

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

MEETING MINUTES – Thursday, September 13, 2018  
Location: APCTC 520 S. LaFayette Park Place, Suite 300, 3rd floor, LA 90057

**ATTENDEES:** Ava Cato-Werhane, Sungwan Cha, Sokha Chan, Usophea Chim, Teresa Cho, Al Choi, Sandra Clayton, Yuri Hong, Lishi Leo Huang, Pam Inaba, Purnima Jain, Mariko Kahn, Susan Kim, Jiyoung Kim, Phany Lim, Young Moon, Patricia Oh, Chhann Ouk, Somen Pou, Phaly Sam, Sokhan Seng, Michelle Wong, Sharon Yi, Samin Yoak LACDMH: Mirtala Parada Ward, Nina Tayyib

**DISCUSSION**

- **Welcome and Introductions**
- **8/2/18 Meeting Minutes review and approval**
- **Code of Conduct review**

**Next API UsCC Capacity Building Project (FY 18-19) Project Update** (Mirtala Parada Ward and Nina Tayyib, LACDMH)

The API UsCC subcommittee had spent three meetings brainstorming and discussing ideas for the next round of API UsCC Capacity Building Projects (to be implemented in FY 18-19). The API UsCC subcommittee agreed to re-open the proposal presentations for FY 18-19. At the last meeting project proposals were presented. After the meeting, Nina solicited votes from voting members and sent out the results to the subcommittee. Below is the ranking of the API UsCC Capacity Building Project Proposals for FY 18-19 (in descending order). A breakdown of the votes was presented. Links to each of the proposals are provided below.

1. API Families – Supporting through Recovery (API Families STR [https://drive.google.com/file/d/19FEmdlnxg-6CcxfeEQVhY\\_o38ZJHPNe0/view?ts=5b634705](https://drive.google.com/file/d/19FEmdlnxg-6CcxfeEQVhY_o38ZJHPNe0/view?ts=5b634705))
2. 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)
3. Sharing Tea, Sharing Hope <https://drive.google.com/file/d/1vDarng042hnQF0qhdNYG6kfQYDFFUGE/view?ts=5b61dfa9>
4. Korean Navigation Center <https://drive.google.com/file/d/16VQbDj8mqS8Suhkl5Fpw9J78Es23BA66/view?ts=5b61dfa9>
5. 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)
6. Apna Sapna Club (My Dream Club) [https://drive.google.com/file/d/1SySqyEtLdAD1jkfbCgc8o\\_ehp8sAxxRW/view?ts=5b61dfa9](https://drive.google.com/file/d/1SySqyEtLdAD1jkfbCgc8o_ehp8sAxxRW/view?ts=5b61dfa9)

Mirtala and Nina reviewed the process and protocol of the API UsCC Capacity Building Projects. 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 subcommittee was informed that the next step will be requesting reference quotes for the top projects, so that DMH can determine how many projects can be implemented for FY 18-19. Mirtala asked the subcommittee to contact her and Nina if they had recommendations for people or organizations that could provide reference quotes for the “API Families STR” and “Sharing Tea, Sharing Hope” Project at this time. The subcommittee was reminded that in order to submit a reference quote, a person or organization needs to be a registered vendor with LA County Vendor relations and the registration information was provided. The subcommittee was also reminded that now that projects are being formally developed by DMH for bidding, the details cannot be shared with the public until the bidding is finalized. The subcommittee was informed that the reference quotes, development of SOWs, and bidding process can take several months. The goal is to award and implement the projects by March/April 2019.

#### **API Hope and Recovery Conference (Mirtala Parada Ward and Nina Tayyib, LACDMH)**

Mirtala informed the subcommittee that the API Hope and Recovery Conference will be implemented by DMH internally, in collaboration with the API UsCC subcommittee, and not contracted out. She announced that Desiree DeShay-Weakley will be the LACDMH lead for the conference and will facilitate planning meetings, which will start next month. Nina will still function as the API UsCC liaison and send out the meeting information.

At this time, the conference is tentatively being scheduled for April 2019. The first task is to identify a venue and select a date. Ideal venues are in areas where there are large concentrations of API community members (such as SA 3, 4 and 8) and that are accessible by bus/train. Mirtala shared that Desi is looking into the Almansor Court in Alhambra and the Cathedral in Downtown LA. LA Convention Center was also suggested as a venue and Mirtala said that Desi will also look into this venue. The subcommittee was asked for recommendations for venues in Service Area 8. The subcommittee was informed that the California Endowment is not available for April 2019.

There was discussion about the role and responsibility of the conference planning subcommittee. The conference planning committee, which will consist on API consumers, family members and community members, will meet regularly to guide the vision of the conference including (but not limited to) the theme, logo, presenters, information booth, activities, etc. Mirtala shared that the basic logistics (venue, food, etc.) will be coordinated by LACDMH, but the subcommittee will be kept updated and consulted as appropriate. Pam shared that it will be important to remember that this conference is a time for API consumers and family members to have their voices heard and that the conference be consumer and family member driven. Mirtala encouraged Pam and all subcommittee members to recruit interested individuals to participate in the conference planning committee. There was a request to hold the conference on a weeknight or weekend. Mirtala shared that the request is difficult logistically and has been denied in the past, but that she will follow up to see what is possible.

