

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

MINUTES – Thursday, August 18, 2016

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

ATTENDEES: Sokha Chan, Krist Chhim, Insung P Cho, Al Choi, Kimie Cho, Neha Duggal, Lishi Leo Huang, Bong Lee, Silvia Liu, Mariko Kahn, Young Moon, Sawako Nitao, Patricia Oh, Angela Reyes, Phaly Sam, Chong Suh, Mirtala Parada Ward, Nina Tayyib

DISCUSSIONS

- **Welcome and Introductions**
- **7/26/16 Meeting Minutes review and approval**

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 awarded to Cambodian Association of America. The project will start September 1, 2016 and will be implemented for one year.

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).

Kimthai Kuoch from CAA will be providing updates on the progress of the project on a quarterly basis.

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. The following project ideas were discussed.

- 1. Project targeting the South Asian Community (Indian, Pakistani, Bangladeshi, Sri Lankan, etc.)**
 - It was recommended that there be a project outreaching to the South Asian community to address the shame and stigma around mental health that exists. The project should also address social/political factors (Islamophobia, etc.) that may be contributing to isolation and mental health issues in this community, as well as intergenerational conflict.

- There was a discussion about the diversity in this region (countries/provinces, languages/dialects, religions/sects, etc.) and how a project will have to be strategic in selecting target communities within the larger South Asian community in LA County to allow for maximum impact.
- There was discussion about how the South Asian community tends to go to medical doctors when mental health symptoms arise rather than mental health professionals, due to stigma and/or lack of awareness/access.
- The following target populations within this community were recommended:
 - Older Adults
 - Youth – in particular college students
 - Recent immigrants
 - Mono-lingual
- There was a suggestion to incorporate art, music, technology and media into the project
- There was a suggestion to target faith leaders in this community in order to build mental health awareness.

2. API LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning)

- There was discussion about the unique mental health needs for the API LGBTQ community and the need for a project targeting this community. Mental health issues can result when LGBTQ individuals experience shame, stigma, isolation, and/or fear within their community for identifying as LGBTQ. In the API community, there are unique cultural factors and responses that also have an impact on mental health.
- There was a suggestion to use a video project to bring awareness to the mental health needs of API LGBTQ individuals, since the issues are not very openly discussed or understood by the community in general.

3. API Youth Video Project

- There was discussion about developing a project that targeted API youth and TAY in order increase awareness of the unique mental health needs of this population. The subcommittee discussed how the ability to share one’s own recovery story can be very empowering.
- Specific suggestions included an API youth video project in order to share how mental health issues have impacted their lives. Topics suggested included mental illness, suicide, bullying, stress and substance abuse.
- At a previous meeting, some ideas suggested included the following:
 - Interviewing family member/community member about recovery stories
 - Collaborating with high schools that have a high number of API youth
 - Disseminating the videos using social media and websites in order to keep the work going after the project.
 - The need to advertise and make sure that the larger community is able to access/view the videos that are developed as part of this project.
- The subcommittee viewed sample video projects completed by youth in California as part of the Each Mind Matters campaign. Neha Duggal also shared a PSA that was developed by SAHARA on teens and emotional abuse.

4. API Children/Youth Project

- There was a recommendation for a project that focuses on encouraging academic success in children and youth as a form of mental health prevention.
- It was recommended that parents be also included in this project, in order to improve intergenerational communication and relationship building.

5. API Mental Health Cell Phone App

- There was a recommendation for developing a Cell Phone App to direct people to mental health services that are available.
- The cost of the app and advertising would be included as part of the project.
- There was discussion about what would happen after the project ends, since it is time limited. A proposal should include sustainability after the project.

The next meeting will be spent on project proposal presentations and voting. Proposals will be due before the meeting so that they can be emailed out. Instructions on proposal submission and voting will be emailed out to the API UsCC subcommittee.

Announcements

- Silvia Liu presented information on the upcoming WISE symposium, which focuses on how the mental health system can better integrate and utilize peers. The next symposium is on September 9th at the California Endowment. Program flyers and brochures were handed out.
- On behalf of the A3PCON Mental Health Committee, Mariko invited consumers and family members to join the A3PCON Mental Health Committee meeting email list and attend meetings. A3PCON Mental Health Committee meetings qualify for CCAF stipends, but the individual needs to be already registered with the DMH CCAF program.

Next Meeting: Thursday, September 8, 2016 : 2-4 p.m. at APCTC