

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
PROGRAM SUPPORT BUREAU - QUALITY IMPROVEMENT DIVISION
ASIAN PACIFIC ISLANDER UsCC SUBCOMMITTEE**

MINUTES – Thursday, June 1, 2017

Location: Pacific Asian Counseling Services (PACS), 3530 Atlantic Ave., Long Beach, CA 90807

ATTENDEES: Rong Be, Rocco Cheng, Krist Chhim, Phoeun Chhim, Usophea Chim, Al Choi, Neang Im, Bilal Kazmi, Julie Khou, Larry Lue, Mariko Kahn, Rekha Khuon, Llanette Morgan, Sawako Nitao, Kim Ovalle, Kim Phy, Phaly Sam, Yem Samoeun, Meas Sath, Tiquer Tang, Margaret Lavyn Than, You Thavy, Sron Vy, Samin Yoak, Mom You, Dennis Murata, Susan Park, Nina Tayyib

DISCUSSION

- **Welcome and Introductions**
- **2/9/17 Meeting Minutes review and approval (after 1st Agenda item)**
- **API UsCC subcommittee Code of Conduct review and signatures (after 1st Agenda item)**

LA County Board of Supervisors Report on API Mental Health Disparities (Dennis Murata, PSB Deputy Director, LACDMH)

A brief background regarding the Board of Supervisors motion and the report was provided by Dennis Murata (PSB Deputy Director) and Mariko Kahn (ED at PACS and A3PCON Mental Health Committee member). Mariko shared that A3PCON members had discussed their concerns about mental health services for the API community and the mental health disparities that exist in LA County with Supervisor Hahn a few months ago. At that time, Supervisor Hahn decided to make a motion for LACDMH to provide a more in depth analysis as to what can be done to address the mental health disparities that exist for the API community in LA County. The Board motion was passed and LACDMH was instructed to provide a report to the BOS within 90 days that included a summary of mental health services that are being provided to the API community, utilization rates, as well as recommendations on how to best reduce mental health disparities for the API community. Dennis Murata has been the lead in developing this report in collaboration with community based organizations (such as the A3PCON Mental Health Committee), providers that serve the API community, as well as API consumers, family members and community members. As of the meeting, the final report had been submitted to the BOS.

Dennis reviewed the report with the subcommittee and provided a brief overview of the recommended strategies on how to improve the public mental health system in order to reduce mental health related disparities for the API community. Some of the recommendations in the report include increasing bilingual/bicultural staff in the public mental health workforce, implementing programs that build community capacity, increasing access to self-help groups, increasing outreach and engagement work using peers, expanding PEI services, etc. The report also included personal testimonies from API consumers. Dennis shared that one important recommendation in the report is to look at disaggregated data so that the needs of different API ethnic communities can be evaluated rather than treating APIs as one large group, given the diversity of the API community.

Subcommittee members were encouraged to provide feedback and engaged in a discussion regarding the report. Some consumers who were in attendance shared what brought them in for mental health services and what services they felt they are benefitting from the most. Consumers shared that they benefitted from the transportation assistance, being connected to a psychiatrist, being connected to physical health services, being connected to governmental benefits, etc. Some consumers shared that the mental health services they have received have helped to make them more independent in their lives including, for example, learning how to take bus on their own. Consumers also shared that the meditation classes and blessing ceremonies that are part of the Cambodian ICP/ISM program were a valued part of their treatment. In addition, they shared that they felt one of the most important factors that is supporting their participation in services is that the staff that are respectful, helpful, kind and provide unconditional moral support. Some Cambodian ICP/ISM staff shared that they thought that the fact that the program provides culturally and linguistically tailored services to the communities is what helps people in their recovery, especially when they have experienced traumatic experiences in their home country (i.e. genocide, etc.). Some staff also shared that cultural outreach and engagement activities are very effective and that many former clients refer their friends and family members for services. Consumers that were in attendance were asked if they would be interested in taking part in programs such a health promoters program to help increase mental health awareness and access in their communities. It was suggested that some of the consumers closer to their graduation from a program may be good candidates to become health promoters.

