

Los Angeles County Department of Mental Health
Administrative Operations
API Subcommittee Meeting Minutes
November 23, 2020 2:00pm – 4pm

Present: Richer San, Dr. Rocco Cheng, Payal Sawhney, Benjamin Chan, Christina Rosel, Kavisha Prajapati, Jane Park, Dr. Sheila Wu, Vicky Yue, Michelle Wong, Patricia Oh, Pastor Kim, Anchu Biswas, Bo Uce, Chiaki Ueki, Jessica Baker, Kishen Bera, Marielle Reataza, Samin Yoak, Shahana Osman, Sharon Bustamante-Hilahan, Sheetal Ayyathan, Tracy Zhao, Ayushi Chhabra, John Feri, Violet Villareal, Joanna

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

Welcome & Introductions

- Subcommittee Members, Housekeeping, Attendance, Co-Chairs

Review of Meeting Minutes – Approved with minor corrections page 1 and 2

API Mental Health Disparity Data Presentation

- Dr. Sandra Chang (LACDMH Cultural Competency Unit) presented 2018-2019 data on API mental health services provided by LACDMH
- Data is part of Cultural Competency Plan as part of the report to the State of California
- Plan has 9 criteria and must demonstrate how LACDMH is showing commitment to cultural competency in terms of “back-bone” documents
- Report includes strategies to reduce disparities
- LACDMH Cultural Competency Committee advocates for cultural and language needs
- Report also must detail training provided to LACDMH staff to ensure staff is being culturally responsive to the community and consumers
- Report must also detail workforce LACDMH has in response to the request and needs of the community
- Finally, report also must include projects/idea that shows LACDMH working on adapting and presenting mental health services tailored to the needs of the communities within Los Angeles County
- Report must be updated every year
- EQRO is the yearly meeting review by the State of California and LACDMH on the Cultural Competency Plan
- API self-reported population in Los Angeles County is 14%
- SA 3 had the highest representation of API and FPL and SA 6 had the lowest for both groups (population and poverty level)
- API Total Disparity equals 11,252 with highest in SA 3 and lowest in SA 6
- API age-group of 26-59 years old is highest-served group while lowest age group is 0-15 years old (across the county)
- Services are closely provided equally to male and female API consumers

Discussion on API Disparities for MHSA 3-year plan

- Drs. Luis Guzman and Sandra Chang facilitated the conversation regarding API mental health disparities relating to LACDMH MHSA 3-year plan
- Request to desegregate API data across the different Service Areas of the County
- Request for further breakdown of sexuality and gender-identity; Dr. Chang reported some obstacles in collecting and reporting that data
- LACDMH is currently having discussions on how to address training needs regarding LACDMH staff
- LACDMH gathers data from directly operated clinics only
- Subcommittee is requesting LACDMH capture data/better understand needs of immigrant community

Capacity Building Projects

VIRTUAL MENTAL HEALTH SUPPORT GROUP FOR THE YOUTH

- Main objective would be to host a weekly 'Zoom' Mental Health virtual support group for the South Asian youth, for 15-20 young adults and middle-aged individuals
- The purpose of this initiative is to encourage the young members of the South Asian community to step out of their comfort zones, while still being COVID-safe and, familiarize themselves with other people through Zoom and in doing so, engage in a healthy discussion on their thoughts, feelings and experiences.

API LGBTQ+ MENTAL HEALTH EDUCATION AND LEADERSHIP PROGRAM

- Focused on TAY and engage them on a peer-to-peer, education program focused on mental health issues such as stigma and mental health care access, resilience skills, and healthy coping
- Virtual format to train a cohort of 8-12 TAY participants who would then collaborate on a community-based project

PAINTING A PICTURE OF THE SOUTH ASIAN IMMIGRANT NARRATIVE

- Intergenerational conversations focused on outreach and engagement to reduce stigma and increase access to resources
- Focus is on South Asian community to encourage holistic healing
- Podcast will then be produced and posted on a public forum to decrease stigma in South Asian community

Announcements/Updates:

- LACDMH will be engaging in MHSA stakeholder feedback at the beginning of 2021 to draft plan of 3-year plan

Upcoming Meetings:

1/25/2021, 2-4pm