

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

MEETING MINUTES – Thursday, August 2, 2018  
Location: APCTC 520 S. LaFayette Park Place, Suite 300, 3rd floor, LA 90057

**ATTENDEES:** MarAnthony Aparicio, Maria Blakely, Sokha Chan, Rocco Cheng, Jocelyn Chi, Ouk Chann, Usophea Chim, Jung Hwa Cho, Sandra Clayton, Judy Hong, Yuri Hong, Lishi Leo Huang, Cho Henry Song In, Purnima Jain, Mariko Kahn, Susan Kim, Hyocheol (Peter) Kim, Jiyoung Kim, Hy Young Lee, Phany Lim, Young Moon, Seung Nah, Lolita Namocatcat, Sawako Nitao, Patricia Oh, Youngsuk Park, Somen Pou, Phaly Sam, Payal Sawhney, Sokhan Seng, Ralfh Viloría, Sheila Wu, Ann Marie Yamada, Samin Yoak LACDMH: Mirtala Parada Ward, Nina Tayyib

**DISCUSSION**

- **Welcome and Introductions**
- **6/28/18 Meeting Minutes review and approval**
- **Code of Conduct review**

**Next API UsCC Capacity Building Project (FY 18-19): Project Proposal Presentations and Discussion**

The API UsCC subcommittee had spent the last three meetings brainstorming and discussing ideas for the next round of API UsCC Capacity Building Projects (to be implemented in FY 18-19). Two project proposals had been submitted and were presented to the group previously and the “API Hope and Recovery Conference” was originally selected. At the last meeting, Mirtala updated the API UsCC subcommittee that the budget for Capacity Building Projects will increase to \$200,000 per fiscal year for each subcommittee, starting FY 18-19. There was a suggestion to re-open the voting so that more ideas can be presented, since there is more funding available. The API UsCC subcommittee agreed to re-open the proposal presentations for FY 18-19.

Mirtala and 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 subcommittee was reminded, as stated in the Guidelines, that once an idea is presented it becomes property of LACDMH and the project idea will be further tailored to assure they meet DMH requirements and the goals of the capacity building projects. Also, the subcommittee was reminded that once a project is selected, it will be put out to bid, so the proposer is not necessarily guaranteed that they will be awarded the project they proposed.

**The following proposals were presented at the meeting:** The link to the proposal and PowerPoint (if applicable) are listed below. Please review the proposal for details on the project. Some of the discussion about the projects are included below as well.

**A. API Hope and Recovery Conference:** [https://drive.google.com/file/d/1HITTCWO1J\\_RkWLF\\_yZtkupdLv1dT8WYf/view?ts=5b61dfa9](https://drive.google.com/file/d/1HITTCWO1J_RkWLF_yZtkupdLv1dT8WYf/view?ts=5b61dfa9)

- This proposal was presented by Leo Lishi Huang.
- This project includes the coordination and implementation of a mental health conference that is inclusive of API consumers, family members, community members, community organizations and mental health providers.
- The conference would highlight the unique mental health needs of the various API communities, but still focus on unity of the API community and build a supportive atmosphere.
- The conference will include not only workshops but also include networking opportunities and information on resources
- Some possible workshops were discussed, including the following:
  - Peer advocates sharing their experiences and providing feedback to help consumers and community members
  - Theater performance by a consumer, focused on mental health issues. Leo shared an example of a performance he witnessed at another conference.
- The following feedback was provided about the proposal:
  - It will be important to outreach to community organizations, beyond just mental health agencies, who could benefit from hearing the perspective of API consumers and family members.
  - Include more opportunity for arts to be included in the conference including dance, music, and theater

**B. Sharing Tea, Sharing Hope:** <https://drive.google.com/file/d/1vDarng042hnQF0qhdNYG6kfQIYDFFUGE/view?ts=5b61dfa9>

- PowerPoint: [https://drive.google.com/file/d/1-3Yc\\_8V-h-wv7ettMP5N-SijXtvpTUSD/view?ts=5b68c420](https://drive.google.com/file/d/1-3Yc_8V-h-wv7ettMP5N-SijXtvpTUSD/view?ts=5b68c420)

- This proposal was presented by Michelle Wong.
- Tea is a big part of many API cultures and helps facilitate community connection.
- This project focuses on engaging the API community through the use of a tea and creating spaces to chat with volunteers.
- A Tea Cart would be purchased and volunteers would be hired to be “listeners” for anyone that chose to participate, using tea to facilitate the interaction. The tea would be free. Participants would be provided mental health information and resources.
- The Tea Cart would be set up 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”.
- Mental health awareness materials would need to be developed. The approach would be to develop a consistent message, or brand, using artwork. The materials would be tailored to different age groups and translated into various API languages. The materials may be brochures, posters, tea cup holders, etc.
- Feedback from the subcommittee was to tailor the approach so that API community members would feel comfortable approaching the tea cart and volunteers in the public settings.

