

►► Cultural Traditions and Connections Magazine

“By the Community for the Community”

Spring 2021



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

Welcome to our “Cultural Traditions and Connections” magazine! The articles and stories within were written with heart by DMH community partners, peers, family members, consumers, and staff, who deserve special thanks for sharing their personal histories and unique journeys. Our hope is that this content will help bring us closer together as a community and nurture our sense of unity, hope, and appreciation for one another. Moving forward, we will share these stories of cultural traditions and perspectives in our monthly DMH newsletter “Connecting our Community” with the intent of reaching an even wider audience and fostering connections among diverse populations. If you haven’t already, I invite you to visit our DMH website and subscribe to “Connecting our Community” so that together we may continue this journey of cross-cultural enrichment, support, and gratitude.

Heart Forward,
Jonathan E. Sherin, M.D., Ph. D., Director

I would like to take this opportunity to personally welcome you to the “Cultural Traditions and Connections” magazine. This much anticipated magazine is based on the premises that all cultural and linguistic backgrounds are equally important and that in learning about our cultural similarities and differences, we form powerful partnerships based on mutual respect. May the information shared in this magazine and subsequent cultural articles be a means to empower you, your families, and communities to join hands to create positive change in our society.

Sincerely,
Gregory C. Polk, M.P.A., Chief Deputy Director



In this Issue

Welcome Remarks	Page 1
Stories About Culture and Traditions	Page 3
Dear Community Column	Page 10
Stories from the Community	Page 11
Meet the CCC and UsCC Subcommittees	Page 18
Service Area Leadership Teams	Page 26
Faith-Based Advocacy Council	Page 27
Peer Resource Center	Page 28
Mental Health and Wellbeing Resources	Page 29
Acknowledgements	Page 30

Welcome to the Cultural Traditions & Connections Magazine

Building Partnerships Together

As we begin 2021, the Cultural Competency Committee (CCC) in collaboration with the Underserved Cultural Communities (UsCC) subcommittees, Faith-Based Advocacy Council (FBAC), Service Area Leadership Teams (SALT), Peer Resource Center and Cultural Competency Unit (CCU) look forward to a year of building connections, providing a space where everyone feels welcome, and appreciated, and where community and the importance of giving is elevated. Although the COVID-19 pandemic has force upon us new ways of relating and communicating, let us remember what is most important in keeping us strong and hopeful: our resilience, adeptness to make healthy choices, and ability to reach out to support our communities. In spite of our differences in lifestyle choices, language, health practices, spirituality and religious beliefs, gender identity, sexual orientation, degree of physical and cognitive abilities and disabilities, and political views, among others, what connects us is our humanity, our caring and our compassion. We have the opportunity to recognize that together we can create safe spaces to lift each other up, value each other, open our hearts, lend our helping hands, give of our time, and truly understand that together we have the ability to heal, and mend our collective soul.

How Did Our Magazine Come About?

The project has its roots in the Cultural Competency Committee's "Share your Culture" initiative introduced by Co-Chairs, Mr. Sunnie Whipple and Ms. Bernice Mascher. This initiative engaged community members, consumers, family members, peers and staff alike in presenting on different aspects of their culture; thereby fostering cross-cultural learning, understanding, sensitivity, and appreciation.

COVID-19 has limited our ability to meet in person and it has encroached into our most basic ways of living. Our daily routines have been modified in many ways, and have been marked by multiple stressors. Many indeed have been the challenges and the losses that we have endured over the last year. The Cultural Traditions and Connections Magazine came out of the need to connect with our committee members, inclusive of consumers, family members, peers, advocates, community members, colleagues and co-workers. It was fueled by the need to tell everyone that we care about what is happening within our families, our neighborhoods, our communities, our country and our world.

In the face of so much devastation due to the pandemic, violence, and social unrest, the Cultural Competency Unit collaborated with the CCC to connect us all to a source of positive energy and hope; a way to combat symptoms of depression and anxiety, fears for our compromised wellbeing and that of our loved ones, isolation, boredom, annoyance, frustration, anger, grief, loss, and hopelessness. We can all share and find nurturing connections by engaging in reading heart warming articles and reflections that help us relax our tired minds, draw smiles across our faces, and comfort our spirits with a sense of collective caring found in the richness of who we are as human beings.



Many cultures, one world.

The Team

CCU Members

Dr. Sandra T. Chang,
Program Manager
schang@dmh.lacounty.gov

Dr. Hyun K. Lee
hkyunglee@dmh.lacounty.gov

Elizabeth Cenicerros
eceniceros@dmh.lacounty.gov

Maria Gonzalez
mgonzalez@dmh.lacounty.gov

Guadalupe Aguilar
gaaguilar@dmh.lacounty.gov

CCC Co-Chairs
Sunnie Whipple
Bernice Mascher



Epiphany or Three Kings' Day (Día de Los Reyes)

January 6th is a symbolic celebration day among the Mexican and Latin American cultures and various areas around the world as they celebrate "Día de Los Reyes" also known as the "Epiphany" or "Three Kings' Day." This holiday represents the day the Three Wise Men brought gifts such as gold, frankincense and myrrh to baby Jesus after following what is known as the Christmas star to the town of Bethlehem. On that day, they share and eat the famous "Rosca de Reyes."

Rosca de Reyes

The Rosca de Reyes is a traditional sweet bread in the Mexican and Latin American cultures that is enjoyed with family and friends on Epiphany Day or Kings' Day. This sweet bread has crystallized fruits and are made to resemble the jewels of the Wise Men's crowns. Traditional fruits used in Mexico include "higos" (figs,) "acitrón" (crystallized biznaga cactus) and "ate" (fruit paste.) Usually the fruit is in red and green colors.

Every year on January 6th, families and friends gather for the celebration of Día de los Reyes. Each guest takes turns to cut a slice of the Rosca. Big excitement builds up at the anticipation of finding the small plastic baby figurines hidden inside the Rosca.



It is good luck if a figurine (representing baby Jesus) is found in the slice you cut. According to tradition, those who find the figurines promise to throw a party on February 2nd, known as "Día de la Candelaria" (Christian Holy Day commemorating the presentation of Jesus at the Temple) with tamales and atole/champurrado (traditional hot Mexican beverage) for all attending. This is a good reason to get together again and spend time with family and friends. It is fun!

The Abundance of Simplicity By Jorge Partida, Psy.D.

My fondest memories of my childhood in Mexico are infused with the abundance of simplicity. As an example, the celebration of Christmas Eve at home would include an endless dinner with the adults gathered laughing, dancing and singing all night. I would stay up as late as my small body could hold, enjoying vicariously the laughter and dancing of the adults. Eventually, sleep would win over and I would fall asleep across two chairs put together to form a makeshift bed. I would incorporate the sound of music and stomping of feet as my parents and uncles danced to sones, cumbias and mambo. My father would pick me up and carry me to my bed, reminding me to leave my shoes outside the door.

In the morning, I would awaken as early as I could and rush to receive

the simple gift that filled my shoes to overflow with mandarin oranges, colaciones (hard pastel-colored candies with anise seed center) and mazapanes (peanut candy.) The gift was simple but so much appreciated and celebrated because the giver was said to be the baby Jesus himself. I would think of His little hand having touched the sweet delicacies and would enjoy every single bite with prolonged savoring so as to retain a connection to that miracle filling my shoes. We always knew that the big present would inevitably come later on the day of the three kings, January 6th. Every child would wake up on Three Kings Day to receive their wooden foot scooters, or bikes, dolls, toy cars and other shiny, trendy prizes. We would all enjoy playing and sharing the big presents from the Kings. For me and for most children I knew, the shoes filled with the simple

presents from the baby himself meant so much more than the big, shiny gifts received by the Kings.

This simple memory remains at the core of my heart and soul. Through this cultural tradition, I have learned to value simplicity and appreciate the giver. The small and humble hand that gives with heart often is infused with more significance and meaning than the expensive and often disposable presents we tend to forget in days. May we always have the heart and soul to appreciate the abundance of kindness and simplicity.



Lunar New Year's Traditions and Superstitions

The holiday's about luck, health, and reuniting with family.

When people talk about the "holiday season" in the U.S., they typically refer to that period between Thanksgiving dinner and New Year's Day. But shortly after that, another massive holiday brings friends and family together in several Asian countries, with concurrent parties that carry on the traditions stateside. The Lunar New Year, most commonly associated with the Chinese New Year or Spring Festival, typically falls sometime between January 21 and February 20 annually. Lunar New Year 2021 is on February 12, and in terms of the Chinese Zodiac animal, it's the Year of the Ox. It's called the Lunar New Year because it marks the first new moon of the lunisolar calendars traditional to many east Asian countries including China, South Korea, and Vietnam, which are regulated by the cycles of the moon and sun. As the New York Times explains, "a solar year—the time it takes Earth to orbit the sun—lasts around 365 days, while a lunar year, or 12 full cycles of the Moon, is roughly 354 days." As with the Jewish lunisolar calendar, "a month is still defined by the moon, but an extra month is added periodically to stay close to the solar year." This is why the new year falls on a different day within that month-long window each year.¹



Korean Lunar New Year

We know the New Year is a time of transition and celebration for everyone. When we turn our attention to other countries like South Korea, we find many interesting traditions to celebrate the New Year. The Korean New Year known as Seollal, is the most important day of the traditional Korean holidays. The Korean New Year lasts three days, starting on February 12, 2021 this year. In South Korea, the festival centers on family reunions, food and placating the ancestors. During the New Year festivities, it is common for adults and children to wear the colorful traditional costume, the Hanbok. Traditional women's hanbok consists of a blouse shirt or jacket and chima, a wraparound skirt, which is usually worn full. Men's hanbok consists of a shirt and baji which means pants in Korean. Another New Year tradition is the ringing of the historic Boshingak Bell. The bell was originally constructed in 1396 and is now only rung on Lunar New Year.²



The Soup that Takes One Year to Eat

Tteokguk is a traditional Korean food that is customarily eaten for the New Year. The dish is a soup with thinly sliced rice cakes. According to tradition, the Korean New Year is similar to a birthday for Koreans, and having Tteokguk is part of the birthday celebration. Once you finish eating your Tteokguk, you are one year older. But, don't worry! You will not get older officially when you eat Tteokguk. It is just a symbol of celebration and blessing to each other during the New Year.