There was discussion about the current political administration and the impact of the changing immigration policies on API communities. Bilal from South Asian Network shared that there have been several recent instances of South Asian children whose parents were deported suddenly and the children have been experiencing severe anxiety. In most of the cases the father was deported and the mothers were not employed, so there is a lot of fear and anxiety about finances. Bilal shared that, although school resources are limited, the families are being referred by the Cerritos Unified School District to social service agencies that serve particular ethnic groups. Other agencies shared their client experiences, which were similar, and the challenges with accessing affordable legal services around issues of deportation. There was a brief discussion about training on ICE and confidentiality issues for provider staff. Dennis agreed to work with A3PCON to try to coordinate a training on this topic. Dennis also shared that LACDMH has information available regarding legal rights for families regarding deportation, which had been emailed out to the subcommittee previously.

Dennis requested that a follow up API UsCC meeting be scheduled in the next month in order to have a more in depth conversation with stakeholders (API UsCC, A3PCON, API community based organizations/providers, etc.) and gather more feedback/recommendations on how to best proceed and implement the strategies in the report. There was recommendation to schedule follow up meetings by different API communities/languages. Nina will follow up to schedule and coordinate a follow up meeting.

API UsCC subcommittee logo (Nina Tayyib, LACDMH)

At the 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 and a follow up focus group, some sample logos were developed. The sample designs were displayed so that the group could discuss and provide feedback. The designs included a few variations on coy fish, ying-yang sign, a map of Asia above two hands, lotus flowers held by hands (one with an abstract flower and one with a traditional flower), a semi-colon, an abstract square design, and holding of hands/arms in a hexagon. Three of the designs were developed by one of the API UsCC subcommittee members, Jeffery Liang.

Subcommittee members provided feedback about the samples. The logo design with abstract lotus flower being held by two hands was liked by attendees, as it represented diversity and integration in a creative way. There was a suggestion to add a map of Asia above the abstract lotus flower design, with more vibrant colors. Also, there was a suggestion to change the holding of hands/arms into different shades of brown and have the larger shape be a heart instead of a hexagon. The group agreed to remove the coy fish related logo designs, the ying-yang logo design, the semi-colon logo design, the abstract square design and the traditional lotus flower in hands design. Members also suggested additional ideas for logos. One idea was to have two hands holding each other, with a heart in between. Another additional idea was to have two hands reaching outwards, with a tree growing in between the hands.

Nina will be following up with a graphic designer who works at LACDMH to provide updated sample logos based on the group's feedback. These will be brought to an upcoming meeting for further discussion.

Multimedia Mental Health Awareness Campaign for the Cambodian and Vietnamese Communities – Project Update (Kim Ovalle, Cambodian Association of America)

The Multimedia Mental Health Awareness Campaign for the Cambodian and Vietnamese Communities project was awarded to Cambodian Association of America and was implemented on September 1, 2016. The goal of this project is to increase awareness and knowledge of mental illness signs and symptoms as well as improve access to mental health services for the Cambodian and Vietnamese communities in LA County. This project includes the implementation of linguistically and culturally appropriate mental health educational and engagement workshops (10 Cambodian and 10 Vietnamese) and an ethnic media campaign (2 Radio/TV Advertisements and 4 Newspaper articles).

At this time, the project has just ended the third Quarter. The workshop curriculum had been finalized and translated and, as of the meeting, 14 free workshops had been held. 6 additional workshops will be held before the end of the project. Kim shared that the workshops for the Vietnamese community have improved in attendance since the previous quarter, due to CAA providing transportation assistance and food, as well as conducting outreach in the community. Kim shared that a second Newspaper Article was published in Quarter 3 and was printed in local Cambodian (in Khmer) and Vietnamese (in Vietnamese) newspapers.

Kim also shared that the Radio Ad for the Cambodian community and the TV Ad for the Vietnamese community were developed and have been airing since the beginning of Quarter 3. Each Ad was played at the meeting and the English script was read. Kim shared that the Vietnamese Ad has been airing on Saigon TV (cable and online) approximately 40 times per day. Kim also shared that the Cambodian Radio Ad has been aired 2x per week

during the Khmer Radio Program, which is aired on KALI FM 106.9 on Sunday nights (7-8 p.m.). There was some discussion about the Cambodian Radio Ad. There was a question as to why only DMH ACCESS Hotline and CAA were mentioned in the Ad. Dennis and Nina clarified that CAA was mentioned in the Ad because they are advertising the workshops that they are offering as part of the project. There was also discussion about the lack of awareness about the Ad by the Cambodian community members, in attendance as well as suggestions on how to improve viewership for future Ads. Nina shared that DMH deferred to the Consultant (CAA) to select how to best reach the Cambodian community, as they are experts in their community, and that they chose the Khmer Radio Program because of the popularity of the show. There was also a suggestion to use a female voice in future Ads. Nina shared that this was also an issue left to the Consultant and CAA chose this person as he is the host of the Khmer Radio Show, on which the Ad is being aired.

