

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

MINUTES – Tuesday, July 26, 2016

Location: Asian Pacific Counseling and Treatment Centers (APCTC), 520 S. LaFayette Park Pl, Los Angeles, California, 90057

**ATTENDEES:** Frank Aliganga, Sokha Cham, Rocco Cheng, Krist Chhim, Insung P Cho, Phil Cho, Al Choi, Derek Hsieh, Pam Inaba, Elizabeth Kim, Lishi Leo Huang, Silvia Liu, Mariko Kahn, Young Moon, Sawako Nitao, Grace Park, Angela Reyes, Phaly Sam, Ruth Satele-Tagaloa, Buntha Sok, Phang Vich, Vicki Xu, Samin Yoak, Angelita Diaz-Akahori, Mirtala Parada Ward, Nina Tayyib

**DISCUSSIONS**

- **Welcome and Introductions**
- **4/12/16 Meeting Minutes review and approval**

**UsCC Graduate Recruitment Program: Angelita Diaz-Akahori Psy.D., District Chief, Workforce, Education and Training (WET) Division, LACDMH**

Angelita briefly summarized the WET UsCC Graduate Recruitment Program: This is a pilot program that will offer financial incentives/assistance to bilingual/bi-cultural individuals to attend graduate school to become a mental health professional and then work at LACDMH. The applicants must have bilingual capability in one of the languages that has been identified by LACMDH as underserved and/or represent an unserved/underserved community as identified by LACDMH. The goal is to increase workforce capacity to increase the number of bilingual/bicultural staff in order to serve underserved communities who may not access services due to barriers such as language capacity. The program will have 14 slots. Of these slots, two will be for the individuals who are bilingual in an Asian language. There will be two slots for each of the other 5 UsCC subcommittees (Latino, AAA, AI/AN, EE/ME, and LGBTQ) as well as two slots for the Hearing Impaired community.

There are two program options. For both options, an applicant needs to have a Baccalaureate degree. Angelita clarified that the Baccalaureate can be from a foreign university, as long as it is acceptable to the master's degree program that the applicant is applying to. For both programs, individuals must have bilingual capability in one of the languages that has been identified by LACMDH as underserved and/or represent an unserved/underserved community as identified by DMH. Priority will be given to those with lived experience as a consumer or family member in the mental health system.

*Option 1: 3 year program (1 year internship + 2 years in graduate program)*

This option is for individuals who have no experience in the mental health field but have interest in pursuing a master's degree in mental health. In

this option, LACDMH would pay for a 24 hour per week internship (total stipend can go upto \$20,000). The individual would be paid directly and their progress will be monitored regularly by WET staff. The internship site would have the option to pay the intern additional money, but that would not involve LACDMH. The individual will be placed at a LACDMH clinic in order to gain experience with mental health programs and mental health service delivery. Before the end of the one year of internship, the individual would have to show proof of acceptance into a two-year graduate school program in mental health (specifically Social Work, Marriage and Family Therapy (MFT) or Licensed Professional Clinical Counselor). The stipend for both years can total up to \$37,000. The graduate school does not have to be in Southern California. After graduating, the individual would be expected to find employment within 3 months and work in one of LACDMH clinics (directly operated or contracted) that serves underserved/unserved communities.

*Option 2: 2 year program (2 years graduate program only)*

This option is for individuals who are already working in the mental health field but need support to get into a master's degree program in the mental health field. For this option, the individual must have experience working in a community organization (that has had a DMH affiliation) which has prepared the individual for graduate program in mental health. The individual would need to provide proof of acceptance into an accredited graduate program in mental health (specifically Social Work, Marriage and Family Therapy (MFT) or Licensed Professional Clinical Counselor). The stipend for both years can total to \$37,000. After graduating, the individual would be expected to find employment within 3 months and work in one of LACDMH clinics (directly operated or contracted) that serves underserved/unserved communities.

