

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

MEETING MINUTES – Thursday, October 25, 2018
Location: APCTC 520 S. LaFayette Park Place, Suite 300, 3rd floor, LA 90057

ATTENDEES: Sokha Chan, Rocco Cheng, Usophea Chim, Jung Hwa Cho, Reverend Hyocheol (Peter) Kim, Jiyoung Kim, Susan Kim, Phany Lim, James Moon, Young Moon, Lolita Namocatcat, Patricia Oh, Chhann Ouk, Sameon Pou, Phaly Sam, Ravina Wadhvani, LACDMH: Mirtala Parada Ward, Desiree DeShay-Weakley, Christina Ballenger, Nina Tayyib

DISCUSSION

- **Welcome and Introductions**
- **9/13/18 Meeting Minutes review and approval**
- **Code of Conduct review**

API Youth Mental Health Video Contest: “Go Beyond Stigma” – Project Update (Rocco Cheng Ph.D., Consultant)

The API UsCC subcommittee voted to implement an API Youth Mental Health Video Contest as an API UsCC Capacity Building Project for FY 17-18. The goal of this project is to provide API youth (ages 15 -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. Social media is also part of the project.

Rocco Cheng Ph.D. was awarded the project and implemented the project on January 1, 2018, which is now in its third quarter. He provided the API UsCC subcommittee an update at the meeting. Dr. Cheng shared that he held 8 information sessions, in collaboration with community based organizations, all over LA County to recruit youth to participate in the project. Information sessions took place in Service Areas 3, 4, 7 and 8 and included a variety of formats (stress management workshops, as part of college campus visits, etc.) and locations (churches, etc.). Dr. Cheng shared that approximately 165 individuals attended. At the end, 17 youth submitted entry forms, either as individuals or as part of a group. For those youth who entered the contest, Dr. Cheng, in collaboration with experts, held three trainings on how to make a video, including developing a storyboard, developing a script, filming tips and techniques, etc. At this time the youth are developing their videos. Mental health related issues that the youth have shown interest in addressing vary and some include bullying, immigrant mental health issues, and PTSD. Dr. Cheng will provide an additional training on video editing and post-production. The goal is for the videos to be completed by November 2018 and reviewed/scored by judges in

December 2018. In January 2019 (tentatively **Saturday, 1/19/19**) an awards ceremony and community event will be held where the videos will be shown as part of a larger mental health promotional community event. The location is being finalized and Dr. Cheng shared that a majority of the youth are from SA 3, 7 and 8. Since these locations are pretty spread apart, he will try his best to find a location that is easily accessible. There was discussion about how to encourage parents and family members to attend the event. Once the date is finalized, the API UsCC subcommittee will be informed and invited to attend.

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

The API UsCC subcommittee had spent five meetings brainstorming and discussing ideas for the next round of API UsCC Capacity Building Projects (to be implemented in FY 18-19). Based on votes from voting members, below is the ranking of the API UsCC Capacity Building Project Proposals for FY 18-19 (in descending order), which was discussed at the previous meeting.

1. API Families – Supporting through Recovery (API Families STR https://drive.google.com/file/d/19FEmdlInxg-6CcxfeEQVhY_o38ZJHPNe0/view?ts=5b634705)
2. API Hope and Recovery Conference https://drive.google.com/file/d/1HITTCWO1J_RkWLF_yZtkupdLv1dT8WYf/view?ts=5b61dfa9
3. Sharing Tea, Sharing Hope <https://drive.google.com/file/d/1vDarnG042hnQF0qhdNYG6kfQIYDFFUGE/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
6. Apna Sapna Club (My Dream Club) https://drive.google.com/file/d/1SySqyEtLdAD1jkfbCgc8o_ehp8sAxxRW/view?ts=5b61dfa9

At the last meeting, the subcommittee was informed that the next step will be requesting reference quotes for the top 2-3 projects, so that DMH can determine how many projects can be implemented for FY 18-19. Nina shared that DMH is still in the process of collecting reference quotes. Once these are confirmed, the subcommittee will confirm how many projects will be implemented for FY 18-19. 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 (Desiree DeShay-Weakley, LACDMH)

The subcommittee was informed that an API consumer and family member focused mental health conference will be implemented for FY 18-19, as it was the second highest voted project. The conference will be coordinated by DMH internally, in collaboration with the API UsCC subcommittee, and not contracted out. Desiree (Desi) DeShay-Weakley is the LACDMH lead for the conference and facilitated the conference planning discussion.

