

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

MEETING MINUTES – Thursday, January 11, 2018

Location: APCTC 520 S. LaFayette Park Place, Suite 300, 3rd floor, LA 90057

ATTENDEES: Bonnie Chek, Susan Chansy, Rocco Cheng, Usophea Chim, Al Choi, Gary Colfax, Herb Hatanaka, Lishi Leo Huang, Connie Chung Joe, Mariko Kahn, Kimthai Kuoach, Eun Chu Lee, Larry Lue, Llanette Morgan, Young Moon, Patricia Oh, Grace Park, Phaly Sam, Ruth Satele-Tagalao, Emily Wu Truong, Sron Vy, Shelly Wang, Sheila Wu, Samin Yoak, Trang Hoang, Naga Kasarabada (District Chief, LACDMH), Mirtala Parada Ward (Program Head, LACDMH), Nina Tayyib (API UsCC Liaison, LACDMH)

DISCUSSION

- **Welcome and Introductions**
- **9/14/17 Meeting Minutes review and approval**
- **Code of Conduct review**

Los Angeles County Board of Supervisors Report on API Mental Health Disparities – A3PCON proposals (A3PCON Mental Health Committee)

At the last API UsCC meeting, the LACDMH report to the Los Angeles County Board of Supervisors was discussed, which outlines the specific gaps and mental health disparities for the API community in Los Angeles County. A3PCON representatives presented drafts of four proposals that include recommendations on how to address the gaps and reduce disparities outlined in the report. There were four proposals that were presented, which were developed through various workgroups facilitated by the A3PCON Mental Health Committee over the past 8 months. Herb shared that everyone was invited to participate in workgroups, including directly operated clinics, legal entities and community based organizations. Herb stated that all proposals do not only include existing providers but also advocate for the increase the number of providers that serve API communities, including community based organizations that are not contracted with LACDMH yet. Herb also stated that these were not exhaustive recommendations, but based on the experience and feedback from the workgroup participants.

API FSP/RRR Proposal: Herb presented information on the present FSP slots for legal entities that are part of the API FSP Collaborative. Herb shared that the number of FSP slots has not changed in the last 10 years and API FSP slot utilization is around 90% each year. The number of slots does not included DMH Directly Operated clinics (LB API, Coastal API, Arcadia, etc.). The proposal outlines the request to increase allocated slots over the next 3 years: Older Adult slots would increase from 44 to 135; Adult slots would increase from 121 to 300; TAY slots would increase from 30 to 255; and Child slots would increase from 83 to 260. The proposal also includes budgetary information and an increase in RRR funding for each year, for those clients stepping down from FSP services. Herb clarified that FSP and RRR programs are all funded by MHSA. Trang explained the set up for the API

FSP Collaborative and some challenges experienced due to the original slot allocation being based by Service Area. Since the API community is spread out geographically, reaching clients with specific language needs can be challenging. Naga suggested the idea that an API Health Navigator may be helpful.

Expansion of API Wellness Activities and RRR Services: Mariko presented on this proposal which recommends using the ISM programs as a model for care for recovery based and wellness focused services, with the goal of developing a better continuum of care. The request for funding is based on the allocations of FSP slots. The proposal includes, but is not limited to, the hiring of bi-lingual/bi-cultural staff to provide wellness services, including non-traditional services. Mariko shared that there is a recommendation that RRR funding should include funding family members, as they are important part of a consumer's recovery. Leo recommended that peer advocate services should be included in RRR plan, as training and employing peers is important part of mental health services. Mariko said that it was already included in the proposal, but agreed to update the recommendation regarding peer specialists will be edited and stated more clearly.

Expansion of API ISMs: Connie presented on this proposal, which recommends doubling the size of the 3 present API ISMs (Cambodian, Chinese and Korean) and the addition of 3 new API ISMs. The proposal recommends that the 3 new API ISMs that should be developed include a Filipino ISM, a South Asian ISM (Indian, Pakistani, Bangladesh, etc.) and a Pacific Islander ISM (Samoan, Guamanian, Native Hawaiian, Tongan, etc.). It is also recommended that the eligibility criteria be flexible enough to allow for regional populations rather than only one ethnicity in all ISMs. Leo recommended that programs should look at community resources so that clients can connect with the community as part of their recovery while also building up the community. Connie said that this is where non-traditional activities have played a big role in the ISMs. Phaly presented feedback from consumers enrolled in the Cambodian ISM (called INC) about possibly expanding the Cambodian ISM. Overall, their response was positive to the potential expansion, including the opportunity to build on cultural similarities as Asian Americans. Some potential challenges identified included lack of language capacity in staff and materials, differences in non-traditional practices, and past history of political conflict between countries, which could be triggering for some individuals. They also shared some ideas about additional non-traditional activities that could be added such as traditional dance, games, arts & crafts and music.