Korean New Year Traditions and Customs

Since the Korean focus is on starting the New Year by reconnecting with family and ancestors, the most ceremonial ritual on New Year's Day is Seh bae (a deep bow to their elders.) Traditionally families would begin by performing Seh bae to deceased ancestors and making food and drink offerings to the spirits of ancestors, which is called as Charae.

Depending on the family, the seh bae time may just start with grown-ups and children bowing and paying respect to their elders, beginning with deep bows to the oldest living generation. Children receive gifts of money and words of wisdom for the New Year, and everyone wishes each other blessings for the New Year. They say "Saehae bok manee badesaeyo" when they bow which means "Happy New Year!"³

Source:

1. <https://www.oprahmag.com/life/a34892893/what-is-lunar-new-year-festival>
2. <https://www.officeholidays.com/holidays/korean-new-year>
3. <https://www.thespruceeats.com/korean-new-year-celebrations-2118611>



Chinese New Year* (My Cantonese Traditions) (*also Known as Spring Festival 春節)

By Vanessa Elkhartbotly, Community Member

The preparations for our Chinese New Year celebration are among vivid memories of my childhood. My family would start getting busy one to two weeks beforehand. Getting the home ready was a big to-do, adding red colored decorations and flowers such as yellow Chrysanthemum or golden mums or orchids throughout the house to create a happy atmosphere. There would be purchases of large potted plants such as cherry blossom (櫻花) and kumquat (金橘) to attract good fortune and prosperity to the home. I recall my grandparents also taking special care of their shrines, cleaning it up and making them nice in preparation for the most important holiday of the year. In honoring those who passed, foods were presented on the table in front of the shrine. I still remember visiting my grandparents' house and teaming up with my brother and cousins to make several trips to the table to sneak out food while adults chatted away. New clothes were also on the list and my mother would go to the fabric store to pick up materials for my auntie to sew new outfits for us. My mom would give in to a big labor of love, cooking massive amounts of new year cakes to give away to our relatives, friends, and neighbors. Besides nien-gao, dried shiitake mushrooms, dried oysters and/or dried shrimps are also given as gifts to relatives as symbols of prosperity, good fortune, and happiness for the new year.

The big celebration came on New Year's Eve, my entire family will get together to have a reunion family dinner (and we would all sit around the table, from the oldest to the youngest). Our dinner table displayed nine different dishes. Among them, a steamed whole fish with head and tail for abundance from beginning to end of the year; a soup containing shiitake mushrooms, Terrestrial cyanobacterium (fat choy) seaweed, and oyster for wealth and prosperity; a shrimp dish for happiness; a chicken dish garnished with lettuce at the bottom for good planning and wealth; a vegetable dish with abalone and dried tofu sheet for life full of wealth; and seafood noodles for longevity and good-life. There are also different kinds of desserts for wishing sweetness for the new year. On New Year's Day, many families welcome this special holiday with firecrackers, and the Chinese community such as in Chinatown, celebrates with parades and dragon dances believed to ward off the evil spirits. Children and unmarried relatives receive red envelope containing "lucky money." Married couples would also honor their parents by giving them red envelopes for good luck. For a period of up to two weeks from New Year's Day, we would take turns visiting relatives and friends for the new year to express our love and friendship manifested

in different types of sweet treats such as pomelo, oranges, mangoes, candy, Chinese rice cakes, cookies, or chocolate. Tradition was to always bring something sweet to the hosts and they also in return would give us something sweet to take home.

The following food names mentioned above are cooked and prepared during the holidays symbolizing good fortunes all year round:

- 鮑魚 (Abalone) – guaranteed abundance
- 雞 (Chicken) – good planning
- 魚 (Fish) – plentiful; surplus, abundance
- 生菜 (Lettuce) – richness
- 柑桔 (Mandarin/Oranges) – protection/safety; abundance and happiness
- 年糕 (New Year Cake) – increasing prosperity
- 麵 (Noodle) – longevity
- 蠔 (Oyster) – good fortune
- 碌柚 (Pomelo) – harmonious, togetherness
- 海鮮 (Seafood) – prosperity and good wishes
- 香菇 (Shiitake Mushroom) – wealth and prosperity
- 蝦 (Shrimp) – laughter and happiness
- 髮菜 (Terrestrial Cyanobacterium) – type of seaweed; when dried, the product has the appearance of black hair wealth and prosperity.
- 腐竹 (Tofu stick) – richness
- Watermelon seeds and candied fruits (lotus seeds, lotus root slices, coconut shreds, winter melon chunks) – full of blessings in fertility, richness, wellness, goodness.

May the New Year bring you all blessing, health, happiness and prosperity; Happy New Year!!!



Persian New Year, Nowruz

Haydeh Fakhrabadi, Psy.D., CPII, EE/ME UsCC Subcommittee Member

Nowruz has been celebrated for thousands of years by millions of people around the globe. Also referred to as Persian New Year, it is celebrated on the first day of spring, usually between March 19-21. This is when the vernal equinox occurs (known as Tahveel Sal in the Farsi language) in which the sun crosses the equator and day and night are equal. The United Nations has recognized March 21 as the International Day of Nowruz.

Prior to Nowruz, there is a special ritual celebrated with food and sweets called Chahar Shanbeh Souri (the last Tuesday night of the year). On this night people celebrate by jumping over fire. This represents going into the new year with health, with participants yelling "my sickness and paleness for you (the fire) and your red glow mine."

Nowruz is a time to be around family and friends to celebrate the end of one year and the start of another. Before the Tahveel Sal, families gather around a table with special arrangements called Haft Seen, which consists of seven special items with the letter "s" in the Farsi language.

- Sekeh (coins) – symbolizes prosperity
- Senjed (sweet, dried fruit of the lotus tree) – symbolizes love
- Serkeh (vinegar) – symbolizes patience and age
- Seeb (apple) – symbolizes health and beauty
- Sir (garlic) – symbolizes good health
- Samanu (wheat pudding) – symbolizes fertility and sweetness in life
- Sabzeh (green sprout) – symbolizes renewal and rebirth

There are other important items placed on this special Haft Seen table such as a mirror, representing future, a bowl of real goldfish, representing life, and colored eggs, representing fertility. There are also lots of flowers, especially hyacinth (sonbol), which represents spring. Sweets and fruits are also commonly included on the table. The special meal for Nowruz is sabzi polo mahee (special herbed rice with fish), and of course many special sweets that are freshly baked. Once the Tahveel Sal occurs, parents give money to their children and people tell each other "Eid Mobarak."

Persian New Year celebrations end on the 13th and final day of Nowruz, Sizdeh Bedar, which means "getting rid of the day 13." It is celebrated with a picnic day in nature/parks. The significance of the day is that families take their sabzeh (sprouts) from their Haft Seen table and throw it into a running/flowing water. This marks the end of the Nowruz holiday!



Valentine's Day Celebration across the World

By Leticia Muro, Student Professional Worker, Urban Planning



Who was Saint Valentine?

Depending on who you ask about the origins of Valentine's Day, some would say, it is mainstream or religious.

Practitioners of the catholic religion recognize the existence of three different Saint Valentines. Each of these three historical figures lead different lives yet all shared similar ends. The first Saint Valentine was a priest and physician in Rome. During the persecution of Emperor Claudius II, Saint Valentine was condemned to death because of his faith. The second Saint Valentine was the Bishop of Interamna (Terni) who was persecuted and condemned to death as well. Similarly in Africa, a third Valentine and his companions were put to death

because of their faith. Of the three there is very little known of the last. All three martyrs demonstrated their love for the Lord and for that reason, they continue to be symbols of love. As Christians, Catholics are called to express love in their lives to those that surround them as they would do unto to God.

Valentine's Day is upon us once again. The shelves at stores are brimming with bags of candy, chocolates, and heart shaped treats with messages of love and friendship. Small children scribble the names of their classmates on small cards to pass out at school on the day of the celebration. Teenagers are all eager to give or receive a small token of their appreciation to their first love. Couples plan getaways or have special dinner plans. However, these are not the only traditions of Valentine's Day.

In Japan, it is the women who give out chocolates. Now you must be truly special to receive the best quality chocolate. Let me explain. If you're a husband, boyfriend, or lover, this title grants you the opportunity to be gifted the very best chocolate! However, if you do not hold those titles, you would probably end up with a box of not-so-tasty chocolates. Ladies don't fret, you too will get something special. On March 14th, those who received the top-quality chocolate are expected to return the gesture by gifting that person something worth two too three times the value of the chocolate they received. Sounds like a fair trade.

Although Valentine's Day has not been in practice for very long in Germany, a significant amount of the population does celebrate it. In Germany, the holiday is strictly aimed towards adults. It is common to see bakeries filled with pig shaped cookies. Pigs are a symbol of luck and physical attraction. What more could you wish for your significant other.

