

Los Angeles County Department of Mental
Health
Strategic Communications Division
API Subcommittee Meeting Minutes
Monday
August 24, 2020 2:00pm – 4pm

Present: Leo Lishi Huang, Mariko Kahn, Richer San, Dr. Andy Ying, Anna Lee, Phaly Sam, Rev. Kim, Dr. Rocco Cheng, Tracy Zhao, Vicki Lin, Samin Yoak, Sharon Bustamante-Hilahan, Payal Sawhney, Dr. Ann Marie Yamada, Dr. Sheila Wu,

DMH Admin: Dr. Luis Guzman, Dr. Sandra Chang, Keacha Stewart

Welcome & Introductions

- Subcommittee Members, Housekeeping, Attendance, Co-Chairs

Review of Meeting Minutes

Leadership Training for Future Co-Chairs

- Leadership Training is available that is funded by DMH
- Co-Chairs receive additional training to help them facilitate the meetings
- The Training is now open to everyone who is interested in becoming a Co-Chair
- The Training will be done virtually
- Leo suggested if anyone is interested in this training, the information will be forwarded via email.

Capacity Building Projects/Current & Future

- The Subcommittee discussed their current projects that's up for voting.
- Leo Lishi suggested they vote on one project at this time.
- Dr. Guzman shared he follows up/detail when developing each project
- The projects that don't get voted on this year, can be voted and implemented for next year's project
- Dr. Guzman stated the Department is behind with implementing the projects, brainstorming has begun for the next round of projects.
- Leo suggested keeping all the projects that were previously proposed.
- The member has to have been present at 51% of the meetings in the last 9 months to be eligible to vote.
- Create a virtual platform for people to meet and use technology, and provide Wi-Fi for people to attend the meetings.

- Michelle Wong shared an idea like a drive up system, where you receive therapy from your car, meditation or acupuncture
- Mariko Kahn asked the group about compulsory treatment, and she would share an article that Dr. Sherin published in the La Times.
- Mariko Kahn is concerned about the MH of the homeless and the clients that is refusing care and treatment.
- Mariko Kahn asked for feedback from the API community about compulsory treatment, is it happening in the API community.

Current and Emerging Needs of API Community

- Richer San stated the Cambodian Community needs materials translated in their language
- Richer San shared two documents that needs translation, Dr. Chang asked Richer to email the information and materials that needs translation.
- Dr. Chang stated the Speakers Bureau can help with some translation of materials.
- Mental Health First Aid is one of the documents that needs translation.
- Dr. Guzman asked the subcommittee to share their current experiences, trauma, pre-covid, lack of access, trauma, stigma, services needed and resources with the group
- Payal stated the Divorce rate has increased since Covid
- Payal stated they recently started a support group for the South Asian Community
- Payal asked if DMH has resources that's available, divorce, family conflicts, for the South Asian Community
- Payal stated financial and legal counseling is needed in the South Asian Community
- Payal asked if they have any programs or classes please share with them
- Dr. Chang stated they will look into the Speakers Bureau and connect Payal to get assistance for their organization to find out their needs
- Tracy stated access to care for the LGBTQ community, looking for resources that are more text based, a chat platform
- Tracy shared the Transgender Community is suffering from hate crimes they are experiences, resources is needed for their MH and safety.
- Dr. Guzman shared he will share the information with Tracy for the LGBTQ group and invite her to the next meeting
- Tracy stated the elders and immigrants in the API community needs resources
- Leo Lishi shared a platform called 7 cups, an online platform that has inspirational quotes, you are connected with someone to talk about your issues or problems.
- Leo Lishi asked Dr. Chang to look into the 7 cups platform, will look into having someone discuss it at a future meeting
- Dr. Chang stated she would connect with the CIOB department to share that information about 7 cups.
- Dr. Chang stated the access line is still available, there are clinicians available to speak to the consumers are employees
- Dr. Chang stated there is a warm-line also available for resources.
- Dr. Ying stated the elder community is struggling working online, downloading apps, video camera and smart phone issues
- Dr. Ying shared they need help with education and tech support, the elders don't have Wi-Fi that is unlimited is not available for the low income clients
- Dr. Ying asked DMH to assist with internet access for the elders to connect virtually to the meetings
- Leo stated clients don't have access to meetings, not enough data on their phones

UsCC Leadership Meeting

- There will be a UsCC Leadership Meeting on 8/25/20 from 10am to 12 noon.

Announcements/Updates

- Dr. Guzman asked the subcommittee to share any ideas on recruiting members in the API group
- Sharon Hilahan shared resources available within their organization that will help recruit new members and connecting to the younger generation
- Sharon Hilahan sent a proposal to Dr. Guzman about the Heal and Rise project and she would like to set up a virtual meeting to further discuss
- Dr. Ying shared his resources available to assist with recruiting younger adults.
- Payal stated she is trying to collaborate with the schools and she is available to help with the recruiting process
- Dr. Sandra Chang shared information with the group about the UsCC subcommittee meeting, she encouraged the members to attend
- Leo Lishi Huang encouraged members to visit the headspace app for meditation
- Department has a covid.19 webpage with MH materials, guides, services and hubs that are available to provide resources.

Upcoming Meetings:

9/28/20, 2-4pm