

Los Angeles County Department of Mental Health
Strategic Communications Division
LGBTQIA2-S UsCC Subcommittee Meeting Minutes
Thursday August 6, 2020 2-4 pm

Welcome/Introductions

Present: Gustavo Velez, Greg Wilson, Isaias Guzman, Terri Jay, Jeffrey King, Bill Sive, Ana Bernal, Hector Ramirez, JavonTae Wilson, Nicole Kristal, Claire Kobren, David Haynik, Cynthia Ruffin, Amparo Ostojic, Merry Myers, Alexis Glenn, Richard Zaldivar, Mastaneh Moghadam, Addison Rose Vincent, Jamie Estrada, Live Salas, Alex Reynoso, Jeffrey Fuentes, Alexandro Salazar, Yair Lopez, Alexandra Casanovas, Sharon Chapman, Rebecca Gitlin

DMH Admin: Kelly Wilkerson, Sandra Chang, Keacha Stewart

Getting To Know You:

Alexis Glenn has been employed with Los Angeles County for 20 years, she shared her passion about the LGBTQ work she is involved in, she also is raising 2 Twin girls, and one transgender son.

Review of August 2020 Meeting Minutes:

Meeting Minutes Approved

Capacity Building Projects – Update/Discussion/Survey Monkey Vote:

Subcommittee reviewed each of the projects that had previously been proposed to discuss ways in which they can be implemented during the COVID-19 pandemic.

LGBTQIA2-S UsCC Capacity Building Project Ideas

- 2021 LGBTQIA2-S Mental Health Conference
 - Date of 6/24/20 has been reserved at the Cal Endow.
 - We can see where things are at in January to decide how to proceed.
- Outreach & Engagement Toolkit
 - This project will involve two components. The first will include outreach and engagement of LGBTQIA2-S community members, peers, and family members into a Cohort. Cohort Members will participate in two-hour weekly meetings for a period of 8 weeks. During the Cohort Meetings, the Cohort Members will develop an Outreach and Engagement Toolkit, including a training video, designed to help providers and clinicians in engaging and working with the LGBTQIA2-S community. The second component will involve Cohort Members hosting a Community Wellness Forum with the purpose of further building community connections and

sharing personal testimonials regarding their experiences during the Cohort Meetings, and providing attendees with a copy of the Toolkit. Additionally, this project has a goal of increasing community member involvement in the LACDMH stakeholder process.

- During the pandemic, any cohort meetings can be held virtually and videos can be submitted by Cohort members and other community members to be compiled into a training video.
- Recommendation from subcommittee members that DMH provide tutorials for any virtual platforms that are going to be utilized. Kelly to explore training videos that are available online.
- Iranian LGBTQ Health & Wellness Workshops and Online Outreach Project
 - This project will include facilitation of 6 workshops with the goal of providing outreach to Iranian LGBTQ community members and their families. The workshops will be free to attend and all associated costs will be paid by the Facilitator. It will also include editing and posting of Iranian LGBTQ specific PSAs, radio show interviews, and magazine articles that are archived and owned by LACDMH.
 - During the pandemic, any workshops can be held virtually. Any online media can be done remotely as well.
- Abusua Pa* Black LGBTQ+ Parents and Caregivers Support Group (*Abusua Pa = Ghanaian for “Family Unity”)
 - An initiative of COLORS LGBTQ Youth Counseling Services, Abusua Pa Black LGBTQ+ Parents and Caregivers Support Group is designed to provide safe/brave space and advocacy resources for parents and caregivers of Black LGBTQIA2-S youth, especially as they navigate K-12 school culture, mental health needs, and challenges with peers. COLORS was established in 2012 by Antioch University Los Angeles to provide free and unlimited LGBTQ+ affirmative mental health services to queer identified young people under 25 years old, their families and their partners.
 - The purpose of this project is to engage Black/African American parents and caregivers in learning about and supporting their children who are LGBTQIA2-S identified.
 - Consider how this can be focused less on being a mental health support group, and more of a workgroup made up of Black and African American parents/caregivers and LGBTQ+ youth. This cohort can work to develop tools/resources/educational videos to help Black and African American caregivers in working with their LGBTQ+ youth (similar to the outreach and engagement toolkit project described above). Any meetings of the cohort can be held virtually.
- LGBTQIA2-S Mental Health Awareness & Empowerment Community Theater Project
 - The LGBTQIA2-S Mental Health Awareness & Empowerment Community Theater Project is a project that will promote mental health awareness, training and education to increase mental health education and to reduce stigma within the LGBTQIA2-S community. The project goal is to increase awareness and engage individuals to develop and implement their stories through a series of trainings and to open access points for mental health services
 - The purpose of the LGBTQIA2-S Mental Health Awareness & Empowerment Community Theater Project is to recruit 8-15 LGBTQIA2-S self-identified community members, develop a 6-8 week curriculum to assist community members in developing their stories and scripts and offer mental education and access resources about mental health services in the community. After the trainings, the pieces will be created into theater style readings with actors to be presented in Los Angeles County Department of Mental Health Service Areas (1-8). It also offers an opportunity for LACDMH to directly connect with the community and offer information and resources about reducing mental health stigmas within the LGBTQIA2-S community.

