours, such as evenings and weekends. There was a suggestion that weeknights would work better than weekends.
 - For those who work, it would be better to have meetings in the early afternoon, so as to avoid traffic delays

- Provide lunch for meetings around noon and have a “working lunch” meeting
 - Provide sufficient breaks between meetings, rather than scheduling them every month
 - Make meetings 1 to 1 ½ hour at the most and include short breaks during the meeting
4. Barrier: Household Responsibilities
- Provide childcare services at the meetings, so that parents can attend meetings
5. Barrier: Shyness
- During meetings, allow for breakout sessions into smaller groups so that people feel less intimidated to provide feedback
 - People may not want to come to meetings held in English because they are not fluent so it is important to have interpreters. It may be useful to allow the option to write down ideas/ comments in a person’s native language
 - Develop Ambassadors/Mentors to go to meetings with new members and guide them through the process
 - Utilize Promotores to outreach and engage underserved communities
 - Provide more personalized invitations to meetings including emails and phone calls
 - Develop a “Welcoming Committee” for each Stakeholder group so that if it is the first meeting for somebody, he/she would be greeted and welcomed after the meeting and between meetings, and encouraged to return
 - There was discussion about how transgressions between Asian cultures may influence people’s decision to attend, including past trauma. It was suggested that it was important to acknowledge these differences and sentiments but also set a tone that the Stakeholder meetings are a united effort. It was suggested that good communication is key to setting a positive tone.
6. Barrier: Atmosphere
- Set a positive atmosphere that is uplifting and encourages community participation
 - Include interactive activities into meetings instead of just talking. Some suggestions included singing, dancing, drawing, etc. There was feedback that it was important to not force anyone to do any of the activities and make it clear that they are optional.
7. Barrier: Money
- Increase Countywide Client Activity Fund (CCAF) stipend amount that is offered through LACDMH for consumers to attend Stakeholder meetings.
 - Informing the larger community about the CCAF funding
8. Barrier: Busy schedules can make it difficult to remember/schedule meetings
- Use ethnic social media specific to Asian communities to send reminders
 - Work with community based agencies that they are connected to communities to disseminate meeting information
 - Newspaper advertisements for those who may not have access to email or social media
 - Provide sufficient advance notice of meetings
9. Barrier: Lack of access/physical disabilities
- Include live streaming of the meetings, so that a person could participate in the meeting from the comfort of their home or office.

10. Barrier: Communication

- Encourage cross communication between different Stakeholder groups. A suggestion was made to invite SAAC Co-chairs to the various UsCC meetings.
- Be mindful of using simplified terms during meetings for those who may not be familiar with LACDMH acronyms and programs
- Create a “Cheat Sheet” for commonly used acronyms

11. Barrier: Translation of reading materials/handouts

- Translate materials into requested languages before the meeting so that those who are monolingual can review

Nina shared that the feedback will be summarized and shared with the UsCC Leadership Committee so that it can be integrated into a summary report for Dr. Jonathan E. Sherin, Director of LACDMH, in order to increase participation of Stakeholders. The report will be shared with the UsCC subcommittees once finalized, which is expected to take a 1-2 months. Subcommittee members were encouraged to contact the Co-chairs and Liaison with any additional feedback. LACDMH will follow up on the CCAF and bring information to an upcoming meeting.

Next API UsCC Capacity Building Project: Project Proposals and Discussion

Nina reviewed the process and protocol of the API UsCC Capacity Building 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 had spent the last two meetings brainstorming ideas for the next round of API UsCC capacity building projects. Two project proposals had been submitted and were presented to the group.

Proposal Presentation 1: API Hope and Recovery Conference (submitted by Leo Lishi Huang)

- There was a suggestion for the API UsCC to coordinate and implement a mental health 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.
- Leo shared some ideas on possible workshops

Proposal Presentation 2: API Community “Tea Talks” (submitted by Michelle Wong)

- Tea is a big part of many API cultures and helps facilitate community connection.
- The project that focuses on engaging the API community through community forums, using tea and various cultural practices/ceremonies that involve tea.
- A Tea Cart would be purchased and volunteers would be hired to be “listeners” for anyone that chose to participate.
- The forums could take place in accessible community locations such as parks and various API community events. Other spaces could also be

used (like sidewalks or parking lots) for areas in LA that are “park poor”.

- The forums could be conducted in various API languages, tailored to the community where the forums are held.
- There was discussion about how some more mental health promotion activities would need to be integrated into the project, should it be selected.

Nina will follow up with API UsCC voting members via email to confirm their vote for the projects. Once finalized, the subcommittee would be informed of the winning vote. The subcommittee was reminded that once a project proposal is submitted, the idea is property of LACDMH and it may be tailored further to meet LACDMH requirement and API UsCC subcommittee feedback. The subcommittee was also reminded that the project(s) will be put out to bid and that anyone who is a registered Vendor with LA County would be able to bid. Registration instructions were provided.

Mini-grants for May Mental Health Month (Nina Tayyib)

Nina shared the opportunity to apply for mini-grants which are open to individuals and organizations including community/faith-based organizations, non-profit/for-profit, schools, individuals, and other entities dedicated to carrying out diverse community engagement efforts to help promote health and wellbeing. Nina encouraged API UsCC subcommittee members to apply as this is a great opportunity for small CBOs and other Stakeholders to apply for a mini grant in order to promote mental health services during May Mental Health Month across Los Angeles County.

The grant awards will range between \$1,000 and \$5,000 based on criteria outlined in the application, which was handed out and also emailed out to the group. The first deadline to submit the grant application is April 6, 2018 and the final deadline to submit is April 20, 2018. The grant period is April 15, 2018 to June 15, 2018. There are two application deadlines and two grant award dates. A more detailed timeline is available in the attached application. People can also access the Grant Application at: http://calmhsa.org/wp-content/uploads/LA-County-Mini-Grants-3-22-2018_FINAL-POSTING-AND-DISTRIBUTION-LH.pdf

Next Meeting: tbd