

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Office of the Deputy Director of Strategic Communications - Underserved Cultural Communities (UsCC)
API UsCC subcommittee meeting

Date: May 23, 2019 (2-4 p.m.) at Asian Pacific Counseling and Treatment Centers (APCTC)
Present: Leo Lishi Huang, Lolita Namocatcat, Ann-Marie Yamada, Ralfh Vilorio, Young Moon, Hyocheol (Peter) Kim, Eunice Kim, Patricia Oh, Catherine Nicklen, Sheila Wu, Samen Pou, Sokha Chan, Sokhan Seng, Anna Lee, Jen Wu, Phaly Sam **Participants via conference call:** Thuy Ngo

DMH Staff: Mirtala Parada Ward, Keacha Stewart, Neelofer Tayyib

Agenda Items	Comments/Discussion/Recommendations/Conclusions	Action Item	Person(s) Responsible
<p>Welcome, Introductions and Setting Intentions</p> <p><i>Leo Lishi Huang</i></p>	<p>All attendees introduced themselves</p>		
<p>Meeting Minutes & Code of Conduct</p> <p><i>Leo Lishi Huang</i></p>	<ul style="list-style-type: none"> • Minutes (for 4/25/19 meeting) were voted on and approved. • Leo Lishi Huang discussed the code of conduct with the members. This is an agreement that everyone will respect each other and use basic etiquette during the discussion. Members will allow everyone a chance to speak, no cross talking, etc. Nina requested everyone to sign the code of conduct and turn in the copy. She shared that this is a voluntary decision. 		
<p>Update: Present API UsCC Capacity Building Projects</p> <p><i>Leo Lishi Huang</i> <i>Nina Tayyib</i></p>	<p>Leo Lishi Huang explained that there was an increase in the funding as of FY 18-19 for all UsCC subcommittees. Each UsCC subcommittee was allotted \$200,000 to implement capacity building projects. The API UsCC subcommittee decided move forward with two projects as well as the API Wellness Summit. An update on the remaining two projects was provided.</p> <ul style="list-style-type: none"> • Project 1: “API Families – Supporting through Recovery” For this project, the group voted on creating a booklet for API family members to help those who care for someone who suffers from mental illness. This resource booklet will assist family members when they are faced with situations surrounding mental illness and include a resource guide to connect them with programs and 	<p>Project Implementation in June</p>	<p>Dr. Rocco Cheng</p>

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	<p>resources.</p> <p>Dr. Rocco Cheng was awarded the project, which we announced it at last month’s meeting. Since then, Mirtala and Nina met with Rocco and the project will start at the end of June 2019. The project will take a year and Dr. Rocco Cheng will come every quarter to the API UsCC meeting to give updates on the progress of the project. Dr. Rocco Cheng will do interviews with organizations that have support groups for family members and focus groups with clinicians, case managers and peer advocates that work with the API family members as well as API family members.</p> <p>Dr. Rocco Cheng will then take all the related information and put together a user-friendly booklet that is translated in a culturally and linguistically appropriate manner. Materials will be reviewed by community members to ensure accuracy and that the resource booklet is user friendly. This resource booklet will be translated into at least five API languages and additional ones, as the budget allows. The five languages are DMH Threshold languages and include Cambodian/Khmer, Simplified Chinese, Tagalog, Vietnamese, and Korean. The Consultant will print 800 copies of each resource booklet for each language and also post the booklet online. A link will also be created so that the booklet can continue to be posted on the LACDMH website and any other community websites after the project ends.</p> <ul style="list-style-type: none"> • Project 2: “Sharing Tea, Sharing Hope” For this project, a mobile tea cart will be set up in different API community events in Los Angeles County to create awareness and destigmatize the topic of mental health in the API community. Community members will be able to attend the API community event where a Tea Cart is set up and gather information on resources related to mental health to assist their family members while having tea with each other. The idea is to create a safe place for people to sit down, in a relaxing and 	<p style="text-align: center;">Sharing Tea, Sharing Hope Awardee will be announced</p>	<p style="text-align: center;">DMH</p>
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	<p>comfortable setting, in order to connect and discuss mental health without feeling stigmatized. The idea is to bring mental health to the community instead of having someone have to make an appointment to talk about issues in a clinical setting.</p> <p>Nina shared that, at this time, the project is still in the process of being awarded. Once the project has been officially awarded, the subcommittee will be informed.</p>		
<p>API Wellness Summit Evaluation Summary</p> <p><i>Nina Tayyib</i></p>	<ul style="list-style-type: none"> ● The LACDMH Training Division had developed an evaluation for the API Wellness Summit, which gives feedback on specific presentations. 220 attended the Summit and 40 people completed evaluations. ● Nina Tayyib shared a copy of the evaluation with the members and shared some of the comments from the evaluation. ● The feedback was very positive and helpful overall. There was a recommendation to improve time management for the personal stories, in order to allow for time for everyone to share. There was a recommendation to include more substance abuse topics in the future. 		
<p>Overview: Next API UsCC Capacity Building Projects</p> <p><i>Nina Tayyib</i></p>	<ul style="list-style-type: none"> ● Nina Tayyib reviewed the process of UsCC capacity building projects. The first step is brainstorming. The API UsCC has had two sessions of brainstorming discussing ideas for the next round of projects. The projects have to be related to mental health awareness and mental health stigma reduction. The funding will be particularly for education, training, and awareness building. As far as brainstorming anyone can propose an idea, and anybody can submit a proposal. All projects must target L.A. County residents. ● Every Fiscal Year each UsCC subcommittee is awarded \$200,000 to implement mental health related capacity building projects for the community. Each project should fall under \$100,000. Each subcommittee will have at least a total of 2 projects per fiscal year. ● The Project Proposal application was provided to all the members, they 	<p>Proposal Presentations at next meeting</p>	