Although celebrated on June 12th, "Dia dos Namorados," as it is known in Brazil, is very much like Valentine's Day. The day was chosen because it is the feast day of Saint Anthony which was recognized for blessing young couples with prosperous marriages. One of the interesting rituals performed on this holiday are "Simpantias." Single young women say a prayer on the eve of "Dia dos Namorados," write their name on a ribbon and tie it around a figurine of Saint Anthony in hopes of finding true love.

As we celebrate Valentine's Day, let's remember that it's not only about flowers and chocolates!

References:

1. Saunders, William. "History of St. Valentine." Catholic Education Resource Center, 2003, <https://www.catholiceducation.org/en/culture/catholic-contributions/history-of-st-valentine.html>.
2. Sukanya Sen A book lover and fun-loving. "18 Valentine's Day Traditions Around The World That Make The Day of Love Special." TravelTriangle, 28 Jan. 2021, <https://traveltriangle.com/blog/valentines-day-traditions-around-the-world>.

International Women's Day



In the US, the month of March is known as Women's History Month, during which the achievements of women are honored.

March 8th is International Women's Day. It is a celebration of the social, economic, cultural and political achievements women have made. It also continues to serve as a reminder for all to take action in the acceleration of women's equality.

International Women's Day is celebrated in many countries, for example:

- In Russia, the sale of flowers doubles during the three or four days around this special day.
- In China, the State Council advises that women be given a half-day off from work.
- In Italy, women are given mimosa blossom.

Brief History of International Women's Day

In 1908, 15,000 women marched through New York City demanding shorter hours at work, living wages and the right to vote.

1909 – The first National Woman's Day was observed in the United States on 28 February.

1910 – At the second International Conference of Working Women in Copenhagen. Clara Zetkin presented the idea of an International Women's Day. She proposed that a celebration should be held to celebrate women and forge forward on the path of achieving equal rights.

1913-1975 – A series of events occurred over the course of several years that would continue to create solidarity amongst women and some men in the pursuit of gender parity.

2001 – The International Women's Day platform was launched to reignite the momentum of the earlier days and continue the celebration of women.

2021 International Women's Day theme: "Women in leadership: Achieving an equal future in a COVID-19 world." The theme is a celebration of the tremendous efforts made by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic.

Source: <https://www.internationalwomensday.com/Events>

Who Was César Chávez?



"I am convinced that the truest act of courage, the strongest act of manliness, is to sacrifice ourselves for others in a totally non-violent struggle for justice... to be a man is to suffer for others. God help us be men." – César Chávez

Born near Yuma, Arizona, on March 31, 1927, César Chávez employed nonviolent means to bring attention to the plight of farmworkers and formed

both the National Farm Workers Association, which later became United Farm Workers. As a labor leader, Chávez led marches, called for boycotts and went on several hunger strikes. It is believed that Chávez's hunger strikes contributed to his death on April 23, 1993, in San Luis, Arizona.

"Chávez left a legacy as an educator, environmentalist, and a civil rights leader. And his cause lives on. As farmworkers and laborers across America continue to struggle for fair treatment and fair wages, we find strength in what César Chávez accomplished so many years ago. And we should honor him for what he's taught us about making America a stronger, more just, and more prosperous nation. That's why I support the call to make César Chávez's birthday a national holiday. It's time to recognize the contributions of this American icon to the ongoing efforts to perfect our union." – President Barack Obama, March 31, 2008.

In 2014, President Barack Obama declared César Chávez's birthday, March 31st, to be recognized as a federal holiday.

Source: <https://www.biography.com/activist/cesar-chavez>

**"Together we can do great things."
– Mother Theresa**

Comment on Anti-Asian Attacks

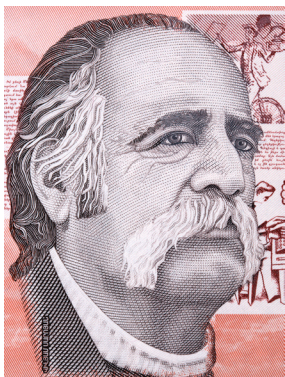
By Leo Lishi Huang, API UsCC Subcommittee Co-Chair

Recently, our cultural groups have been attacked due to our ethnicity and origins. The political climate at the moment is filled with much hate speech and hate crimes targeting Asian people, and all minority groups. We have seen a 1900% increase in crimes targeted against Asian people. Our discrimination is seen not only in violent attacks, but also anti-Asian rhetoric, the closing of Asian businesses due to the loss of customers, as well as the refusal of services at certain businesses. Our current goal is to bring awareness to such crimes, and to stand in solidarity with other UsCC cultural groups that have also seen an uptick in segregation and discrimination. These crimes are crimes based on race, ethnicity, culture, and the basic physical appearance of people. This is not new to Asian history in the United States, and we will continue to fight for our rights and equality.

Here is a resource made by our community to report such crimes and to gain relevancy to attacks that may be overlooked by others: www.stopaapihate.org. Additional resources are also available through the [DMH + UCLA Public Partnership for Wellbeing](#), on our [website](#) and on the County's "[LA vs Hate](#)" site. We urge you to [report](#) any hate incidents you have experienced or witnessed to prevent them from happening to others.

Armenian Quote: Words that Inspire Us

Courtesy of EE/ME UsCC Subcommittee Member



"I should like to see any power of the world destroy this race, this small tribe of unimportant people, whose wars have all been fought and lost, whose structures have crumbled, literature is unread, music is unheard, and prayers are no more answered. Go ahead, destroy Armenia. See if you can do it. Send them into the desert without bread or water. Burn their homes and churches. Then see if they will not laugh, sing and pray again. For when two of them meet anywhere in the world, see if they will not create a New Armenia." – William Saroyan

William Saroyan (August 31, 1908 – May 18, 1981) was an Armenian-American novelist, playwright, and short story writer and one of the most famous Armenian writers worldwide. He was awarded the Pulitzer Prize for Drama in 1940, and in 1943 won the Academy Award for Best Story for the film "The Human Comedy." His home in Fresno has been converted into a museum displaying his work and achievements.

A Legacy of Courage

By Kia Hayes, Community Member

On March 21st in 1965, my father made the courageous decision to join Dr. Martin Luther King, Jr., in the march from Selma, Alabama to the state capital of Montgomery. My mother, who at the time attended high school with my father, also had the privilege of participating in the events of that day by attending the Brown Chapel A.M.E. Church where Dr. King spoke before commencing the march to Montgomery. She recently recounted the events that occurred during that time, even speaking about the cattle prods that were used to transfer an electric shock to the protesters, including my father. As my mother recalled the horrific events of that day, I thought about the fear that my father must have experienced, but still chose to stand up against injustice. And in that moment, I realized that my father taught me a vital lesson-never let fear have the final say.

Growing up, my father would often speak about the march, and even took our family to Selma to visit the historic Edmund Pettus Bridge and other landmarks from the march. Of course, as a child I did not fully understand the depth of what my father and many others chose to do on that day, but as I matured my understanding did as well. As I gained more life experiences, I begin to understand how their frustration and desperation for change produced courage that overshadowed their fear.

On my journey, I have come to know that courage is not the absence of fear, but it is in the presence of fear that we have the opportunity to be courageous. I am proud of my father for choosing courage over fear. Though he has passed on, my father left behind a legacy of courage that will never cease to exist, due to his decision made over 55 years ago to march forward in the face of fear.

The Festival of Colors By Anshu Agarwal, Psy.D., DMH Speakers Bureau



One of my fondest memories was when I was about four years old still living in Delhi, India. It was a warm March morning, and I just got out of bed to go outside. To my surprise my cousin was already waiting for me with a water gun. He sprayed me with a bright red stream of water all over my white kurta (traditional collarless shirt.) I ran inside and by the time I came out, the streets were filled with kids running around spraying each other with colors of green, blue, red, orange and any other color you can think of. Holi had started. People outside were throwing colors from balconies, running around and trying to catch each other, laughing and singing. The adults were giving each other warm embraces of affection and all the clothes that started out white were now covered with bright colors. This was a normal Holi festival day in India, and I have not seen anything like it here in the United States.

This festive day comes every year in March, and the date is dependent on the Indian Lunar calendar. The day is to celebrate life, rebirth and love towards your fellow person. It is a day of forgiveness and often past arguments and harsh words are washed away with the colors of Holi. In some parts of India, this day also represents the beginning of the new farming season. The land is cultivated and new crops are planted. Holi also symbolizes the triumph of good over evil, and in the evening, a bonfire is burned to bring light to the darkness.

In the United States, the celebration is not the same, but the meaning has not changed. Every year I am still able to meet up with my family and put on dry colors to let them know how much they mean to me, and to show my love and affection to them. The Holi festival that we celebrate here is not nearly as wild and crazy as in India where you can spray strangers and they will just smile and playfully spray you back, but the Indian community has been able to continue to honor the tradition where ever they are able, such as parks, temples, and beaches. I am fortunate to be able to go to a Holi festival in the United States and still throw colors on strangers, and I hope to be able to continue the tradition with my children who are being raised here.

Dear Community

By Nakeya T. Fields, LCSW, B&AH UsCC Subcommittee Co-Chair and Black Mental Health Task Force Chair

We are connected. Together we have lived through unprecedented happenings. Throughout it all, we have persevered through living while worried about our health and safety. Time and time again, we as a collective, have borne witness to a world on fire that has somehow managed still, to continue on. Often, feeling inflamed ourselves, or worse, drowning. As we acknowledge our commonalities, we are also grateful for the differences. The differences that make us unique and lend us our power to be exactly who we are supposed to be.

