

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division**

American Indian / Alaska Native (AI/AN) SUBCOMMITTEE MINUTES

April 1, 2020
2:00PM – 4:00PM

Present: Tina Charley, Raul Garcia, Monique Castro, Bernice Mascher, Sunnie Whipple, Monique Smith, Sylvia Gonzalez-Youngblood, Andrea Garcia, Shannon Rivers, Elena Nori, Robyn Gomez, Mark Parra
DMH Admin Mirtala Parada Ward, Kelly Wilkerson,

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome, Prayer & Introductions	Attendee introductions, Raul Garcia lead the meeting with prayer.
March Meeting Minutes – Review	Minutes were approved with two corrections.
DMH Updates	<ul style="list-style-type: none"> ❖ Mirtala Parada Ward: Updated the subcommittee regarding DMH’s response to the COVID-19 pandemic. DMH is currently in disaster mode. The IT department moved the majority of the workforce to a telework platform and is providing trainings for staff who are able to work remotely. Clinicians are continuing to provide support to their clients via telehealth and tele psychiatry. ❖ The County is opening over 40 shelters-this is a collaboration between many County departments: <ul style="list-style-type: none"> • Quarantine/Isolation (A/I) Sites: Dockweiler and Sherman Oaks-these are for individuals who are symptomatic and do not have anywhere else to self-quarantine. Have a psychiatrist and medical staff on site. • Shelters: These are for individuals who are homeless and are not symptomatic-in order to prevent the spread of COVID-19. ❖ Question: How is DMH addressing the children who usually receive school based services, as well as children in juvenile facilities and adults in the prison system? DMH continues to provide telehealth for children who receive services. I am unsure about the jails or juvenile detention facilities. ❖ Mark Parra: There are discussions at the board level about getting as many low level inmates and juveniles out as possible (potential release of 160 individuals).
COVID-19 – Discussion/ Resources	Raul-is there a way to reach out to Native people that are coming through those shelters, i.e. red pages, new Native families coming in- Andrea Garcia-Native American Commission is organizing their direct services resources, Shannon-food resources, first Unitarian church on 8th street in Los Angeles, Westlake Korea town area, 1000 grocery bags handed out over the last few weeks, urban partners of Los Angeles-contact me Andrea-writing down everybody’s comments to present at next meeting, Raul Garcia-online workshops for our community-cooking and baking, UAll calendar for April with the online workshops,

sharing online Resources-Indian country COVID-19 discussions and panels
Sunnie-capacity building, deadline 4/1-
Sylvia-encourage everyone to look at the different city's websites, in SGV the mayor is doing virtual meetings and updates
Monique Castro-completely virtual, therapy through telehealth, partnering with different folks, virtual wellness check-ins and circles and supports, staff are continuing to see their clients, exhausting to look at a screen all day, still accepting, reduced sliding scale, more short term therapy around coping skills and managing, social media-keep folks connected to resources,
Mark Parra-April Skinas, I use her regularly, urban partners la food distribution, shared it with her to distribute to her email list
Sunnie-is urban partners prepared for lots of natives, Shannon-focused mostly on the folks in Westlake and Korea Town, do deliveries
Tina-with online services, is that on facebook or on the UAII website-facebook and Instagram, also accepting DMs,
Raul Garcia-social powwow page, regalia, singing,
Robyn Gomez-Pukuu-raffles given out, social media outlets,
Social distance powwow-share resource
Email Chung regarding resources on DMH website
ECHO-CSULA-all working from home, working on our deliverables for the grant, free dental screenings, list of dental resources to send out
Reintroduce website-send me the legalities that doesn't permit us to go forward with this, research more, introduce it from the cultural competency side, people are scared-want to
Webpage to find resources
Symposiums-final summary being finalized, really positive feedback, community survey that I sent out, interest that they have, quick and easy, number one response was plant medicine and gardening, number two was art and crafts, number three was wellness training, then wellness retreat-longer multiday possibility, away from home retreat, talking circles, basket weaving, relationship support and cooking, other ideas-language, meditation LGBTQIA2-S, storytelling, archery, age range was multigenerational, youth 6-12, barriers-distance and schedule conflict, Saturdays and Sundays and afternoons, preference around in person, also open to either or, in person is preferred, results early next week,
COMMUNITY SURVEY SEND TODAY,
Robyn Gomez-felt a lot of networking, gathered a lot of tools,
AICC
Message is needed and importance, lost me visually,
Invisible-message was powerful, trying to incorporate comedy,
Sunnie-to reach the native communities, understood them completely,
Monique Castro-really like the message, message is strong, felt a little lost,
Send the videos again
Talking circles-come to the table in two months and talk about what bothers them as far as vocab, open dialogue, cultural competency within the tribes, microaggressions
Set up a talking circle
Spirituality and prayer-capacity building project-medicine way
Sobriety based, recovery based project
Star lodge ways

<p>UsCC Capacity Building Projects</p>	<ul style="list-style-type: none"> ❖ FY 18-19 <ul style="list-style-type: none"> • Video Showcase-both videos have been completed and are up on the DMH website. • Educational PSAs-Kelly to send out drafts of the PSAs that Jim from SCIC has been working on. ❖ FY 19-20: SOWs were approved by Management, will be submitted to Procurement for solicitation. <ul style="list-style-type: none"> • Media Campaign (social media) • Wellness Forums • Outreach & Engagement Toolkit-will include a video. • Professional Development Program-this is a HR function-Mirtala will be connecting with HR regarding this need. ❖ FY 20-21: ❖ Brainstorming new ideas: Kelly read through changes on UsCC capacity building project guidelines and outlined the Survey Monkey ranking process. Mirtala reiterated that all proposals are ideas that are provided by the community, and then internally we turn them into capacity building projects and align them with DMH's mission and vision and at times have to make adjustments to the scope of the projects. <p><u>Project Ideas</u></p> <ul style="list-style-type: none"> • Cooking demonstrations/healthy living • Natural forms of medicine • Holistic health • Health/Wellness workshops • Forums/gatherings/roundtables • Conversation series • People can share ideas via email
<p>Meeting Adjourn</p>	<p>Raul Garcia ended the meeting in Prayer.</p>
<p>Next Meeting</p>	<p>May 5, 2020 2:00pm – 4:00pm</p>