Community Partner Empowerment Project: Herb presented on this proposal. SSG is proposing to subcontract with the following community based agencies that serve various smaller but emerging API communities, in order to increase the capacity of the organizations and connect them to DMH services: Cambodian Association of America, Center for the Pacific Asian Family, Chinatown Service Center, Little Tokyo Service Center, Samoan National Nurses Association, South Asian Network, Other – Filipino focus (SIPA, PAADAP, Federation, Other –LGBTQ focus (APAIT), Other – Underserved groups, faith based, as well as an API specific substance abuse organization. SSG would provide technical assistance and capacity building services to community partners (O&E, PEI, EBP, training). The primary focus population the program would be to serve individuals with mild/moderate mental health service needs in the various target communities.

Next steps: Herb shared that A3PCON Mental Health Committee will develop final drafts of the proposals based on the feedback provided. The proposals will then be submitted to LACDMH as part of their plan to respond to the Board Motion. Mirtala said that LACDMH will review and add some additional information, including the ISM data. It was agreed that it will be important to see how the work of directly operated clinics and legal entities can be aligned to better meet the needs of the API community.

LACDMH Innovation Pipeline Workgroup (Mariko Kahn, SLT representative)

Mariko shared that there is now a new system in place at LACDMH to bring ideas for MHS Innovation (INN) programs. In the past, the ideas would develop in SLT and was more of a linear process. In order to speed up the process, SLT has developed an Innovation Pipeline Workgroup, where ideas can be proposed on an ongoing basis. At this time, there is a 90 day open period to submit proposals for the next round of INN projects. The workgroup's goal is to have 5 proposals in place that can be presented to the OAC in the coming months.

Multimedia Mental Health Awareness Campaign for the Cambodian and Vietnamese Communities – Project Update (Kimthai Kuoch, Consultant)

The Multimedia Mental Health Awareness Campaign for the Cambodian and Vietnamese Communities project was awarded to Cambodian Association of America (CAA) and was implemented between September 1, 2016 and September 30, 2017. The goal of this project is to increase awareness and knowledge of mental illness signs and symptoms, as well as to improve access to mental health services, for the Cambodian and Vietnamese communities in LA County. This project included the implementation of linguistically and culturally appropriate mental health educational and engagement workshops (at least 10 in Cambodian and 10 in Vietnamese) and an ethnic media campaign (2 Radio/TV Advertisements and 4 Newspaper articles).

Kimthai Kuoch, on behalf of CAA, presented on the final project summary report. At project completion, 22 workshops had been completed (approximately 238 participants). Kimthai shared that participants were recruited primarily through word of mouth, particularly from previous workshop attendees. He also shared that there were quite a few Chinese attendees in the workshops as well. Pre and Post-tests were completed by workshop participants to gather the impact on knowledge and awareness about mental illness and mental health resources. The data shows that there was a dramatic increase in mental health knowledge and awareness after the workshops. Most participants expressed strong satisfaction with the workshops and said that they would recommend the program to others in the community. Additionally, 4 Newspaper articles were published in Quarters 2 and 3, approximately twice a month. A Radio Ad for the Cambodian community and the TV Ad for the Vietnamese community were developed and aired for approximately 7 months. The Vietnamese Ad aired on Saigon TV (cable and online) approximately 50 times per day, with a total of 5320 spots. The Cambodian Radio Ad was aired each week during the Khmer Radio Program, which is aired on KALI FM 106.9 on Sunday nights (7-8 p.m.) for a total of 257 spots. There was discussion about the importance of cultural sensitivity when translating messages about mental health issues.

Kimthai shared that there is a need to include more funding for staff to conduct case management in future projects. In particular, Kimthai recommended PEI funding should be used for similar projects in the future, which would allow for outreach and engagement as well as case management for individuals who need mental health support but may not qualify for specialty mental health services.

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 the next API UsCC Capacity Building Project. The goal of this project will be to provide API youth (ages 16-25) 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 recently awarded the project. The project start date was January 1, 2018 and the API UsCC subcommittee had been previously informed via email. Rocco provided a brief PowerPoint presentation on the project deliverables and timeline. Rocco invited representatives from community based organizations to collaborate with him on this project, to help reach API youth in LA County. Trang suggested that Rocco connect with the LA school districts and community colleges for recruitment. There was discussion about the youth stipend and recommendations were made to increase the stipend. Nina will follow up to see if it is possible to make a change at this point. There was discussion about continuation of the project, as with other successful capacity building projects. Leo shared that projects that focus on youth are important because when you empower the child, you are empowering the family and community.

Announcements

- Nina announced that the next 2-3 API UsCC meetings will be scheduled soon in order to start discussions for the next round of API UsCC Capacity Building Projects.

Next Meeting: Dates pending