When we feel well, we can access the ability to be grateful for just being as well as the ability to be in a healthy relationship with self and others. Mental wellness is key and absolutely necessary in this healing effort to stay connected to others, and be connected to ourselves.

Dear Community, this column is intended to be a safe space for you, members of the community, to submit questions or requests for mental health education or resources. This space is also available for connecting with us about any thoughts that are on your mind about the world happenings, about the way you have been feeling or the way your body has been feeling. Even explorations of interpersonal concerns such as work, parent-child or partnered relationships. This can be an anonymous or not so anonymous space for connection. Because remember – we have a shared experience and commonalities, and the differences can provide opportunity for us to learn from each and empower each other. Because we will it so.

Please email your “Dear Community” submissions to DMHCC@dmh.lacounty.gov. Responses to all Dear Community submissions will be included in the next magazine issue. Meanwhile,

- For life-threatening emergencies, contact 911
- For assistance related to mental health, call the DMH Help Line at 800.854.7771
- For a listing of additional resources, please refer to p. 29

The Impact of the Pandemic on Deaf and Hard of Hearing Community

By Junko Nagamatsu, Access for All UsCC Subcommittee Member

When facial coverings became a common sight early last year, they brought unique challenges to the deaf and hard of hearing community. For those whom sign language is their natural mode of communication, being able to distinguish mouth morphemes and facial expressions became more difficult. Likewise, for those who rely on lip-reading, that also became an exercise in frustration. For the deafblind and deaf disabled, these experiences were even more magnified. The feeling of isolation became not only a result of quarantining, but constantly loomed over many members of the community as they navigated a society that appeared to have forgotten about them.

One silver lining in all of this was that we were forced to adapt and learn how to better advocate for ourselves. In time, businesses had to educate themselves as individuals confronted them with messages typed out on their phones or they were asked to lower their masks while speaking. Government entities like the White House were pressured to add sign language interpreters to their press conferences so we too could learn about what to expect from them.

Our community was brought to the forefront of the public's mind as they couldn't help but notice a person off to the side of their screen gesturing with pronounced expressions while their Mayor, Governor, or President spoke. It became a trend for the news to publish articles about American Sign Language and the diversity within our deaf and hard of hearing community. Conversations were sparked in on social media as these articles circulated.

Yet, with all this attention now, many of us can't help but wonder why it took a pandemic for these changes to happen. Had they occurred sooner, would our community have fared better? Would deaf and hard of hearing children not have been negatively impacted as schools struggled to provide accommodations with the transition to online classrooms? Would deaf and hard of hearing families who were already struggling before the pandemic have gotten access to government assistance programs sooner?

And lastly, there is that question lingering at the back of our minds as vaccines are being distributed – will things just go back to business as usual until the next pandemic or will we be better prepared next time? Whatever happens, we will have our stories to pass onto future deaf and hard of hearing generations, emphasizing the need to continue advocating for equal communication access.



Never Mind By Luis Alonso Molina, Youth Community Member

I will sometimes find myself lost in a conversation with a hearing person over a word or sentence they say, so I would automatically ask them to repeat themselves. Dismayingly, they will utter one of my least favorite phrases as a deaf person with a cochlear implant (CI), "never mind." Occasionally, they will say "I'll tell you later," which is even worse because they never do. When you are verbally engaging with deaf people like me, please remember that patience is key. Try not to express any frustration when we do not understand because that further excludes us. Please be mindful that it can be very painful for us to be confused and get left out of conversations despite our full attention just because we cannot hear them clearly. There can be numerous reasons why I, personally, cannot fully hear, such as noisy, crowded environments, heavy accents, fast speakers, or even face masks made common by COVID-19.

Some people, especially my family, will ask how come I cannot hear them since I have my CI. For that, I will say that while CI is an awesome piece of technology, it is not a miraculous cure for deafness. I am deaf without CI, I am still deaf with it, and I will never be able to hold up to abled standards. In fact, after 18 years of CI, I can only hear 80% of what is going on around me and that is only in quiet spaces, though the percentage varies for other CI users. It is, therefore, up to me to fill out the gap by relying on social cues and context, lip-reading, and pure luck, especially with less than ideal speakers and environments. So, next time we ask you to repeat what you said, I hope that you will be accommodating without any annoyance by facing toward us and allowing yourself to repeat or rephrase the statement at least once, or write it down. It only takes 5 to 10 seconds, but it is one of the great ways to develop an inclusive space for deaf people to thrive in a hearing world.



Champurrado Recipe Authentic Mexican Chocolate Drink

Ingredients:

- 8 cups of water
- 5 oz. piloncillo or 1/2 cup sugar
- 1 cinnamon stick
- 2 Mexican chocolate tablets (Ibarra) 185 grams
- 3/4 cup cornmeal (Maseca)

Detailed Instructions:

1. Place 6 cups of water in a large saucepan along with the piloncillo and cinnamon stick. Heat the water until it starts to boil, then reduce the heat and let it simmer for about 10 minutes until the piloncillo has dissolved. If you are using regular sugar, this step will take less time, as the sugar will dissolve in about 4-5 minutes.
2. Once the piloncillo or sugar has dissolved, add the two (2) chocolate tablets and wait about 5 minutes to dissolve, stirring occasionally.
3. Meanwhile, in a medium bowl, pour in the remaining two (2) cups of water and mix the cornmeal. Mix well with a hand whisk if possible, to prevent lumps from forming. Make sure you have a very creamy texture.
4. When the chocolate has completely dissolved, slowly pour the dough mixture into the saucepan while stirring to make sure there are no lumps. If you want, you can use a strainer to empty the mixture.
5. Raise the temperature of the heat to medium-high until the Champurrado starts to boil, and then reduce the heat to a low temperature and simmer, stirring/whisking constantly. After 6-8 minutes, the mixture will thicken. Let it cook for 5 more minutes. And be very careful when you serve the champurrado, its thick consistency keeps the drink extremely hot. (Let it cool down 10 to 15 minutes.)

Suggestions

Some people like a thicker consistency. Try the recipe with the ingredients mentioned above, and if you still want a thicker consistency, add two (2) or four (4) more tablespoons of cornmeal diluted in 1/2 cup of water.

If you wish, you can replace half the amount of water for milk to make the Champurrado.

You may also substitute one cup of regular milk for one 12oz. can of evaporated milk. It gives it a really good flavor. Enjoy it!

Source: <https://www.mexicoinmykitchen.com/champurrado-mexican-thick-chocolate/#wprm-recipe-container-3213>

Walking in Beauty: Prayer from the Navajo Way Blessing Ceremony

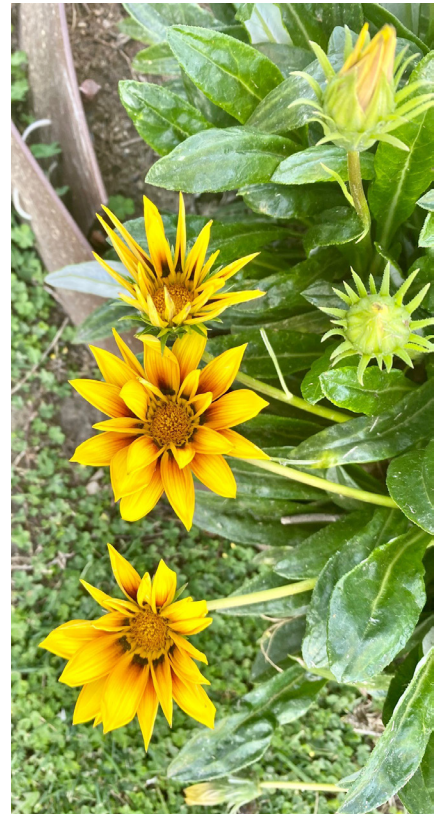
Author: Unknown, Courtesy of the AI/AN UsCC Subcommittee

In beauty I walk.
With beauty before me I walk.
With beauty behind me I walk.
With beauty above me I walk.
With beauty around me I walk.
It has become beauty again.

Today I will walk out, today everything negative will leave me.
I will be as I was before, I will have a cool breeze over my body.
I will have a light body, I will be happy forever, nothing will hinder me.
I walk with beauty before me. I walk with beauty behind me.
I walk with beauty below me. I walk with beauty above me.
I walk with beauty around me. My words will be beautiful.
In beauty all day long may I walk.

Through the returning seasons, may I walk.
On the trail marked with pollen may I walk.
With dew about my feet, may I walk.
With beauty before me may I walk.
With beauty behind me may I walk.
With beauty below me may I walk.
With beauty above me may I walk.
With beauty all around me may I walk.
In old age wandering on a trail of beauty, lively, may I walk.
In old age wandering on a trail of beauty, living again, may I walk.
My words will be beautiful...

Source: <https://talking-feather.com/home/walk-in-beauty-prayer-from-navajo-blessing>



Do You Sense Nature's Call?

By Inez Salaiz, Community Member

Every day and in countless ways, nature speaks to us beyond uttered words, it does not follow any rationales, it knows no boundaries. Rather, it speaks to us so clearly in its colors, its textures, its sprouting and its generosity...

In this photo, nature reminds us in the most humble of ways of how a heart that hold another to help it heal and thrive.

Both photographs were taken by Inez Salaiz.

