## LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

## **ADMINISTRATIVE OPERATIONS**

## Latino UsCC SUBCOMMITTEE MINUTES

August 18, 2020 2:00PM – 4:00PM

Attendees:

Adriana Carrillo, Amparo Ostojic, Anna Hernandez, Barbara Malinowski, Betty Marín, Betty Mendoza, Bianca Gallegos, Brenda Hernandez, Britney Flores, Carmen Perez, Carmen Rosales, Claudia Razo, Daniel Loera, Daniela Hernandez, Elsy Molina, Emily Serna, Esteban Hernandez, Eva Thiel-Maiz, Felicia Flores, Gabriela Gonzalez, Gloria Leiva, Hector Ramirez, Imelda Padilla-Frausto, Irma Velasquez, Isabel Ramirez, Jose Guevara, Karen Ugarte, Karinne Elson, Leanor Johansen, Lourdes M, Lucy Cerna, Mario Ramirez, Martin Almanza, Martha Cota, Martha Cabrera, Martin Almanza, Maricela Mendoza, Maria Elena Arranco, Monique Corral, Mitzi Claudia Gonzalez, Noemi, Norma Ruiz, Patricia Veliz-Macal, Reyna Campos, Rocket Garcia, Suyapa Umanzor, Xuana Mulul, Yesenia Valencia, Yvette

Leon, and Yvonne Sandoval

DMH Staff: Dr. Luis Guzmán, Sandra Chang, Connie Acosta Castaneda, Keacha Stewart

Interpreter: Alex & Lucy Ferraez Rivero

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome & Introductions – Subcommittee Members	Attendee introductions – Housekeeping and Code of Conduct  Each attendee (On Microsoft Teams and on the phone) introduced themselves.
Review of Meeting Minutes	July Minutes have been reviewed and approved by Patricia Veliz-Macal and seconded by Barbara Malinowski
Training members to be Co-chairs  Capacity Building Projects	<ul> <li>Support for children, adolescents, college students ( and their families)</li> <li>Discussed need for subcommittee members to receive training as prospective co-chairs of the Latino UsCC</li> <li>Stipend of \$150 will be given by DMH to co-chairs</li> <li>Provided subcommittee information on requirements of being a co-chair, open to any member of the community</li> <li>Next Latino UsCC meeting will nominate prospective co-chairs</li> <li>Latino UsCC largest subcommittee in DMH representing 49% of population of Los Angeles County</li> <li>Emerging Mental Health Needs</li> <li>Suicides and suicidal attempts have increased during COVID-19, particularly among youth; would be helpful to train Promotoras</li> </ul>

Ad-Hoc Committee report	•
	<ul> <li>Projects for 2020-2021</li> <li>Using art to help the community heal: art program for children, art program for youth/adolescent, and art program for adults with incentives</li> <li>Cooking in Family (Sabor latino) to strengthen intergenerational bonds in Latino community and reduce stress</li> <li>"Conversing Among Female Friends" (virtual platform-based) process group ending with 5-8 minutes of meditation</li> </ul>
	<ul> <li>Education/Technology Needs</li> <li>Seniors, particularly Spanish-speaking community members, continue to experience increase isolation, difficulty accessing/utilizing technology</li> <li>Parents need help understanding and using technology to help support their children and family</li> <li>Latino youth, particularly first-generation college students, experience high level of stress, anxiety, and often depression, when facing the choice of goir to college and helping their families financially</li> </ul>
	<ul> <li>interpersonal violence and child maltreatment</li> <li>Increased substance use/abuse during COVID-19, particularly among men</li> <li>Anxiety, Depression, and trauma increasing among Latino youth</li> <li>Need for Latino community to be considered in DMH's upcoming We Rise campaign</li> <li>Support for Latino community members who have physical disabilities including mental health, linkage to social programs, health services</li> <li>Not included in outreach of Access UsCC subcommittee or other county programs or resources (Spanish-speaking community)</li> <li>Need for increased number of peer support groups in Spanish to help support Spanish-speaking community members who are not ready for therapy yet</li> <li>Not enough Promotoras in DMH to support the Latino community throughouthe L.A. County; also need for trainers to support Promotoras</li> <li>Families are having difficulty having empathic and supportive conversations with each other; need for Promotoras to get training to provide that</li> </ul>

Announcements/Updates: Drs. Guzman and Chang	•
	Meeting Adjourned - 4:00 P.M.
Next Meeting	September 15, 2020 from 2:00pm – 4:00pm MS Teams and Conference call meeting.