

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

**American Indian / Alaska Native (AI/AN) UsCC Subcommittee Meeting Minutes**

October 7, 2020

2:00PM – 4:00PM via Teleconference and Microsoft TEAMS

**Present:** Monique Smith, Sylvia Youngblood, Hector Ramirez, Sunnie Whipple, Bernice Mascher, Shannon Rivers, Robyn Gomez, Gabriel Pimentel, Nikki Crow, April Skinas, Charlotte Lujan, Melanie Cain, Raul Garcia, Stephanie Mushrush, Belinda Najera, George Funmaker, Luis Revelo

**DMH Admin:** Kelly Wilkerson, Julio Miranda, Richard Yonemura and Connie Acosta Castaneda

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<b>Welcome, Prayer &amp; Introductions</b>	Shannon Rivers lead the meeting with prayer. Members were asked to introduce themselves.
<b>August Meeting Minutes – Review</b>	Minutes have been reviewed and approved by <b>Gabriel Pimentel</b> and seconded by <b>Hector Ramirez</b> .
<b>Capacity Building Projects – Discussion/ Brainstorming</b>	<p><b>2020 American Indian Heritage Month Forum</b> - Monique Smith</p> <ul style="list-style-type: none"> <li>• The Department of Mental Health (DMH) is partnering with UCLA and the ECHO program to host a Speakers Froum Friday, November 20, 2020 from 9:00am – 12:00pm</li> <li>• The Speakers Forum will be held for three hours, Sean Sherman, the Sioux Chef will speak for the first hour. Second hour will be a Psychologist to talk about Mental Health issues. The third hour will consist of a panel of leaders or representatives from AI/AN agencies here in Los Angeles, that will be speaking about some of the things that they’re doing to reach out to the community.</li> </ul> <p><b>Other Capacity Building Project idea – Subcommittee Members</b></p> <ul style="list-style-type: none"> <li>• A needs assessment was recommended for Service area 1, Antelope Valley.</li> <li>• Outreach and Engagement Tool Kit; engaging with the Native American community, peers, groups and families. Recruit some members. Work on designing a training video.</li> <li>• A tool kit that can be shared with clinicians, providers and community members on how to engage.</li> <li>• Develop a training video on how to engage and work with Native Americans.</li> <li>• Host a community gathering to get together and share the toolkit, share the video, and members can talk about their experiences.</li> <li>• Virtual talking circle, it’s on a call, primarily for elders who cannot go to sweat anymore. Incorporate some song, some singing and drumming.</li> <li>• Social media powwow for the Los Angeles community, adding mental health healing recovery component. Sharing song and dance. Cultural exchange and also promoting mental health.</li> <li>• Digital storytelling.</li> <li>• Laptop donations for the American Native youth.</li> </ul>

**Summary of American Indian/Alaska Native UsCC Capacity Building Project Ideas**

1. 2021 Conference – Kelly to reserve at date for November 2021 at the Cal Endow
2. Wellness Forums
  - a. A Facilitator will be hired to facilitate 7 Wellness Forums targeting the American Indian/Alaska Native community focused on topics that impact this community.
3. Outreach & Engagement Toolkit
  - a. This project will involve two components. The first will include outreach and engagement of AI/AN 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 Toolkit, including a training video, designed to help providers and clinicians in engaging and working with the AI/AN 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.
4. Media Campaign
  - a. The AI/AN UsCC subcommittee seeks to broadcast five (5) Educational Public Service Announcements (PSAs) for a period of 12 weeks with a media company that owns multiple television networks and a radio station.
5. Social Media Campaign
  - a. The AI/AN UsCC subcommittee seeks to post and air five (5) Educational Public Service Announcements (PSAs) across multiple social media platforms for a period of 12 weeks with a social media marketing company.
6. Needs Assessment re: the specific mental health needs of the American Indian/Alaska Native communities.
7. Social Media Pow Wow with a focus on traditional methods of care with a mental health component – if possible, consider open outdoor activities/gatherings, drumming sessions, dancing and archery lessons.
8. Virtual Storytelling – Talking Circle: One with elders, one with youth, one joint.
9. Youth Academy - Teach the youth how to engage with the Elders, spend time with them, run errands for them, overall, a daily or weekly check in with them.
  - a. Incorporate Body wellness sessions for the Youth, like wellness hikes in small teams. It has been shown that being outdoors is really helpful for youth.

**Data Collection, Penetration Rates & PSAs**

- There were talks at the EROQ regarding penetration rates. The statistics show for Native Americans, a loss of percentage points. Sunnie Whipple questioned how are we to assess, and how is our penetration rate going to be rated if the PSA's were not launched this year? Sunnie also expressed that a lot of Native Americans out in the community, that they do not want to be identified or go to Native entities. If the Department of Mental Health is keeping track of clients that under Ethnicity they put Native American, if possible can we get those numbers, he would like to see where they are all at geographically.

<b>COVID-19 Community Check in</b>	<ul style="list-style-type: none"> <li>• Shannon Rivers would like for the subcommittee to please keep in mind the women incarcerated in Arizona, some of them are mothers and their children cannot visit due to COVID-19 and the restrictions, please remember them in your prayers and your thoughts.</li> <li>• Sylvia Youngblood asked if possible the Director of DPH could attend a UsCC meeting and talk in regards to the American Indian community in Los Angeles County and what is being done to address the needs of Mental Health in the time of COVID-19.</li> <li>• Kelly requested the subcommittee to draft up an invitation or letter so she can present it to management.</li> </ul>
<b>General Announcements/ Resources</b>	<ul style="list-style-type: none"> <li>• Hector Ramirez announced that the Community Action Fund (CAF) has been reinstated. When people sign up for CAF, they're able to get reimbursed for participating in the UsCC meetings or Mental Health Commission meetings</li> <li>• Bernice Mascher announced that the CCC meeting on October 14, 2020 will have a training on how to better understand Microsoft Teams. They're going to be talking about and showing a toolkit to improve how we use Microsoft TEAMS.</li> <li>• Sylvia Youngblood announced the United American Indian Involvement Center as well as Seven Generations, have a calendar full of resourceful trainings for finance and credit management. They are free and open to the public. You may register with UAI as a member of a tribal nation and/or if you have your enrollment number.</li> <li>• Native American drum dance and regalia program (NADDAR) will be virtual. There is a regalia workshop, to work on their own outfits. The study is to show the mental health effects or benefits every Thursday, for 10 weeks, the last one will be on October 22, 2020. The next one will start in January 2021.</li> </ul>
<b>Closing Prayer</b>	<b>Charlotte Lujan ended the meeting with Prayer.</b>
<b>Audio Recording</b>	<p><b>Please listen to audio recording here:</b></p> <p><a href="#">October AI/AN Meeting</a></p> <p>You can access the recording by creating a free account on MS Teams:  <a href="https://www.microsoft.com/en-us/microsoft-365/microsoft-teams/free">https://www.microsoft.com/en-us/microsoft-365/microsoft-teams/free</a></p> <p>Meeting recordings are in the process of being uploaded to the DMH website:  <a href="https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/american-indian-alaska-native-ai-an-uscc-meeting-minutes/">https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/american-indian-alaska-native-ai-an-uscc-meeting-minutes/</a></p>
<b>Next Meeting:</b>	<p><b>November 4, 2020 2:00pm – 4:00pm</b>  <a href="#">Join Microsoft Teams Meeting</a>  323-776-6996, Conference ID: 600 729 535#</p> <p><b>December – NO MEETING</b></p>