Desi shared that the venue for the conference will be Almansor Court in Alhambra and the tentative date of the conference is **Thursday, April 11, 2019**. There is capacity for 300 people. A continental breakfast and served lunch will be provided to attendees. The budget, including the registration fee for attendees, is still being finalized.

There was discussion about the conference theme and what name would best engage the API consumers, family members and consumers. Nina shared that, unfortunately, “API Hope and Recovery” could not be used as part of the name again. Some key word suggestions included the following words: “Future-Holistic Approaches”, “Community Wellness”, “Connecting in Unity and Diversity”, “Sharing Our Voices”, “Recovery Journey”, “Sharing Our Stories”, “Resilience”. After some discussion the subcommittee agreed that the name of the conference would be **API Wellness Summit: Sharing Our Stories of Resilience**. Therefore, the event will be referred to as a summit rather than a conference. It was agreed that there would also be a brief description of the Summit under the title, so that the focus of the Summit is clear.

Desi shared that there will be 4 workshop rooms and one outdoor area for an interactive workshop. There was discussion about potential speakers and workshop topics, which included the following:

- Recommended speakers
 - Leo Lishi Huang was nominated to be the Keynote Speaker
- Workshop topics
 - Future/Holistic Approach
 - Mental health issues for different age groups (child, youth, adults and older adults)
 - Traditional healing practices for diverse API communities:
 - This could include interactive activities such as tai chi, yoga, art, etc.
 - Recovery Stories to reduce stigma and increase self-esteem for consumers and family members:
 - This could be a plenary session with a panel, that is more general but includes diverse API perspectives
 - This could also be a workshop, that is more focused
 - Pursuit of Happiness
 - The importance of Self-Care
 - The importance of caring for one’s emotional, physical, spiritual and mental health
 - Nutrition and mental health
 - Healthy habits – smoking cessation
 - The workshop can include interactive components as well, such as chair yoga, breathing exercises, etc.
 - Resilience
 - Understanding and healing from trauma: This could include information on the impact of historical trauma experienced by different API

communities

- Stress management workshop using culturally appropriate approaches
- Positive thinking on the way to recovery (recommended speaker was Peter Cho)

There was discussion about the logo. The subcommittee was informed that the Summit budget will include the cost to pay for a graphic artist to design a logo. This could then be the logo for the API UsCC subcommittee, even after the Summit. Since there was a potential logo discussed previously, the subcommittee agreed to table the discussion until the next meeting. Nina will provide Desi the latest logo so that it can be finalized with the subcommittee.

Desi shared that the discussion at the next meeting will include the logo, workshop topics, presenters (workshops, entertainment, etc.) and information booths. The next conference planning meetings for 2018 will take place on 11/29 and 12/13. The Summit planning committee, which will consist on API consumers, family members and community members, will meet regularly to guide the vision of the Summit. All subcommittee members were encouraged to recruit interested API consumers and family members to participate in the Summit planning committee.

YourDMH (Mirtala Parada Ward)

Mirtala shared the YourDMH document with subcommittee, which outlines a new approach to stakeholder engagement at LACDMH. She shared that the document is in draft form and will impact the role of the System Leadership Team (SLT), Service Area Advisory Committees (SAACs), and UsCC subcommittees. Mirtala informed the subcommittee that the document has been reviewed and discussed by the UsCC Leadership committee, which includes the API UsCC Co-chairs and Mariko Kahn. The API UsCC subcommittee members were encouraged to review the document and provide any feedback to Nina.

Next Meeting: The next two meetings will focus on Summit planning.

- **Thursday, 11/29 (2-4) APTCTC**
- **Thursday, 12/13 (2-4) APCTC**