The Little Pinto Bull (El Torito Pinto) By Mercedes Moreno, Community Member

It was 1954, and my town's patron saint festivities were being held from November 20th to 24th, at the atrium of St. Catherine's ("Santa Catarina") Church and Alameda Park, Department of Usulután (Usulután State,) El Salvador. The Presidential Candidate was introducing himself to the people. That is where I, being a very young girl, met him wearing his military gala uniform. That day, my mother and I were going to church and passed nearby where the candidate's presentation was taking place. I noticed that most of the attendees were men. Back in those days, women did not participate in political activities, much less be present in places where there were only men. So, we had to turn around to go to the back of the Church.

The main festivities were very crowded. I remember that vendors came from the other surrounding villages to sell their products such as the famous candies made of sweet potatoes (camotes), coconut and anise, and all the seasonal fruits in harvest time. Guatemalan sellers

also arrived with their fabrics to sell. On the other side of the park, there were mechanical rides, such as the "Flying Chairs (La Voladora)," the "Little Ferris Wheel (La Chicaguita)," the "Carousel (Los Caballitos)," the "Up and Down (El Sube y Baja)," the "Bumper Cars (Los Carros Locos)," and other rides. All those rides were made in the U.S.A. The company's name was Highland Park, and the most famous of all was the "Flying Chairs."

Another very popular entertainment was "El Torito Pinto (The Little Pinto Bull)," made of a lightweight bull-shaped wooden frame decorated with colorful paper and loaded with light gunpowder ("cuetillos.") A man would get inside of it and dance around with bullfight movements. What a spectacle this was as "El Torito Pinto" danced on the streets, lit with sparks and avenging lights. Many children were afraid of it, but I, being a curious child, wanted to see the face of the person who was inside The Little Pinto Bull.

Mental Health among the Central American Community

By Jennifer Hernandez, LCSW, DMH Speakers Bureau

While some of us may have watched or read the news regarding several Central Americans seeking asylum in the U.S., the mental health of this specific population is rarely discussed. Nonetheless, there are important considerations for mental health providers to keep in mind when serving this group. Particularly in Los Angeles County, the chances are high that we will come across someone from Central America. According to O'Connor, Batalova & Bolter (2017,) based on data from the 2017 American Community Survey, Los Angeles County is home to the majority of Central American immigrants residing in the U.S. One notable reason for the surge in immigrants from one Central American country, since the 1990's, is due to a 12-year civil war (1980- 1992) that took place in El Salvador. The U.S. heavily funded this war through weapons, military training and money.¹ Other Central American countries have also experienced many forms of violence, resulting in lingering and ongoing trauma.

Research has identified that many recently-arrived Central American immigrants have experienced chronic trauma, including crime-related violence, physical and/or sexual trauma, leading to Post-Traumatic Stress Disorder (PTSD).² Being trauma-informed is important, while also having some understanding of the complex trauma someone may have endured in their country of origin, on their journey through other countries, and once in the U.S. Whether it is a Central American child, youth, or adult, validation of any emotions reported is crucial. Feelings ranging from sadness to anger may be common, especially for children separated from their parents, and for all who are adapting to a new country on survival mode. Most importantly, we need to respect whether or not someone is ready to discuss their trauma history. Abraham Maslow's hierarchy of needs can be a starting point, as resources and linkage to other important services is a way to build rapport. Self-determination throughout the therapeutic or case management process can place power back in the hands of persons forced to overcome unimaginable events. Trauma does not define a person, as humans beings are multifaceted with skills and strengths. Respect, humility and empathy towards others, even when we may not know all their lived experiences, are good principles to live and work by. Mental health professionals can impact lives by either triggering more trauma, or helping mitigate symptoms of emotional distress through genuine supportive healing. Lastly, Los Angeles County Department of Mental Health welcomes the Central American community to seek services and emotional support, if needed. We are here to serve you.

References:

1. McKinney, Cara E. (2015). "Twelve Years A Terror: U.S. Impact in the 12-Year Civil War in El Salvador." International ResearchScape Journal: Vol. 2. Article 5. <https://scholarworks.bgsu.edu/irj/vol2/iss1/5>
2. Mercado, A., Venta, A., Henderson, C., & Pimentel, N. (2019). "Trauma and Cultural Values in the Health of Recently Immigrated Families. Journal of Health Psychology." <https://journals.sagepub.com/doi/10.1177/1359105319842935>
3. O'Connor, A., Batalova, J., & Bolter, J. (2019). "Central American Immigrants in the United States." Migration Policy Institute. <https://www.migrationpolicy.org/article/central-american-immigrants-united-states-2>

CENTRAL AMERICA



The Secret of Safety By Sir James Bailey, B&AH UsCC Subcommittee Member

"Show me what community looks like," sings the caller.
"This is what community looks like," responds the people.
"Show me safety looks like." One can hear laughter in eyes young and old.
"This is what safety looks like." One can feel love, like coming in out of the cold.

In unity, diverse members of the community remind each other how other means for our mutual service and protection exist beyond a militarized police force. Certainly, in these settings discussions arise about what other means are required for restoring dignity to humanity and transforming society. These stories, the ones moving folks' emotions, the ones impactful for action, unapologetically include what would be secrets if not for courageous communicators. Secrets shelter abuse by police and peers throughout prison sentences, betrayal by family and friends before, during and after the same, plus shame of a society second to none at incarcerating citizens. Abuse, betrayal, shame experienced by our community rots the gut of our community an individual at a time. So long as secrets find themselves buried deep in minds and hearts, our bodies, individual and collective, bear the burdens in stress related illness, resigned expectations and destructive behaviors. A loved one once admonished, "we don't need to tell everybody everything." And the Bible says, "love covers a multitude of sins." Yet how

are lessons not lived learned unless loved ones let loved ones in on their learnings. And when our neighbors find themselves facing dilemmas we've experienced. Where is our noble action? Do we not hinder hope as stoic statures seemingly sterilized against sorrow? Or do we not free fantasies as humble humans hungry for healing. The African American community, understanding truth liberates, cannot afford to continue limiting transparency in our families expecting transformation in our communities. Mariam Wright Edelman tells us "Education is for improving lives of others and for leaving our community and world better than we found it." The whole world considering how attempts to miseducate some retards understanding of all is learning. One may be fearful being vulnerable. And one will surely be vulnerable being transparent. And the author is not advocating reckless rendering without reason, nor monetary missions with muckraking and melodrama. But the Bible says, God's grace is made perfect in our weakness. Surely salvation of the next generation is worth the sacrifice of elder's egos and reputations.

Life's Lessons By Helen Salcido, Community Member

My name is Helen. I am an 80-year-old retired librarian. I am also a mother of three beautiful daughters and four amazing grandchildren. I grew up in a rural area in San Bernardino with every possible type of fruit trees that you can imagine.

This Pandemic has been very difficult. I miss getting together with my friends. Being retired, I was used to having a fully-booked calendar with many appointments for lunches with friends and birthday celebration dinners. Some call it being a "social butterfly," but to me it's all about loving and sharing with the people who are dear to me. As Barbra Streisand's song says: "People who need people are the luckiest people in the world." Until this pandemic gets under control, there are many things that we can do to take care of ourselves. Here are my top choices:

- Go walking with one of my neighbors (I walk with a cane, but little by little I have built up my endurance to walk up to three miles daily)
- Sit in the sun to relax and contemplate the beauty around me
- Keep up with old friends by chatting on the phone, including my cousins color in my inspirational coloring book with my crayons
- Read novels
- I give thanks to God that I woke up today, I'm healthy, I'm alive and I'm so blessed
- Spend time with my dog



Out of all these, the most important thing is love. Do not deprive yourself of it at any cost, like insecurities and your own fabricated excuses. If you love someone, show it. Do not keep it to yourself. You never know how long you or that person will be around. Do not risk living with such a regret. Embrace life and embrace love.

Inner Thoughts By Wendy Cabil, BA, Client Stakeholder

Once upon a time, three forces were engaged in a discussion. Here's a snapshot of a special moment involving Hope, Wellness, and Recovery. Hope explained the importance of its role in the universe. Hope said, "without me, there is no need for the both of you to exist," speaking to Wellness and Recovery.

"How so?" The two inquired. "Without us (Wellness and Recovery), you Hope would have nothing to strive for and demonstrate your ability. We represent action-oriented results to a productive life." "Perhaps, you two do make a difference at some point", stated Hope. "Of course, we do!" They both shouted. "As a matter of fact," Wellness added, "I am progressive and on-going." Recovery interrupted with "Amen!"

Then Recovery continued with "But I represent the process." "Without me, how do you measure your progress, Wellness? And how do you gauge your condition Hope? I offer the context in which Hope inspires Wellness while keeping you two on the same page and connected. I also allow time the freedom to interact in the process so that we are united as one in a symphony."

"Enough of this debate," said Recovery. "Instead, let us focus our energies positively rather than challenge the importance of each other's contribution. We need to spread the message to the world that Hope, Wellness and Recovery are essential keys to mankind living a fulfilled life no matter what stage of life he or she is experiencing." "Also noteworthy," added Hope, "is that we are freely given."

Jewish Traditions Continue to Keep My Family Strong During the COVID-19 Pandemic

By Deborah Villanueva, DSW, MSW, LCSW, DMH Speakers Bureau

As a working wife and mom of two young men, I am humbled by the support I've received by them, and my extended family during these challenging times we are all living in. My sons' kind gestures of love, and the constant modeling on the importance of holding on strong to our family values and Jewish traditions— continue to encourage me to keep present of what is important in life. Judaism distinguishes parents and children in being responsible for one another as a way of honoring God. Our tradition of lighting the Shabbat (Sabbath) candles at sundown every Friday evening— reminds us of the endless possibilities of new beginnings and the importance of rest. Permitting ourselves a pause, to renew physically, mentally, emotionally, and spiritually.