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	<p>were informed if they are interested in proposing a project, they must complete an application and submit it no later than 6/26/19 in order for it to be considered. Nina Tayyib will share all submitted proposals to the group via email before the meeting on 6/27/19.</p> <ul style="list-style-type: none"> ●Members who have completed their proposal will have 10 to 15 minutes to present their idea at the next meeting. A proposal must be presented in order to be considered. Leo Lishi Huang informed the members that if you are not able to make the next meeting, you can submit your proposal to the API UsCC Co-chairs will submit it and present on your behalf. The committee may provide feedback and give suggestions. Nina shared that once a project is proposed, that project idea becomes the property of DMH. Also, just because a person proposes a project does not guarantee that it will be awarded the project. ● The next step is voting. For this round of projects, any API UsCC member who has attended at least 8 meetings for the last calendar year, will have voting privileges. All voting members will be contacted by Nina to vote via email. ● Once the projects are finalized, they will be put out to bid by LACISD. Only registered vendors with LA County Vendor relations will have the opportunity to bid. Vendor ID registration was discussed it was recommended that if a person or organization was interested in bidding that they should register as soon as possible. Registration information was provided. If there are any questions or issues about bidding and vendor registration, ISD must be contacted. Nina shared that the whole process can take from 3-6 months. 		
<p>Discussion: Next API UsCC Capacity</p>	<p>The following ideas were discussed:</p>		

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<p>Building Projects</p> <p><i>Nina Tayyib</i> <i>Leo Lishi Huang</i> <i>Phaly Sam</i></p>	<ul style="list-style-type: none"> ● Training on the API LGBTQ Community and their unique mental health needs in order to educate the community. ● Job Training for API Consumers on Small Business entrepreneurship in order to train and provide resources to assist consumers in starting a small businesses. ● High School Level Internship for API Youth to intern at mental health agencies. This project would provide opportunities for youth to be involved in an agency work and learn about mental health needs of the API community. It was mentioned that there are some training curriculums avialble. ● Peer Training for API Consumeres and Family Members ● Building an API Consumer and Family Member Network to provide consumers with special skills and activities such as sports, exercise, art projects, video games, coffee chat groups, movie nights, etc. for consumers and family members. ● API Consumer Storytelling Project which would be a storytelling project that would include interviews (audio and visual) with API consumers telling their recovery story and also making these stories accessible during and after the end of the project by posting them online. The project should include other diversity of cultures but aslo diversity in the types of experience with mental health (consumer, family member, etc.). ● API Consumer Dance Competition which would linclude dance classes, mental health trainings, and a community event to include performances and a dance competition. The dance classes could be open or culturally tailored. ● API Consumer Art and Music Festival in order for the API community to focus on hope and resiliency and learn about the recovery process. This 		
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LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
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API UsCC subcommittee meeting

	<p>project would allow API consumers to share their stories through art.</p> <ul style="list-style-type: none"> ● API Book Club for consumers and family members to have a place to meet and decrease social isolation. The book clubs could explore different types of themes/genres that tie into mental health. Participants could share their favorite book in order to encourage more reading. ● API Cultural Exploration Class for the API community to meet, learn, and explore API cultures (including art, architecture, food, etc.) ● API Homeless Project that would focus on providing API homeless individuals mental health education and training and connect with workforce resources. This would be open to those who are homeless and those who are at risk for being homeless. ● Community Symposiums that focus on the recovery experience for API consumers and family members. This would include consumer and family member panels that are facilitated by experienced peers and family members. There was a suggestion to combine this idea with project ideas the storytelling and internship ideas. ● Community Based Theater Project on mental health topics relevant to the API community. The plays would be developed/implemented by API consumers and family members and be interactive. ● Consumer Mentorship Program that would include developing a large network of mentors for consumers. 		
Upcoming Meetings	<p>API UsCC meeting (Proposal Presentations) Thursday/June 27, 2019 2pm to 4pm/APCTC</p>		