- During the pandemic, any trainings/meetings can be held virtually. When the actors do the readings, it can be done virtually as well or in an environment that is safe (i.e. PPE, social distancing, etc.). The readings can be recorded and shared live and also uploaded to various social media platforms.
- Non-Binary & Intersex Mental Health Survey
 - Description: This project works to remove barriers to mental health services for the non-binary and intersex community in Los Angeles (a historically and currently underserved community) by conducting research to identify barriers, opportunities, and best practices for serving this community. Ideally this would be led by a vendor who is non-binary and/or intersex identified.
 - Purpose: As non-binary and intersex identities are becoming more visible and understood by the public, there remains very little data and research around mental health and related issues/challenges regarding non-binary and intersex people. With a rapidly growing population in Los Angeles, this project would focus on conducting research to better understand this community here in LA County, and provide our data and findings to community-based organizations, schools, and businesses.
 - The survey would be conducted virtually/remotely and the data would be compiled internally by the vendor along with recommendations and feedback for DMH on how to better outreach the non-binary and intersex communities.
- LGBTQ+ Youth Mental Health Media Campaign
 - Description: This project will work to reduce barriers to mental health services for LGBTQ+ youth during and after COVID-19 through a campaign normalizing LGBTQ+ identities and experiences, promoting phone and in-person resources for mental health support, and featuring well-known LGBTQ+ advocates and allies.
 - Purpose: Many LGBTQ+ youth locally and nationally face high levels of anxiety, depression, and suicidality. Unfortunately, during COVID-19 social distancing efforts, many of these same youth are experiencing sharp increases in their mental health issues. Without usual social connections (ex. LGBTQ+ teachers, mentors and friends) and social spaces (ex. Gay Student Alliance meetings, after school programs), as well as facing unsupportive or violent households in which they must remain (many LGBTQ+ share higher rates of domestic violence and abuse during COVID-19), LGBTQ+ youth are extremely vulnerable and need support. This media campaign would engage different platforms and sources to reach LGBTQ+ youth in Los Angeles County to remind them that they are not alone, that they are supported, and that they have local and national resources to contact or consider.
 - Any PSAs can be developed/recorded remotely or in a socially distant environment.
- LGBTQ+ Youth Innovation Lab & Fellowship
 - Description: This project will work to reduce mental health access barriers for LGBTQ+ youth by recruiting Youth Fellows from Los Angeles County to meet and develop innovative strategies to violence prevention and barrier reduction. Over the course of the LAUSD Spring Break in 2021, the Youth Fellows will design their approaches and present their ideas to key stakeholders, LAUSD representatives, foundation representatives, and sector leaders.
 - Purpose: Despite decades of progress and inclusion for LGBTQ+ people, many LGBTQ+ youth still face unsafe and hostile school environments, as well as stigma, shame, and other barriers that prevent them from seeking support. Reports show that youth continue to experience bullying, harassment, invalidation, and other violence from their peers, teachers, and school administrators in educational settings and spaces. This project would support youth in developing their own user-centered strategies for violence prevention and access to affirming mental health services.
 - Any meetings of the fellows can be held virtually or in a socially distant environment.