I have relied on those who have loved and nurtured my family, and in turn nurtured me— allowing for feelings of hope to exemplify, so I can continue to do the work that I love. Because of my strong, loving village, I have been able to successfully be a kind daughter, wife, mother, mother-in-law, and grandmother to my nine-month-old grandson. Our Jewish traditions around family values, are strong positive coping means— and continue to support the thoughts of a safer tomorrow in this world of ours.



Writing Passage By José Paul Molina, Youth Community Member

Back in August, I was listening to a Haux song, "Salt," and I misheard the lyric: "you can't be lost if you can't be found," to "you can't be loved if you can't be found." And suddenly, I was mind-blasted about this utter truth. I started thinking and meandering about the love I have received in relation to the things I wanted to be found and discerned about me and concluded that the condition of being "found" requires volition and honesty.

As a member of the LGBTQ+ community, I always tried to hide things that I love in fear of what the heteronormative society might do in response. And by doing so, I unconsciously hid my being from myself and others. At a young age, I did not get to freely explore the space my identity enthused for as much as I should have. Now, when people do find me, I'm not exactly myself. When we meet and depart, I'm elsewhere. Hidden deeper inside. And alas, they never truly "find" me because I never gave them the chance to.

You are what you love, but when you soon forget the loved things you hide, you find yourself trying to remember those very things that impassioned you since you were little.

Moment by moment, I'm finding and patching myself again from the strictures of society. I hope you let more people find you. But if you want to be found, be found as your true self. Otherwise, you will never be truly known. Make yourself present at your family table, take a friend's invitation to dine out, or attend an organizational event. Amidst the awkwardness and anxiety, make a presence. You deserve to be found— and experienced— and found once again by the same people, and by new. By letting yourself be found, you find others who share common passions.

My voice, these words, and this message have not only found you. They have also embraced you without rejection. Now, find yours to give and be embraced by others.

Grieving the Mission Conversation during COVID-19

Bill Sive, President, Gay Elder Circle, LGBTQIA2-S UsCC Subcommittee Member



The end of calendar year 2020 and the beginning of calendar year 2021 is like no other. At the end of calendar year 2020 it was realized that we spoke about everything and everything except what actually occurred to each of us through our own individual experiences, grieving.

We were grieving for friends lost to COVID-19, loss of social interactions, loss of physical intimacy and loss upon loss, upon loss. We have not had time to grieve for our collective losses. We have endured an over extended amount of uncertainty and unwillingly surrendering to an unknown. Many of us have "unfinished business" that can only be completed in-person.

For many isolation, for some time for meditation. For many boredom, for some mindfulness. For many recognizing poor leadership, for some reflection on their style of leadership. Truly a look at what has happened to lead us to the point where we are now.

How do we move forward in 2021? As the beginning of a new calendar year it is time for a re-set, or restart.

- Find your meaning in life and listen with your heart.
- Heal your relationships with yourself and others.
- Find meaning in the suffering of the past year and how to transcend it.
- Deepen your personal understanding of yourself and your life's experiences.
- Make plans to live more purposefully in this calendar year.
- Let others help you on your journey

Above all else find a way for your personal closure for the past calendar year. Our humanity is grieving. Reach out to help where you are able.

GAY ELDER CIRCLE 
...SERVING THE LOS ANGELES GAY COMMUNITY AND BEYOND



Cultural Competency Committee

Co-Chairs: Sunnie Whipple
Bernice Mascher

“Many cultures, one world”

The Cultural Competency Committee (CCC) serves as an advisory group for the infusion of cultural competency in all of Los Angeles County Department of Mental Health (LACDMH) operations. The CCC membership includes the cultural perspectives of consumers, family members, advocates, directly operated providers, contracted providers, and community-based organizations. Additionally, the CCC considers the expertise from the Service Areas’ clinical and administrative programs, front line staff, and management essential for sustaining the mission of the Committee.

CCC Mission Statement

“Increase cultural awareness, sensitivity, and responsiveness in the County of Los Angeles Department of Mental Health’s response to the needs of diverse cultural populations to foster hope, wellness, resilience, and recovery in our communities.”

<https://dmh.lacounty.gov/ccu/ccc>

Upcoming Virtual Meetings

2nd Wednesday of every month
1:30 PM - 3:30 PM PST

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID: 779 258 30#

April 14
May 12
June 9
July 14
August 11
September 8
October 13
November 10
December 8

For more information please
contact:
Guadalupe Aguilar
GaAguilar@dmh.lacounty.gov

Everyone is welcome!



Access For All UsCC Subcommittee

Co-Chairs: Roque Bucton
Cody Hanable

The Access for All - Underserved Cultural Communities (UsCC) subcommittee that includes Deaf, Hard of Hearing, Blind, and Physically Disabled was established under the Mental Health Services Act (MHSA), with the goals of reducing disparities and increasing mental health access for the disabled community in Los Angeles County. This group works closely with community partners and consumers in order to increase the capacity of the public mental health system to develop culturally relevant recovery-oriented services specific to the disabled community.

Access for All provides DMH with community-driven and culturally specific capacity building project recommendations and/or project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma with the ultimate goal to reduce cultural and ethnic disparities in access to care and service delivery.

<https://dmh.lacounty.gov/about/mhsa/uscc/access-for-all-uscc>

Resources:

California Department of Rehabilitation – <https://www.dor.ca.gov>

Disability Community Resource Center – <https://www.dcrc.co>

Disability Rights California – <https://www.disabilityrightscalifornia.org>

5 Acres – <https://5acres.org/deaf-services>

Greater Los Angeles Agency on Deafness Inc. – <https://gladinc.org>

Los Angeles Department on Disability Services – <https://disability.lacity.org/services>

National Association of the Deaf Resources – <https://www.nad.org/resources>

Painted Brain – <https://paintedbrain.org>

Upcoming Virtual Meetings

2nd Wednesday of the month
10:00 AM - 12:00 PM PST

April 14
May 12
June 9
July 14
August 11
September 08
October 13
November 10
December 08

For more information or registration, please contact:
Rosario Ribbleza
rribleza@dmh.lacounty.gov

Closed Captioning (CART) and ASL interpreter provided.

DMH ADA Coordinator:
213.972.7034



American Indian/Alaska Native (AI/AN) UsCC Subcommittee

Co-Chairs: Sylvia Gonzales-Youngblood, Ohlone (Mission Indians)/Chicana
Shannon Rivers, Akimel O'otham

About

On behalf of the American Indian/Alaska Native (AI/AN) UsCC subcommittee, we would like to take this opportunity to welcome you to the newly launched LACDMH magazine. This project is an opportunity to engage new community members into this important stakeholder process. The AI/AN UsCC subcommittee offers a unique opportunity to provide feedback and advisement to the Department of Mental Health regarding the specific mental health needs of the AI/AN community, which is so often overlooked. We welcome all Los Angeles County Natives, ancestral home of the Tongva people, and now home to over 160,000 Native Americans and Alaska Natives, as well as millions of Indigenous Peoples from around the world.

Who We Are

The AI/AN UsCC subcommittee was established under the Mental Health Services Act (MHSA), with the goal to reduce disparities and increase mental health access and to produce stakeholder priorities which will advise DMH's action planning toward development and improvement of its services and partnerships to better engage underserved and marginalized cultural and ethnic communities in Los Angeles County. According to the 2010 USA Census Bureau report, Los Angeles County is the home to the largest AI/AN population. The AI/AN UsCC subcommittee provides DMH with community-driven and culturally specific capacity building project recommendations and/or project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma with the ultimate goal to reduce cultural and ethnic disparities in access to care and service delivery.

We look forward to meeting you!

<https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc>

Upcoming Virtual Meetings

1st Wednesday of the month
2:00 - 4:00 PM PST

April 7
May 5
June 2
July 7
August 4
September 1
October 6
November 3
December 1

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID: 806 867 419#

For more information, contact:
Kelly Wilkerson
KeWilkerson@dmh.lacounty.gov



Asian and Pacific Islander (API) UsCC Subcommittee

Co-Chairs: Leo Lishi Huang
Richer San

About

The API UsCC is composed of members from across all Asian cultural groups, including Pacific Islanders. Our goal is to provide outreach, training, and education to those who are most in need and to develop a community of organizers for our cultures.

Current Projects

One of our current projects is spearheaded by one of our own members, Michelle Wong, a Chinese medicinal and wholistic doctor. The project Sharing Tea Sharing Hope aims to bring mental health awareness, as well as just conversation to our community. Through the ritual of sharing tea and conversation, Michelle and the Inspiration Cafe brings a sense of peace and neighborhood care that is so indicative of our population. We hope that you join us for future virtual sessions filled with conversation and healing. Plus, there will be free tea provided so you can sip at home!