### **LACDMH Training Recommendations** (Mirtala Parada Ward and Nina Tayyib, LACDMH)

Mirtala shared that the LACDMH Workforce, Education and Training (WET) Division is requesting recommendations for trainings for its workforce to be better equipped to provide culturally and linguistically competent mental health services. The API UsCC subcommittee was asked for suggestions, which will be relayed to the WET Division. The suggestions are summarized below:

- Training clinicians on how to better use Peers as part of the treatment team: There was discussion about how there is often reluctance to integrate Peers into the clinical team in a meaningful and useful manner. A training was recommended to help address issues (such as stigma, fear, stereotyping) that may be contributing to this issue. There was a suggestion to include Peers in the training itself as well as an interactive component between a Peer and a clinician.
- Intergenerational mental health issues in API families
- Immigrant mental health and the impact of acculturation
- Art as a form of healing: This can include acting, music, etc.
- The interaction of mental health and physical health: There was discussion about how nutrition, exercise, medication, etc. can impact mental health and physical health conditions. The training should provide more information about how they impact each other and some best practices.
- Psychosomatic Illness
- Mind, Body, Spirit Connection and the Role of Traditional Asian Medicine: This can include alternative health approaches that are culturally tailored.
- Substance Abuse (drugs, alcohol, cigarettes) and addiction in API communities
- Healthy Relationships
- Hoarding and Trauma in the API community
- Gambling Addiction in the API community
- Domestic Violence and Abuse in the API community
- Mental Health First Aid targeting the API community: This would include translation of materials into API languages.
- Homelessness in the API community

### **TEDx Talk “Successful Plan C”** (Leo Lishi Huang)

Leo Lishi Huang, API UsCC Co-chair, shared his TEDx talk called “Successful Plan C”. In the talk, he shares his story, including encouragement and advice for others who are impacted by mental illness. Leo is a leader in mental health awareness, holding a Bachelor’s degree in Political Science from UC Berkeley. Although Leo Struggled with past addictions with substance abuse and was diagnosed with schizoaffective disorder in 2011, Leo

continues to serve his Asian and Pacific Islander communities as a Peer Advocate, or Wellness Program Support Specialist, for the Asian Pacific Counseling and Treatment Center (APCTC) in Los Angeles. As an outspoken mental health advocate, he was elected as Co-chair for the Asian Pacific Islander Underserved Cultural Communities (API UsCC) Committee for Los Angeles County Department of Mental Health (LACDMH). He has also been invited to speak at the 2016 API Statewide Disabilities Conference, LACDMH's 2015 Hope and Recovery Conference, and many other mental health public events. A professional in the field for three years now, Leo thrives on utilizing his own lives experiences to help others in their own recovery. This talk was given at a TEDx event using the TED conference format but independently organized by a local community. The API subcommittee congratulated Leo on his achievement and ongoing advocacy. The link for the clip is: [https://www.youtube.com/watch?v=F\\_Zr8WJ2qIQ](https://www.youtube.com/watch?v=F_Zr8WJ2qIQ)

### **API Mental Health Awareness Media Campaign 2018 (Mirtala Parada Ward and Nina Tayyib, LACDMH)**

Mirtala and Nina presented an update on the API Mental Health Awareness Media Campaign that was implemented using PEI funding for FY 18-19.

The goal of the API UsCC Mental Health Awareness Media Campaign 2018 is to target various API communities in LA County. This includes informing various API communities about signs and symptoms of mental illness and mental health resources, reducing mental illness related stigma and reducing gaps in mental health service delivery, and using media to help link the API communities to the public mental health system. API Community members who struggle with mental illness are often isolated. This is frequently due to lack of awareness of available resources, as well as shame and stigma, which results in the underutilization of services. A large percentage of API community members are mono-lingual or have limited English capacity, therefore it is important to provide outreach services in their native languages. TV and Radio can be particularly effective in helping to reach community members who are significantly isolated and hard to reach through traditional outreach methods.

LACDMH targeted the following API communities for this project: Cambodian (Khmer), Chinese (Mandarin and Cantonese), Indian (Hindi and English), Filipino (Tagalog and English), Japanese (Japanese), and Korean (Korean). Each campaign was tailored to the needs of the community and budgetary limitations. PSAs, informational segments, website banners, etc. for each campaign were shared with the subcommittee.

LACDMH researched and consulted with consumers, family members, and providers to assess which Radio/TV Stations had high viewership in their respective community. They were also consulted about culturally and linguistic appropriate approaches and messaging. Media companies were contacted about producing and airing Radio/TV PSAs. LACDMH contracted with specific Media companies.

LACDMH started most projects in May 2018 to kick off National Mental Health Awareness Month. Media campaigns will be implemented for 11 months, until about April/March 2019.

Each Media Company developed and aired at least one PSA to target the respective target community. LACDMH banners were developed and posted on their station website, with a link to the LACDMH website. Some Media Companies also provided interview segments, outreach events and community mental health surveys as part of the media campaign. Social Media is being utilized where possible. All PSAs, segments, etc. will be posted onto the LACDMH website and used for future outreach purposes, with the guidance of the UsCC subcommittees and community.

Outcomes will be completed for each Media Campaign. All Media Companies will provide a summary of the airing of the PSAs, etc. as well as viewership information. ACCESS Helpline is tracking the number of calls rec'd from various ethnic groups, by ethnicity and language, so that we can see what impact has been made. Project Summary reports will include summaries of the community surveys that were implemented. Project Summary reports will include community feedback on the API Media Campaign.

**Next Meeting: TBD.** The next three meetings will focus on conference planning.