There was discussion about the LACDMH ACCESS CENTER 24/7 Mental Health Hotline. Nina shared that the hotline did have provided language interpretation services for mono-lingual callers. Kim Ovalle shared that one of her mono-lingual Vietnamese clients called the hotline and had a positive experience. Dennis stated that DMH will follow up with DMH EOB to assure that individuals calling in with certain ethnic/linguistic needs are informed of programs (like the ISMs) that are tailored to serve that particular community. The Hotline number was shared and Nina will follow up to provide the brochure in English and API languages.

Kimthai Kuoch and his team will be providing updates on behalf of CAA on the progress of the project on a quarterly basis.

API Youth Mental Health Video Contest: “Go Beyond Stigma” – Project Update (Nina Tayyib, LACDMH)

At a previous API UsCC meeting, the API UsCC subcommittee voted to implement a API Youth Mental Health Video Contest as the next API UsCC Capacity Building Project. The goal of this project will be to provide API youth (ages 16-25) an opportunity to share how mental health issues impact their life, their family and their community, using video. Through collaboration with community agencies, API Youth will be recruited and provided education about mental health issues and resources. As well, API Youth will also be introduced to the art of storytelling using video and also provided training and technical assistance to support the development of his/her own video (maximum of 3 minutes) on how mental health issues impact his/her life. The videos will be submitted as part of a Video Contest and will be showcased at an Awards Ceremony, which will be part of a larger community event. All API youth countywide will be targeted, with special efforts to recruit South Asian youth and API LGBTQ youth.

Nina shared that the Statement of Work (SOW) is still being finalized and should be completed in the next 1-2 months. DMH UsCC Admin will continue to work with the API UsCC Co-chairs, the API UsCC subcommittee as well as DMH Admin, as appropriate, in order to tailor the proposal into a Statement of Work (SOW). This may mean adjusting some of proposed project activities. All costs for the project (stipends, food, etc.) must come out of the awarded amount and are the responsibility of the Consultant who is awarded the contract. Once the SOW is finalized, the API UsCC subcommittee will be informed. Because the project will be sent out to bid, the specifics of the project will not be released.

The bidding process was briefly reviewed by Nina and will be discussed in more detail at an upcoming meeting. The project will be put out to bid by

LACDMH Internal Services Department (ISD) independently. Anyone can be bidder, as long as he/she is a registered vendor for LA County. A bidder can be an individual or organization. When ISD puts the project out to bid, there is a separate independent application process that interested parties, who are registered vendors, need to complete. ISD makes the decision as to who is awarded the bid and the bidding process is a public process. Instructions were provided to the API UsCC subcommittee on how to register as a vendor. There are multiple steps and each step has their own timeline, which can sometimes be unpredictable, but DMH will keep the API UsCC subcommittee updated.

Announcements

- Information on the Change Direction campaign was shared, including handouts on “Know the Five Signs of Emotional Suffering” and “Healthy Habits of Emotional Wellbeing,” as well as the website: <http://www.changedirection.org/>
- The group was informed that the LA County BOS declared May 10 as the annual Asian Pacific American Mental Health Awareness Day in LA County. Emily Wu Truong was honored by the LAC BOS for her lead in advocating for this declaration, which was a joint effort with Supervisors Hanh and Solis.
- Mariko Khan shared that PACS has been working with filmmakers to develop a documentary on the Buddhist blessing ceremony, which is a non-traditional service offered to clients as part of the Cambodian ICP/ISM program. The first screening of the film is on August 29th and is a fundraiser. After this event, the documentary will be aired for free at different agencies to build awareness on the impact of non-traditional practices.
- The group was informed that the East West Players were presenting the production of a musical called “Next to Normal” which addresses the challenges of mental illness in a family. Mariko shared that PACS is sponsoring the show on June 4 as a fundraiser.
- Pam Inaba shared information regarding various resources in the community for consumers and family members, including the Medi-Cal Medi-Connect program, a Peer Training on June 17 and the Jump Start program.

Next Meeting: TBD (July 2017)