C. **Apna Sapna Club (My Dream Club):** [https://drive.google.com/file/d/1SySqyEtLdAD1jkfbCgc8o\\_ehp8sAxcgRW/view?ts=5b61dfa9](https://drive.google.com/file/d/1SySqyEtLdAD1jkfbCgc8o_ehp8sAxcgRW/view?ts=5b61dfa9)

- This proposal was presented by Payal Sawheny and Purnima Jain.
- They shared that many South Asian (Indian, Bangladeshi, Pakistani, etc.) Older Adults are in the US not by choice and often experience loneliness and at high risk of depression.
- The goal of this project is to build mental health awareness with South Asian Older Adults by engaging them in workshops and outreach/engagement at cultural events.
- The implementation of the project will be by South Asian female homemakers, who often experience isolation as well.
- The workshops will include mental health awareness, information on physical health conditions that are also tied to mental health, as well as technology trainings (iPhone, WhatsApp, etc.) to help increase access to others and decrease isolation.
- Mental health awareness materials for the workshops and outreach events will also be developed and translated into Hindi/Urdu, which are the major languages in the region.

D. **Korean Navigation Center:** <https://drive.google.com/file/d/16VQbDj8mqS8Suhkl5Fpw9J78Es23BA66/view?ts=5b61dfa9>

- This proposal was presented by Reverend Hyocheol (Peter) Kim and Susan Kim.
- They shared that suicide is a very real issue in the Korean community in Los Angeles. Unfortunately, in their experience, there is a lack of mental health resources and hotlines that are available in Korean that are easily accessible, especially for Koreans that are mono-lingual.
- The goal of this project is to pilot a Korean Health Navigation Center (serving all ages) that will serve Koreans in Service Area 4 with information on mental health resources, assistance with connecting to services including translation and transportation services (through an outreach team), as well as mental health awareness workshops for community members/clergy members.
- They shared that they plan to spend time building the infrastructure and advertising their services, through their strong community partnerships and media.
- There was some confusion about the target population for this project. It was clarified that, for the purposes of the project, the Korean community in Service Area 4 would be targeted.

E. **API Families – Supporting through Recovery (API Families STR):** [https://drive.google.com/file/d/19FEmdInxg-6CcxfeEQVhY\\_o38ZJHPNe0/view?ts=5b634705](https://drive.google.com/file/d/19FEmdInxg-6CcxfeEQVhY_o38ZJHPNe0/view?ts=5b634705)

- This proposal was presented by Mariko Kahn.
- Mariko shared that API family members often share that they are unclear about mental health services and how to access services, which is frustrating when their loved one is suffering. They often express the need for more support and guidance for API family members in this regard.
- The goal of the project is to hold 3-5 focus groups with API family member support groups (such as NAMI) that are already in place, API clinical

staff (including Peer Advocates) and API family members to better understand the challenges, effective strategies and recommendations to help support and provide guidance to API Family members in their efforts to support their loved one who is suffering from mental illness.

- At the end of the project, a booklet/guide sheet will be developed that will describe mental health resources and also how API family members can support their loved one through recovery in a linguistic and culturally sensitive manner. The booklet/guide sheet will also be translated into 3-5 API languages, to be determined in collaboration with the API UsCC subcommittee.
- The booklet/guide sheet will be distributed to agencies that serve API consumers and family members through hard copies but also online, including social media, so that it can reach API family members in the community.
- The long term goal will be to learn how to develop effective support groups for API family members.
- Mariko shared that the Consultant will have to work closely with community based organizations that have built trust in the API community to access API family members to participate.

**F. Rooftop Movies for Teens & Families in Koreatown:**

[https://drive.google.com/file/d/1bc1UTJhJ\\_NHiRtfAx6nTbRrgkGBCOWXa/view?ts=5b6b0fea](https://drive.google.com/file/d/1bc1UTJhJ_NHiRtfAx6nTbRrgkGBCOWXa/view?ts=5b6b0fea)

- PowerPoint: <https://drive.google.com/file/d/11UAneD5Bs5WOM0vFwKc6GFEI2ltfEMbh/view?ts=5b6b1348>

- This proposal was presented by MarAnthony Aparicio.
- MarAnthony shared that it is often challenging to bring up mental health issues and build awareness in most communities, including the API community, particularly with youth.
- The goal of the project is to host open-air screenings of movies that have mental health themes (i.e. A Beautiful Mind, etc.) in order to stimulate conversation and build awareness about mental health. The target population would be youth (in middle school and high school) in and their parents in Koreatown. In addition to the movie screening, youth and family would be engaged in a discussion after the film to help them feel more comfortable discussing mental health issues.
- The Consultant would partner with a mental health agency to provide mental health awareness resources
- MarAnthony recommended selecting a location accessible to youth/families in Koreatown that is near public transport, has parking, etc.

The subcommittee was informed that the next step will be voting. Nina will email out a list of updated voting members. She will also email the voting members directly to gather their votes. Voting members will rank the proposals. Mirtala stated that once the ranking is finalized, the API UsCC subcommittee will meet again to determine how many projects they would like to implement. The subcommittee was reminded that if a project isn't selected this round, it can be presented for consideration in the future projects.

**Other:**

- Discussion about LACDMH Training recommendations was tabled until the next meeting
- Presentation on API Mental Health Awareness Media Campaign was tabled until the next meeting

**Next Meeting: tbd**