

THE LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
SPEAKERS BUREAU PROUDLY PRESENTS



MULTICULTURAL MENTAL HEALTH COMMUNITY CONFERENCE

December 1-2, 2021 | 9A-5P



BOARD OF SUPERVISORS COUNTY OF LOS ANGELES

856 Kenneth Hahn Hall of Administration | Los Angeles, CA 90012

Dear friends,

I am delighted to welcome you to the 2021 Speakers Bureau Multicultural Mental Health Community Conference. I applaud the efforts and commitment of LACDMH to reach underserved communities. The hard work of the Speakers Bureau and the participation of the United Mental Health Promoters represents the talent and expertise that is available at LACDMH.

You may be aware that I have dedicated much of my life to champion mental health and the provision of culturally competent services to our most vulnerable communities. I am honored to be entrusted to represent your voice in the Los Angeles County Board of Supervisors, First District. I hope that through this Speakers Bureau Multicultural Mental Health Conference we are successful in amplifying and championing the mental health needs and services of our richly diverse L.A. County.

The workshops have been developed with the needs of our communities in mind. It is my sincere hope that you and your families are able to walk away feeling cared for and that you matter now more than ever. Please enjoy the 41 workshops provided to you in 10 languages and remember in these most challenging times mental health is a treasure we must fight to preserve and uphold. Celebrating culture is important medicine for these challenging times. Thank you for your kind participation.

Sincerely,

Hilda L. Solis

Supervisor, First District

Los Angeles County Board of Supervisors





JONATHAN E. SHERIN, M.D., PH.D.

Director, Los Angeles County Department of Mental Health

A warm “heart forward” welcome to each of you and thanks for being here today. The LACDMH Speakers Bureau is honored to sponsor our 2021 Multicultural Community Conference. We are thrilled to deliver a conference specifically for our communities and the reality you are helping create.

The theme of the conference is recognizing culture as a pathway to hope, recovery, and wellbeing amidst worldwide adversity. This two-day conference highlights the vital contributions of cultural and language-specific approaches to equity that promotes healing of individuals, families, and communities. Crafted with authentic caring and dedication, the workshops reflect the wisdom that Speakers Bureau presenters have acquired from hundreds of hours of direct service to our communities and community-based organizations, especially since the onset of the COVID-19 pandemic. Each workshop has been developed with a specific cultural and linguistic focus. Collectively, the workshops explore culturally-grounded approaches to address trauma and current stressors as the world continues to experience the devastating impact of COVID-19 amidst social unrest, war, and violence.

Thank you for taking your valuable time to attend this conference. We are proud to be your partners, working together to improve the mental health and wellbeing of the communities in which we live and serve.

Sincerely,

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





CURLEY BONDS, M.D.

*Chief Medical Officer
Los Angeles County Department of Mental Health*

I am pleased to welcome you to the 2021 Speakers Bureau Multicultural Mental Health Conference on behalf of the Los Angeles County Department of Mental Health. This conference embodies the Speakers Bureau's initiative to design a conference that is specifically in service of our communities. The presenters have eagerly offered their cultural and linguistic knowledge paired with their areas of clinical expertise to create a conference that offers a wide collection of workshops representing the diversity of Los Angeles County communities. Your attendance and participation are extremely important and appreciated. Our world is rapidly changing and it requires all of us to pause in mindful and intentional ways to build a stronger and more cohesive society.

My sincere hope for you is that each of you will leave this gathering feeling that you have received nourishment for your mind and your soul. And I want to thank you sincerely for attending today and for helping us make this a successful event.

Sincerely,

A handwritten signature in black ink, appearing to read "Curley Bonds".

Curley Bonds, M.D.
Chief Medical Officer



GREGORY C. POLK, M.P.A.

*Chief Deputy Director
Los Angeles County Department of Mental Health*

I would like to take this opportunity to personally welcome you to the 2021 Speakers Bureau Multicultural Mental Health Community Conference. This much anticipated conference emphasizes the importance of connecting with culture-specific healing practices, creating spaces where we can learn and process the impact of COVID-19, and sharing resources that are relevant and helpful.

This conference will bring together consumers, family members, parent advocates, and community members from all sectors of Los Angeles County communities with LACDMH Speakers Bureau experts. The overall goal of this conference is to enhance personal, familial, and community wellbeing as we all adjust to new ways of living.

Sincerely,

A handwritten signature in blue ink that reads "Gregory C. Polk". The signature is stylized and fluid.

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

JORGE PARTIDA, PSY.D. AND SANDRA T. CHANG, PH.D.

LACDMH Speakers Bureau Co-Directors



It is with great excitement that we welcome you all to the 2021 Speakers Bureau Multicultural Mental Health Conference. Your presence today means so much to us. We have planned this conference with a deep desire to strengthen and increase services to our diverse communities, promote wellbeing and place our professional experience at your service. We do so with great affection.

