

Los Angeles County Department of Mental Health
Administrative Operations
API Subcommittee Meeting Minutes
April 26, 2021 2:00pm – 4pm

Present: Leo Lishi Huang, Richer San, Pam Inaba, Patricia Oh, Roque Bucton, Dr. Andy Yang, Dr. Anne Marie Yamada, Pastor Kim, Jessica Baker, Kishen Bera, Lynette Morgan, Mariko Kahn, Melisa Acoba, Dr. Sheila Wu, Vicki Xu, Sunghhee Moon, Maria Tong, Amparo, Naomi Mizushima, Eddie, Joyce Ma, Patricia Oh, Payal Sawhney, Wendy Huang

Bo - Cambodian Interpreter

DMH Admin: Desiree DeShay, Dr. Sandra Chang, Keacha Stewart, Pinki Mehta

Welcome & Introductions

- Subcommittee Members, Housekeeping, Attendance, Co-Chairs

Review of Meeting Minutes (Approved with some corrections)

211 Stop AAPI Hate Rapid Response Network

- 211 is a rapid response network that links people to resources in Los Angeles County
- If anyone is a witness to a hate crime, please call 211 to submit a report and connect with a team member for support services.
- Dr. Sandra Chang shared the report is available in the 10 API languages @ the Asian Pacific Policy and Planning Council website.
- The South Asian Network will be monitoring incidents of racism, xenophobia related to the coronavirus.
- The County's 211 is the county-wide hub of all information, a local network of resources for L.A. County for resources.
- Dr. Chang stated the addition around hate crimes was added as part of the 211 effort.
- Dr. Chang shared the Cultural Competency Committee has a packet of resources that is shared to UsCCs, SALTs and other groups. Dr. Chang will send it to Dr. Guzman and the Co-Chair's for dissemination.

Board of Supervisors Motions

- Pinki Mehta shared the Los Angeles County Board of Supervisors voted Tuesday to convene a working group to address rising hate and violence against Asian American, Native Hawaiian, and Pacific Islanders.
- Supervisors Janice Hahn and Holly Mitchell co-authored a motion for this new effort of the county's existing Anti-racism, Diversity, and Inclusion Initiative, which is led by Dr. Scorza, the Executive Director for ARDI, Anti-racism, Diversity, and Inclusion Initiative.
- Dr. Scorza spoke at the last monthly co-chair meeting explaining his vision and direction for the movement
- L.A. County is to address anti-racism, diversion, and inclusion.
- Dr. Scorza will lead a working group to address the recent rise in hate and violence against Asian Americans.

Stigma in the API community

- Leo discussed the recent attacks that happened to some community members and some of the stigma that members have felt over time.
- Leo asked the members to share any news they heard that was alarming to them
- Payal shared there was a mass shooting that happened in Indianapolis in a FedEx store, and eight people were killed in that mass shooting.
- Payal stated It is a lack of information or attention that the majority of the community gives, rather than exploring it
- Payal shared how she pushed to spread information about how we are diverse.
- Richer San shared the Cambodian Community in Long Beach. Believes in sharing their culture.
- Richer San stated they organize huge cultural events, with thousands of people attending
- Richer shared the Cambodia Town Parade & Culture Festival invites the Muslim, Christian, Buddhism and Jewish community to attend
- Leo Huang shared more younger Asian Americans are becoming more active in the community.
- Pam Inaba shared her parents does not want to go outside, because they are so scared of what is going to happen to them.

Cultural Connections Newsletter-Dr. Sandra Chang

- Dr. Sandra Chang stated the newsletter is being reviewed by executive management. It is ready to go.
- Dr. Chang shared they have started working on the second issue of the newsletter.
- Dr. Chang acknowledged Leo for writing a short article, specifically on the topic of anti-Asian hate and violence.
- Dr. Chang shared the motto is "By the community for the community." For the second edition.
- Dr. Chang invited the members to submit articles, or something that is meaningful to them, such as songs and poems and different types of articles.
- Dr. Chang shared the input needs to be submitted by May 14th. and they can be reached @ dmhcc@lacounty.gov

1000 Cranes for Recovery – Naomi Mizushima

- Naomi shared how she came up with Thousand Cranes for Recovery.
- Thousand Cranes for Recovery is an online cultural humility training program to educate frontline care communities to better serve the AAPI community.
- Naomi shared her son attempted suicide when he was 16 years old.
- Naomi became a volunteer at NAMI South Bay for the Japanese speaking group, she shared that she speaks Japanese.
- Naomi received certification training at NAMI and through Project Return, which is a peer training program.
- Trainees were from a wide range of AAPI community speakers of peers on different topics.
- Naomi stated AAPI communities, are seeking mental health treatment since the increase of awareness to anti-Asian violence.
- Naomi shared that each trainee would take five quiz questions and will fold five origami cranes. So collectively add to 2,000 origami cranes to be publicly displayed.
- The first to complete the folding of 35 origami cranes or seven training sessions will receive a one Thousand Crane for Recovery badge, like a little badge, to wear in the frontline as a symbol of cultural humility for recovery from AAPI communities.
- Naomi shared One Thousand Cranes for Recovery requires community collaboration to be successful.

- Naomi asked for six public and private organizations to hold one training session to educate 30 care providers to collectively contribute to pull the one Thousand Origami Cranes for Recovery.
- Naomi Mizushima can be reached @ 1000cranesforrecovery@gmail.com.
- Naomi asked for access to the DMH Speakers Bureau because she has two speaker who has committed to speak at her sessions.
- Naomi stated SHARE and Project Return has committed to hold these events.
- Naomi shared the speaker is a Korean couple where the husband has been suffering from schizophrenia but now, he is in a better position in recovery.
- Taiwanese young lady, that was suffering from and dealing with schizophrenia.
- Naomi stated they both have very valuable tips and advice to give, to help providers from care providers.
- Naomi shared she has a GoFundMe account to help pay the community sponsors, co-speakers, and material, if anyone would like to donate to help would be appreciated.

DMH Updates – Pinki Mehta

- Pinki shared May is Mental Health Month.
- We Rise Campaign will focus on arts, healing and use a creative expression to combat stigma and mental health issues.
- This year there are virtual events and there are also some community pop-up events that will happen around town
- There are a lot of partnerships with local agencies, other departments
- Pinki encouraged members to sign up, and to follow on social media, sign up for the Instagram or the Twitter on "We Rise,"
- Pinki stated there are story hours, poetry contests, all kinds of things happening throughout the month of May.

Announcements:

- Amparo shared So Cal Voices has a warmline to talk about non-clinical issues relating to stress, anxiety, or trauma because of the current pandemic.
- Amparo stated it is calhopecconnect.org or the phone number (833) 317-4673.
- Amparo shared the counselors are available to speak on any nonclinical issues and provide consumers with resources
- Roque Bucton shared about Painted Brain.
- Painted Brain is the largest peer run mental health organization in L.A.
- They are putting together a spoken word event and they need community members that are doing spoken word, especially in API languages.
- The event will be inclusive of people with mental, sensory, and physical disabilities and will be fully accommodated.
- Roque asked If anyone has a connection with a spoken word artist, they are open to connecting with them
- Roque shared the target date is June 26th.
- Roque asked Pinki to send him the contact info for the event planners of the "We Rise" regarding the spoken word event
- Pam Inaba shared The Mental Health Commission is having a meeting on Thursday April 29th to talk about MHSA and ask for public comment.

Upcoming Meeting: June 28, 2021