Instagram: [@inspiration.cafela](https://www.instagram.com/inspiration.cafela)

Website: <https://www.canva.com>

Organizations

API UsCC consists of a diverse group of service providers and community organizations, as well as people who advocate for the mental health needs of Asian and Pacific Islander communities throughout Los Angeles. Here are some of our many groups that may be able to assist you in this time of need:

API Equality LA – <https://www.apiequalityla.org>

Asian Pacific Counseling and Treatment Centers – <https://www.apctc.org>

Pacific Asian Counseling Services – <https://www.pacsla.com>

Saahas for Cause – <https://www.saahasforcause.org>

For more information, contact our co-chairs at:

Leo Lishi Huang: lishihuang@berkeley.edu or Richer San: rsan@pacsla.org

<https://dmh.lacounty.gov/about/mhsa/uscc/asian-pacific-islander-api-uscc>

Upcoming Virtual Meetings

4th Monday of the month
2:00 - 4:00 PM PST

April 26
May 24
June 28
July 26
August 23
September 2
October 25
November 22
December 20

English

[Join by Microsoft Teams Meeting](#)

or call 323.776.6996

Conference ID 848 217 17#

Korean

[Join by Microsoft Teams Meeting](#)

or call 323.776.6996

Conference ID 198 019 363#

Khmer

Call: 866.390.1828

Participant Code: 735 23 313#



Black and African Heritage (BAH) UsCC Subcommittee

BAH Co-chairs: Nakeya Fields, LCSW
Wendy Cabil, Client Stakeholder, LACDMH/NAMI CA

About

The Black & African Heritage (B&AH) UsCC subcommittee is committed to increasing knowledge of signs and symptoms of mental illness, awareness of mental health resources, encourage early access of services, decrease stigma as well as promote the recruitment of Black mental health providers. We seek to better reach, retain and serve the Los Angeles County members of Black and African Heritage community in a culturally and linguistically appropriate manner. We practice collaborative coalition building for the betterment of Black wellness and improved collective group esteem.

The coalition building efforts of the B&AH UsCC include the formation of the Black Mental Health Task Force (The Force), which engages in active community outreach for the purpose of enhancing the quality of life for individuals and families of Black and African Heritage through positive social change for people experiencing mental health difficulties. The Force seeks to define and highlight the differing identities we bring with us that can contribute to the disparity that we encounter. Our Vision as a collective is to empower community members of Black and African Heritage through advocacy and policy reform for culturally informed and equitable access to housing, mental & physical health treatment, education, criminal justice, entrepreneurship, and employment.

<https://dmh.lacounty.gov/about/mhsa/uscc/black-african-heritage-uscc>

Upcoming Virtual Meetings

B&AH UsCC

3rd Thursday of the month
2:00 - 4:00 PM PST

April 15, May 20, June 17, July 15,
August 19, September 16, October
21, November 18, December 16

[Join by Microsoft Teams Meeting](#)

or call 323.776.6996

Conference ID: 101 721 830#

For more information, contact:

Desiree DeShay

DDeShay@dmh.lacounty.gov

Black Mental Health Task Force

1st Monday, 9:30 AM PST

April 5, May 3, June 7, July 5,
August 2, September 6, October 4,
November 1, December 6

The Force general meetings:

<https://zoom.us/meeting/register/tJ0tf--hqDgjEtVe8j-JcLTrpfEiBkJ7LYPk>

For more information, contact:

Nakeya Fields, LCSW

hello@blackmentalhealth.net



**EASTERN EUROPEAN / MIDDLE EASTERN
UsCC SUBCOMMITTEE**

Eastern European and Middle Eastern (EE/ME) UsCC Subcommittee

Co-Chairs: Sarkis Simonian
Heather Laird

About

The Eastern European/Middle Eastern Underserved Cultural Communities (UsCC) Subcommittee encompasses four ethnicities (Armenian, Arabic, Farsi & Russian) and was established under the Mental Health Services Act for the purpose of increasing mental health access and to produce stakeholder priorities which advises DMH's action planning toward development and improvement of its services and partnerships to better engage underserved Eastern European/Middle Eastern communities in Los Angeles County.

EE/ME UsCC subcommittee provides DMH with community-driven and culturally specific capacity building project recommendations and/or project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma with the ultimate goal to reduce cultural and ethnic disparities in access to care and service delivery.

For more EE/ME resources and projects, visit:

<https://dmh.lacounty.gov/about/mhsa/uscc/eastern-european-middle-eastern-eeme-uscc>

Upcoming Virtual Meetings

Last Wednesday of the month
2:00 - 4:00 PM

March 31
April 28
May 26
June 30
July 28
August 25
September 29
October 27
November 24
December - Dark

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID: 107 931 669#

For more information, contact:
Anna Yaralyan
AYaralyan@dmh.lacounty.gov

Meetings are open to the general public and members of the Armenian, Farsi, Arabic and Russian communities. We highly encouraged your attendance and participation.

Closed Captioning (CART) and ASL interpreter provided upon request.



Latino UsCC Subcommittee

Co-chairs: Bianca Gallegos
Hector M. Ramirez

About

The Latino UsCC subcommittee was established under the Mental Health Services Act for the purpose of increasing mental health access and to produce community priorities which will advise DMH's action planning toward development and improvement of its services and partnerships to better engage the Latino community in Los Angeles County.

Meeting monthly, the Latino UsCC provides DMH with community-driven and culturally specific capacity building project recommendations for implementation to increase mental health access, awareness, promotion, and decrease stigma with the goal of reducing cultural and ethnic disparities in access to care and service delivery.

The Latino UsCC subcommittee gives a voice to the diverse Latino community in Los Angeles County. Latinos in Los Angeles County come from many countries including Mexico, El Salvador, Guatemala, Peru, Cuba, Puerto Rican, Argentina, Nicaragua, and Colombia. Some have been here for several generations while others are recent immigrants. Latinos are linguistically diverse and speak English, Spanish, as well as indigenous languages including K'iche, Mixtec, Zapotec, and Q'anjob'al. The Latino UsCC subcommittee works hard to make sure to reflect the diversity of the Latino community in all the work that they do.

<https://dmh.lacounty.gov/about/mhsa/uscc/latino-uscc>

Project Description

The Latino Mental Health Stigma Reduction Community Theater Project consisted of the presentations of an entertaining, educational play in Spanish, "De Sabios y Locos, Todos Tenemos Un Poco," that targeted the Latino community at large by promoting mental health services, increasing mental health awareness and education, and reducing stigma. By participating in the presentation of the theatrical play, Latino community members got an inside look into the world of those who suffer from a mental health condition. In addition, the project provided the Latino community with education and information on how to access mental health services and an understanding of some of the cultural biases associated with suffering from a mental health condition.

The Project included the presentation of 16 theatrical performances of 'De Sabios y Locos' in LACDMH Service Areas. The 'De Sabios' play was presented in each of the 8 service areas of the County at least once or more, based on the concentration of the Latino population within the area. Community outreach was conducted within each area of the County to identify local venues, for example a community church, school auditorium or community center for the theatrical performances. An acting ensemble of Los Angeles County residents were recruited, including mental health consumers and a Casa de la Familia therapist. The 'De Sabios' theatrical performance was presented to a live audience for the first 3 of 16 performances (prior to COVID-19 event cancelations in March), and as a

'virtual theater performance' for the following 13 performances due to the COVID-19 pandemic.

There was a total of 7,297 participants at the 16 'De Sabios' theatrical performances presented for the Latino community in Los Angeles County.

A downloadable Mental Health Resource Guide created in English and Spanish is available here: <https://casadelafamilia.org/la-county-resources>.

Upcoming Virtual Meetings

3rd Tuesday of the month
2:00 - 4:00 PM

April 20
May 18
June 15
July 20
August 17
September 21
October 19
November 16
December 21

For more information, contact:
Luis Guzman
LGuzman@dmh.lacounty.gov



Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, Asexual, and 2-Spirit (LGBTQIA2-S) UsCC Subcommittee

Co-chairs: Greg Wilson
Nicole Kristal

Our Mission

We are a subcommittee made up of LGBTQIA2-S organizations, community members, stakeholders, and LACDMH consumers who join forces as part of the Mental Health Services Act to represent the voices of the more than 400,000 LGBTQIA2-S individuals living in Los Angeles County. Our primary focus is outreaching and engaging LGBTQIA2-S community members, advocating for LGBTQIA2-S mental health needs at the Department of Mental Health, assessing strategies for improving mental health services for LGBTQIA2-S community members, identifying and addressing the needs and disparities in services for these consumers, and raising awareness about LGBTQIA2-S identities via capacity building projects across Los Angeles County.

Our Vision

To create an atmosphere of trust, mutual support, respect, and sharing where we can impart our specific individual and organizational experiences working with diverse LGBTQIA2-S communities in a safe and brave space that is inclusive of the voices of all generations, races, sexual orientations, gender identities, and abilities.

<https://dmh.lacounty.gov/about/mhsa/uscc/lgbtqia2-s-uscc>

Upcoming Virtual Meetings

First Thursday of the month
2:00 - 4:00 PM

April 1
May 6
June 3
July 1
August 5
September 2
October 7
November 4
December 2, 2021

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID: 542 042 921#

For more information, contact:
Kelly Wilkerson
KeWilkerson@dmh.lacounty.gov

Service Area Leadership Teams (SALT)

SALT functions as a local forum of consumers, families, service providers and community representatives to provide the Los Angeles County Department of Mental Health (DMH) with information, advice and recommendations regarding:

- The functioning of local service systems
- The mental health service needs of their geographic area
- The most effective/efficient use of available resources
- The maintenance of two-way communication between the DMH and various groups and geographic communities

SALT covers the following topics: mental health services currently available within Los Angeles County, gaps in mental health service delivery, challenges in accessing services, stigma related to mental health, ways to improve mental health service delivery, and suggestions for how to outreach to Los Angeles County Community members regarding Mental Health.