The LACDMH Speakers Bureau continues to respond with a strong “yes, you can count on us” to provide culturally competent and linguistically-focused mental health support and interventions, especially during the challenging times marked by COVID-19 devastation, social unrest, war, and violence. The Speakers Bureau members have stepped forward to be a part of an unprecedented conference that focuses on service and have created workshops with the strength and rich diversity of all our communities in mind.

We invite you to join us for these two days filled with approximately 40 workshops being delivered in Amharic, Armenian, Cambodian, Cantonese, English, Farsi, Korean, Mandarin, and Spanish.

Our heartfelt appreciation is extended to all Speakers Bureau presenters and their supervisors, volunteers, and conference participants. We are truly honored to be a part of a conference that has been made possible thanks to our Speakers Bureau members and their passion, dedication, and commitment to serve our communities. We acknowledge the support of our director, Dr. Jonathan Sherin, the executive management team, and the conference planning committee for their commendable tenacity to make this conference a reality. We learn together as we serve of our diverse communities. What we learn today will inform our services and our ability to assist in creating stronger communities for our families, our society, and ourselves. It is our deepest hope that you will walk away with a clear sense that we care and that you matter. We hope you receive practical information to promote mental health, wellness and empowerment. We celebrate the diversity of LA County and the strength and power that comes from our cultural traditions.



Sincerely,

Jorge Partida Del Toro, Psy.D., Chief of Psychology and ARDI Division Chief

Sandra Chang, Ph.D., ARDI Division, Cultural Competency Unit Program Manager

ABOUT OUR CONFERENCE

The 2021 Speakers Bureau Multicultural Community Conference, hosted by the Los Angeles County Department of Mental Health (LACDMH), represents a collaborative and creative process to address historical underutilization of services, inequities in access and mental health disparities. Presenters are members of the Speakers Bureau, including the United Mental Health Promoters, who have lived and shared experience working with diverse communities. The theme of the Conference is “Recognizing culture as a pathway to hope, equity, and community wellbeing amidst worldwide adversity.” The overarching goal of the conference is to address clinical and cultural healing practices, share valuable insights, and provide resources and interventions relevant for our diverse underserved communities. The conference will underscore the vital contributions of cultural practices and interventions toward fostering hope, advancing equity and strengthening recovery and wellbeing in our communities during adverse times.

This 2-day conference will bring together consumers, family members, parents, peer advocates and community members from L.A. County’s communities with LACDMH Speakers Bureau members in a virtual forum that is conducive to learning and exchanging valuable information to enhance personal, familial and community wellbeing; progress toward healing; and adjust to new ways of living.

The conference will feature approximately 40 workshops, which will be delivered in Amharic, Armenian, Cambodian, Cantonese, English, Farsi, Korean, Mandarin, and Spanish. Collectively, the workshops will reflect the wisdom that presenters have acquired from hundreds of direct service hours to our communities and organizations. Specific workshops will explore culturally grounded treatment approaches, trauma and current stressors such as the impact of COVID-19, political oppression, communal conflicts, social unrest, war, violence, life disruptions and displacements.

CONFERENCE AT A GLANCE

DECEMBER 1, 2021

9:00 AM – 9:05 AM	WELCOME REMARKS*
	OPENING BLESSING* Raul Garcia, Huichol and Kumiai Tribes, Community Health Worker with the LACDMH American Indian Counseling Center
9:05 AM – 9:25 AM	INTRODUCTION* Master of Ceremonies: Jorge Partida Del Toro, Psy.D. Mistress of Ceremonies: Sandra T. Chang, Ph.D. Speakers Bureau Co-Directors Los Angeles County Department of Mental Health
	WELCOME* Hilda L. Solis, Supervisor, First District
9:25 AM – 10:00 AM	OPENING REMARKS* Jonathan E. Sherin, M.D., Ph.D., Director Los Angeles County Department of Mental Health
10:00 AM – 10:30 AM	KEYNOTE SPEAKERS: LACDMH SPEAKERS BUREAU* Jorge Partida Del Toro, Psy.D. Sandra T. Chang, Ph.D.
10:30 AM – 10:45 AM	BREAK
10:45 AM – 12:15 PM	WORKSHOPS SESSION A
12:15 PM – 1:00 PM	LUNCH
1:00 PM – 2:00 PM	WORKSHOPS SESSION B
2:00 PM – 2:30 PM	WELLBEING ACTIVITY: Chair Yoga
2:30 PM – 4:30 PM	WORKSHOPS SESSION C
4:30 PM – 4:45 PM	REFLECTIONS ON DAY 1
4:45 PM – 5:00 PM	CLOSING REMARKS ON DAY 1*