Application

- WET is in the process of finalizing the application and also setting up a website for this program. The goal is to have the online application ready by the end of August 2016. Nina will be sending out a notice via email when applications can be submitted. Applicants will have about 6-8 weeks to submit applications.
- The application process has two parts. The first part includes the submission of paperwork including transcripts, resume, letters of recommendation, personal essay, etc. The second part includes an interview, if the applicant qualifies. There will be a person to sit in on the interview who is bi-lingual in the target language to assess the applicant's fluency.
- Due to the limited turnaround time, interested applicants (especially for the two year program) were encouraged to start researching the requirements (GRE, TOEFL, etc.) for graduate schools that they may be interested in so that they are prepared when the application is released.
- Angelita agreed to follow up to see if financial assistance could be provided for application fees.
- Angelita agreed to follow up to see if a waitlist could be implemented so that if there are drop outs of the program, the funds could go towards another candidate.

Angelita shared that individuals already accepted into a graduate program would probably not be able to apply for this program since this program is

targeting those individuals who may be interested but have not applied due to barriers such as money, etc. She shared some other resources that the enrolled students could apply for including the LACDMH WET stipend program, which pays for 52 MSW and 52 MFT students per year. There are also State stipend and loan assistance programs that will be rolling out shortly.

**LACDMH WET is asking for the UsCC subcommittees' assistance with providing internship sites and also to help recruit interested applicants. Angelita shared that she could be contacted with any suggestions and/or questions at [adiaz@dmh.lacounty.gov](mailto:adiaz@dmh.lacounty.gov) or 213-251-6879.**

**UREP Capacity Building Project FY 14-15 update: API Family Member Mental Health Outreach, Education and Engagement Program (Rocco Cheng Ph.D.)**

Rocco Cheng, Ph.D., provided a PowerPoint presentation to provide an overview and status update of the API UREP CBP: API Family Member Mental Health Outreach, Education and Engagement Program. The project started mid-August 2015 and will continue until mid-August 2016. The project is nearing completion at this time. Through this Program, API families have received important information on mental illness, treatment and resources. Participation in this program increased the knowledge of signs and symptoms of mental illness and encouraged early access of services by API families. The API ethnic communities being targeted included the following: Chinese community (Cantonese and Mandarin speaking); Vietnamese community; Korean community; South Asian (Indian/Hindi speaking) community; Cambodian community; and the Samoan community.

The API Family Member Mental Health Outreach, Education and Engagement Program included the following activities:

- The collection and distribution of linguistically and culturally appropriate mental health education and resource materials. All materials were translated into English and the 6 target languages.
- The development of an API Family Mental Health Resource List of mental health services and supports for API families in LA County and an Outreach and Engagement survey. All materials were translated into English and the 6 target languages.
- The implementation of Outreach, Education and Engagement (OEE) events countywide targeting API families from specific Service Areas and API ethnic communities. The OEE events were held in collaboration with consumer & family member support groups and community based agencies that serve the API community. The formats of the OEE events varied, depending on the needs of the community, and included community forums.

During the first quarter, Rocco collected and developed all the required linguistically and culturally appropriate mental health education and resource materials and also developed a resource list and OEE survey. Nina will send out all the OEE brochures and resource lists to the API UsCC subcommittee. During the second and third quarter, which ended in May 2016, Rocco implemented (2) OEE events in each of the target communities, for a total of 12 events. At each event there were 30 or more attendees. Each event was tailored to the needs of the community and presented in a non-stigmatized manner. Rocco provided a PowerPoint presentation to the API UsCC subcommittee and also shared copies of all the OEE materials as well as photos from the OEE events.

Rocco provided information on how each event was coordinated through a partnership with community based organizations, which assured that the OEE event was presented in a culturally and linguistically appropriate manner. Rocco also briefly shared the result of some of the surveys completed by attendees. Most attendees stated that they agreed or strongly agreed that their knowledge of signs & symptoms of mental illness and mental health resources has increased as a result of attending the OEE event. Also, a majority of attendees indicated that they felt that there was a decrease in stigma related to mental illness as a result of the OEE event. Rocco shared recommendations for future projects based on the feedback and success of this project, including targeting youth and the use of non-traditional activities such as audio/visual media.

For questions or feedback, subcommittee members were encouraged to contact Rocco Cheng directly at [rocco Cheng@yahoo.com](mailto:rocco Cheng@yahoo.com).

#### **UsCC Capacity Building Project FY 15-16 update: Multimedia Mental Health Awareness Campaign for the Cambodian and Vietnamese Communities**

The API UsCC subcommittee was informed that Multimedia Mental Health Awareness Campaign for the Cambodian and Vietnamese Communities project was released for bid in July. The awardee will be announced once the contract is final.