Service Area	DMH Liaison	Email	2021 Meeting Dates	Time	Day
SA 1	Natalie Williams	SALT1@dmh.lacounty.gov	1/21, 2/18, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, Dec. – dark	3pm - 5pm	Third Thursday
SA 2	Mariam Nahapetyan Pauline Barrera	SALT2@dmh.lacounty.gov	1/4, 2/11, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/9, 10/14, 11/11, Dec. – dark	9:30am - 11:30am	Second Thursday
SA 3	Jaime Renteria (Vickie) Yue Hua Xu	SALT3@dmh.lacounty.gov	1/4, 2/11, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/9, 10/14, 11/11, Dec. – dark	2pm - 4pm	Second Thursday
SA 4	Juanita Montes Sharmayn Short-Potts	SALT4@dmh.lacounty.gov	1/21, 2/18, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, Dec. – dark	1:30pm - 3:30pm	Third Thursday
SA 5	Yvette Murphy Ruben Tora Miller Sergio Gutierrez	SALT5@dmh.lacounty.gov	1/21, 2/18, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, Dec. – dark	3pm - 5pm	Fourth Tuesday
SA 6	Erica Melbourne Erika Wilson	SALT6@dmh.lacounty.gov	1/21, 2/18, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, Dec. – dark	10am - 12pm	Third Thursday
SA 7	Jaime Gomez Alicia Llamas	SALT7@dmh.lacounty.gov	1/8, 2/12, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, Dec. – dark	10am - 12pm	Second Friday
SA 8	Ann Lee	SALT8@dmh.lacounty.gov	1/8, 2/5, 3/5, 4/2, 5/7, 6/4, July – dark, 8/6, 9/3, 10/11, 11/5, Dec. – dark	10am - 12pm	First Friday

To stay connected or to join a meeting please visit: <https://dmh.lacounty.gov/about/salt>.

Faith-Based Advocacy Council (FBAC)

We envision clergy, lay leaders, and all faith communities experiencing wellness and championing mental health. DMH builds community with diverse clergy and faith-based groups, recognizing the vital role of spirituality in reducing stigma and achieving hope, wellness, and recovery. We aim to increase the integration of spirituality and mental health messages and resources, increase awareness of mental health and access to care, and decrease stigma in seeking help for mental health disorders.

Spiritual Self-Care Manual and Toolkit: Empowering People on their Recovery and Wellness Journey

DMH produced the 182-page manual in English in 2012, and translated it into Korean and Spanish. We are disseminating it and providing coaching to faith community leaders who facilitate spiritual self-care groups in their congregations.

A Gathering of Clergy and Faith Communities to Explore Spirituality and Self-Care: Finding Your Sacred Space in a Demanding World

The first gathering of clergy and faith community leaders was held on Tuesday, February 11, 2020 at The California Endowment. Dr. Gloria Morrow was the dynamic keynote speaker; she addressed the critical issue of compassion fatigue. Dr. Morrow is a clinical psychologist, professor, and author of *Too Broken to Be Fixed? A Spiritual Guide to Inner Healing*, among other influential publications. Keris Myrick and Dr. Jorge Partida del Toro engaged the audience in a presentation on their personal journey in the practice of self-care. Charles Suyhada, PhD., MDiv, author of "Spiritual Self-Care Manual and Toolkit: Empowering People for their Recovery and Wellness Journey," led participants in self-care assessment and action-planning activities.

The FBAC Executive Board is currently planning an online Clergy Self-Care gathering for 2021. The focus will be maintaining resilience and stamina during COVID-19.

Weekly Messages

Since mid-March 2020, we have been emailing a message each week to over 1,500 faith community leaders and lay leaders throughout Los Angeles County. These emails contain public health updates, mental health resources, an inspirational message, and project announcements. We are researching and expanding our network to include more congregations and diverse communities. If you would like to be added to the list to receive these messages, please email Alan Wu at AWu@dmh.lacounty.gov.

Countywide faith leaders and DMH community outreach staff meet monthly to build the capacity of clergy and lay leaders to promote mental health in their congregations and communities. We have been focusing on establishing spiritual self-care groups, suicide prevention, and basic mental health training. We also examine how the sacred writings from diverse faith traditions address mental health and wellness.

Upcoming Virtual Meetings

1st Thursday of the month
10:00 AM to 12:00 PM

April 1
May 6
June 3
July 1
August 5
September 2
October 7
November 4
December 2

Everyone is welcome!
[Join by Microsoft Teams Meeting](#)
or call 323.776.6996

English
Conference ID: 372 169 064#

Korean
Conference ID: 561 936 610#

Spanish
Conference ID: 458 379 486

Peer Resource Center (PRC)

Looking for a community resource to address your needs? At the Department of Mental Health Peer Resource Center, Peers concentrate on forming “heart forward” connections with every visitor. The Peer Resource Center is not only a comfortable, safe and non-judgmental environment for all who enter, but is also a place with intention. The Peer staff and volunteers use their lived experience to make visitors feel welcomed, accepted and supported. Every visitor will feel assured that they will leave with the appropriate community referrals they need while also developing a positive connection with DMH and the Peers at the Center.

Our Mission

“Everybody leaves with something.”

The Power of Peer Support

PRC serves as a beacon of opportunity for Peers to extend a warm and caring welcome to those seeking mental health information and resources. Through sharing the lived experience and first-hand knowledge of its Peer staff and volunteers, the Center will cultivate hope, recovery and wellbeing in the surrounding community and throughout the County of Los Angeles.

Please feel free to contact us if you need any information on peer support, community resources, or PRC Online Support Groups. Call 213.351.1934 or email us at: joolee@dmh.lacounty.gov.

Work Readiness Group Online

Did You Know? Research shows that the best way to find a job is through a friend, family or social network? This works for people who have multiple barriers:

- Parole/probation
- Disabilities
- In recovery
- Lack of work history
- In need of vocational training
- Affected by homelessness or transitional housing
- Limited education
- Transitional Age Youth (TAY)

Come along and get involved in our group workshops where you can receive support and guidance on any employment issues:

- Career advice and development through assessments
- Interview hints and tips
- Learn about Fair Chance Law for those who are justice involved
- Section 503 of The Rehabilitation Act—and how it helps people with disabilities
- Talent Acquisition Portal networking system for employment opportunities through Department of Rehabilitation
- Information on how to work and continue to receive SSI/SSDI
- Soft, hard & transferable skills
- Résumé critique
- Network with Peers looking for work
- Share job hunting experiences... and much more!

We Are Here to Help!

Staff and Peer volunteers are available to offer linkage and warm handoffs to community organizations that can help address visitor needs. Visitors can be linked to services such as:

- Mental health services
- Physical health services
- Food
- Clothing
- Hygiene facilities
- Transportation
- Temporary shelter
- Housing services
- Benefits establishment
- Legal services
- Education and job training
- Volunteer and employment opportunities

Receive peer support through PRC Online Peer Support Groups such as:

- Art @ Home
- Healthy Relationship (in English)
- Healthy Relationship (in Spanish)
- Poetry and Creative Writing
- Word Up (in English)
- Word Up (in Spanish)
- Work Readiness

Upcoming Virtual Meetings

Thursdays from 1pm - 3pm.

For more information or registration, please contact:
Lori Kerr lkerr@dmh.lacounty.gov.

You can join us anytime!



HEART-FORWARD

Mental Health and Wellbeing Resources

LACDMH supports the wellbeing of our County residents and communities. DMH Help Line is available 24/7 to provide mental health support, resources and referrals at: [800.854.7771](tel:800.854.7771). Additional DMH resources are available at: <https://dmh.lacounty.gov/get-help-now>

Crisis Text Line – Text “LA” to 741741

<https://www.crisistextline.org>

CA Peer-Run Warm Line

<https://www.mentalhealthsf.org/peer-run-warmline>

Headspace

<https://www.headspace.com/lacounty>

Teen Line

<https://teenlineonline.org>

24/7 National Suicide Prevention Lifeline

English line: 800.273.8255

Ayuda En Español: 888.628.9454

<https://suicidepreventionlifeline.org>



LACDMH Speakers Bureau (SB)

LACDMH has highly skilled presenters available to speak to your group on a number of mental health topics.

It is comprised of approximately 70 licensed mental health clinicians with extensive media and public speaking experience. Its members are subject matter experts who are culturally competent and linguistically certified to provide services and interventions in the thirteen threshold languages of Los Angeles County and more.

Need Speakers or Trainers?

DMHSpeakersBureau@dmh.lacounty.gov

213.351.6444

<https://dmh.lacounty.gov/resources/speakers-bureau>

Request SB services at:

<https://www.surveymonkey.com/r/SBArequest>



**“Coming together is a beginning;
Keeping together is progress;
Working together is success.”
– Henry Ford**



Acknowledgements

This project was made possible with the contributions from:

- Cultural Traditions and Connections Magazine Workgroup
- Cultural Competency Committee
- Cultural Competency Unit
- Community Members
- Underserved Cultural Communities Subcommittees
- DMH Speakers Bureau
- Peer Resource Center
- Faith-Based Advocacy Council
- Service Area Leadership Teams
- Public Information Office

Join the Cultural Traditions and Connections Movement!

- Got any content ideas?
- Would you like to write an article?
- Got great photos you would like to see included?
- Have any reflections or inspirational statements you'd like to share?

Let's create future issues together! The Cultural Traditions and Connections Magazine will be released at the end of each quarter. For more information, or to submit ideas, please contact us at: DMHCC@dmh.lacounty.gov.



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.



Funded by
MHSA Prop 63