- Peer Mental Health Support Network for LGBTIA2S+ to be done via ZOOM.
 - Right now because of physical distancing during this COVID-19 pandemic this type of service can provide support for so many of our LACDMH clients and community members. This new approach to social support is both accessible in terms of disability accommodation and delivery costs. While some people may not have a computer/laptop or internet, most will have access to the phone making it possible for folks to be able to participate from where ever they are.
 - Many of us have been using ZOOM for years to community and engage with diverse communities, and currently, this is the gold standard for remote meetings and online collaborates. We would provide both online, phone, CART, and translation services (via separate call line) for folks to participate. It would be run by peers for peers. A safe space for people to find community support, information on mental health issues and coping techniques, LACDMH services and community resources. It would be available to anyone in Los Angeles County.
 - The funding would cover peer stipends, equipment (laptop, cellphone, microphone, etc), services contracted (translator, internet bill, utility cost, and Zoom membership), and administrative support.
 - This service can be delivered on a weekly basis and adjusted accordingly to the fluidity of the coronavirus situation. Also, this project can be deployed in one UsCC and tested or implemented in other UsCC, SALT, and similar stakeholder communities.
 - Would be held virtually. This project would not involve direct mental health services, but could be more of a peer-to-peer network with a goal of developing a white paper on peer-to-peer outreach and how to engage LGBTQ+ peers and utilize those individuals to provide outreach to others in the community.
- For the SAGES
 - Project Description: For the SAGES is a project Designed to provide a Safe and Supportive environment for Black Gay men 50 years of age and older in Los Angeles County. This project will provide Education, Support, Community Outreach, as well as provide Resources for older men. The Monthly Support Meetings; Community Forums; Outreach; Sharing of Educational Materials; Data/Survey Collection will help to address the issues and needs of older men.
 - Project Purpose: Addressing Social Isolation, Trauma and the Mental Health of Older Men, Assisting older men with Resource Assistance, Collecting Data/Surveys relative to the Wellness Issues and Holistic Needs of Older Black Gay Men
 - During the pandemic, any meetings can be held virtually/remotely.

Co-Chair Nominations:

- Kelly informed the members that Terri Jay is at the end of her term for Co-Chair, if anyone is interested in becoming a Co-Chair for the LGBTQIA2-S subcommittee, please send Kelly an email showing your interest.
- Members who are eligible to vote have attended in person or via phone 50% of the meetings over the last nine months.
- Kelly will update the attendance roster and email it to everyone with the current attendance. Anyone who has voting privileges will be eligible to run for Co-Chair. You can nominate yourself or another member.
- Kelly will compile the BIOS for everyone who is interested in becoming a Co-Chair.
- The elections will be held via Survey Monkey vote.

Terri Jay expressed her love and passion being a Co-Chair, she thanked everyone for their continued support for the community, members thanked Terri for her hard work, dedication, guidance and leadership for the LGBTQIA2-S subcommittee, Terri will still be present at future meetings.

General Announcements/Questions:

Sandra Chang shared the CCC is having a meeting on 8/12/20; there will be a presentation; Kelly to share this information via email.

Upcoming Meetings:

10/1/20, 2-4pm, Microsoft Teams Meeting

11/5/20, 2-4pm, Microsoft Teams Meeting

December: No Meeting

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