The goal of this project will be 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 will include linguistically and culturally appropriate mental health educational and engagement workshops and an ethnic media campaign (TV Advertisements and Newspaper articles).

Updates will be provided to the API UsCC subcommittee by LACDMH.

#### **UsCC Capacity Building Project FY 16-17 brainstorming discussion**

The API UsCC subcommittee spent time brainstorming ideas for the next round of API UsCC capacity building projects. Before the discussion, the goals and timeline of the UsCC capacity building projects were reviewed, as well as previous API UsCC capacity building projects.

Members suggested that projects target some API communities that have not been targeted in previous projects, such as the South Asian (Indian, Pakistani, Bangladeshi, etc.) community and the API LGBTQ community. There was also discussion about developing a project that targeted API youth and TAY in order increase awareness of the unique mental health needs of this population. Specific suggestions included an API youth video project in order to share how mental health issues have impacted their lives (mental illness, suicide, bullying, stress, etc.). Some ideas were suggested including interviewing family member/community member about recovery stories, collaborating with high schools that have a high number of API youth, and disseminating the videos using social media and websites in order to keep the work going after the project. There was also a suggestion to expand the focus of the project to address overall wellness/balance and incorporating the use of art, music, etc.

**Due to limited time, the discussion will continue at the next API UsCC meeting.**

### **UsCC Rules and Agreements (Mirtala Parada Ward, LACDMH)**

Mirtala reviewed the UsCC Rules and Agreements, which used to be called the UREP Bylaws, and the proposed amendments to the document. The goal was to gather feedback from the UsCC subcommittees and update the document. The API UsCC subcommittee suggested that the requirement for the DMH Co-Chair be reduced to someone who is a supervisor, but not necessarily a Program Manager. Mirtala agreed to incorporate the changes. The API UsCC subcommittee approved the document and edits.

### **LACDMH updates (Mirtala Parada Ward, LACDMH)**

#### Health Promoter Update

The Mental Health Promoters Program (MHPP) includes the training of community leaders to educate their community on mental health, with a focus on prevention, and also to provide linkage to mental health resources in a culturally and linguistically competent manner. The goal is to educate those who have never received mental health services due to barriers (i.e. language, immigration status, stigma, etc.) so that if the time comes, community members feel comfortable accessing mental health services. The API UsCC subcommittee had previously voted to target the Filipino/Tagalog-speaking community in Los Angeles County for the Mental Health Promoters Program. A focus group with Filipino community members was held by LACDMH, which provided an opportunity for feedback about factors to consider in developing the program and curriculum. The project will be put out to bid through a Request for Services (RFS) process, which requires a submission of proposals, scoring, bidder's conference, etc. Mirtala shared that the RFS is almost complete and is with the LACDMH Contracts Division. It is estimated to be released in early 2017.

#### MHSA Innovation (INN) 2 update

INN 2 is in the process of being finalized and will focus on community capacity building, rather than mental health services. Each INN 2 strategy (7 total) is tailored to target a specific age group (child, TAY, adult, older adult) within a community. There is also one strategy that is targeting the intergenerational family unit, which will focus on increasing the capacity of a community to prevent and reduce the impact of trauma on families. Mirtala shared that the RFS is estimated to be released in January 2017.

### **UsCC emails (Mariko Kahn)**

On behalf of the A3PCON Mental Health Committee, Mariko invited consumers and family members to attend the A3PCON Mental Health Committee meetings. The committee would like to add the emails of consumers and family members who are part of the API UsCC subcommittee to be on the A3PCON email list, so that they are informed of meetings. An email will be sent out by Nina to the API UsCC subcommittee so that interested members can provide their email to Mariko.

### **Announcements**

- Pam Inaba shared information regarding some mental health related events including the WISE conference and Voice Awards

- Derek Hsieh, Program Head from Long Beach Asian Pacific Islander Family Mental Health Center, shared that the clinic has recently hired a Vietnamese speaking psychiatrist and a Tagalog speaking psychiatrist. He also shared information regarding an upcoming training.

**Next Meeting:** Thursday, August 18, 2016 : 2-4 p.m. at APCTC

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