*Captioning, ASL available

CONFERENCE AT A GLANCE

DECEMBER 2, 2021

9:00 AM – 9:30 AM	WELCOME REMARKS* NATIVE AMERICAN MORNING BLESSING AND LAND ACKNOWLEDGEMENT* Raul Garcia, Huichol and Kumiai Tribes, Community Health Worker with the LACDMH American Indian Counseling Center KEYNOTE SPEAKER* Curley Bonds, M.D., Chief Medical Officer, Clinical Operations Los Angeles County Department of Mental Health
9:30 AM – 9:45 AM	BREAK
9:45 AM – 11:15 AM	WORKSHOPS SESSION A
11:15 AM – 11:30 AM	BREAK
11:30 AM – 12:30 PM	WORKSHOPS SESSION B
12:30 PM – 1:15 PM	LUNCH
1:15 PM – 1:45 PM	CULTURAL TRADITIONS AND CONNECTIONS PROJECT* Cultural Competency Unit Los Angeles County Department of Mental Health
1:45 PM – 2:00 PM	BREAK
2:00 PM – 3:30 PM	WORKSHOPS SESSION C
3:30 PM – 3:45 PM	BREAK
3:45 PM – 4:45 PM	COMMUNITY DIALOGUE – YOUR VOICE, YOUR NEED*
4:45 PM – 5:00 PM	CLOSING REMARKS AND RAFFLE*

*Captioning, ASL available

CONFERENCE WORKSHOPS

WEDNESDAY, DECEMBER 1 – SESSION A: 10:45 AM - 12:15 PM

Anti-Racism, Diversity and Inclusion Within the Department of Mental Health

Presented by: James Coomes, L.C.S.W.; Treva Blackwell, C.T.R.S., M.P.A.; Maria Alicia Garcia, L.C.S.W.; Rebecca Gitlin, Ph.D.

Language: English (Captioning, ASL)

2020 was a challenging year for issues of race, ethnicity and culture for everyone. Four inaugural members of the Department's Anti-Racism, Diversity and Inclusion (ARDI) Staff Advisory Council will explore their individual and collective journeys of empowerment, advocacy and integration of ARDI values into service delivery and the workplace. The journey began with individual calls to action, continued with community development, engaged staff from all levels of the Department of Mental Health, and collaborated to build an action framework. A look back at this journey, a report on where we currently stand and a vision for our work in the future will be explored with a period of questions and answers to help guide the next steps of the work.

Coping with Grief and Loss During the COVID-19 (COVID-19 동안 경험하는 슬픔과 상실에 대처하기)

Presented by: Hyun Kyung Lee, Ph.D.; Esther Lee, Ph.D.

Language: Korean

During the COVID-19, people experienced complicated and challenging losses. The pandemic also limited and/or denied the traditional ways to address those losses. Some families lost their family members and loved ones. Children, teens, and families lost physical and/or all contact with their friends and family due to social distancing measures and school closures. Some people experienced job losses and financial difficulties, which can be devastating. People may experience multilayer losses and can be exposed to prolonged bereavement and grief while they are trying to manage and survive this complicated COVID-19 situations. Korean American communities are not immune from these losses. This presentation will provide an overview of grief and loss including the stages of grief and impact of loss on children and families. Also, the presentation will discuss how to support other family members, friends, and coworkers who experienced grief and loss during the COVID-19 where traditional means of remediating and healing are either limited or not available at all. The presentation will introduce coping strategies and resources.

COVID-19 동안 사람들은 복잡하고 어려운 상실을 경험했습니다. 팬데믹은 이러한 상실과 슬픔을 다루는 전통적인 방법들에 제한을 초래했습니다. 어떤 사람들은 가족과 사랑하는 사람을 잃기도 하고 어린이와 청소년들은 사회적 거리두기 및 학교 폐쇄 조치로 인해 친구 및 가족들과의 신체적 접촉이나 사회적 관계들을 잃기도 했습니다. 또 어떤 사람들은 치명적일 수 있는 실직과 재정적 어려움을 경험하기도 했습니다. 이같이 복잡한 COVID-19 상황을 관리하고 생존하기 위해 노력하는 동안, 많은 사람들이 여러 단계의 손실을 경험하기도 하고 장기간의 사별과 슬픔에 노출될 수 있습니다. 한인 사회도 이러한 상실로부터 자유롭지 않습니다. 이 프레젠테이션은 슬픔의 단계와 상실이 개인과 자녀, 가족들에게 미치는 영향등을 포함하여, 슬픔과 상실을 이해하기 위한 개요를 제공할 것입니다. 또한 COVID-19 기간 동안 우리가 어떻게 슬픔과 상실을 경험하는 다른 가족이나 친구 및 동료들을 도와줄 수 있는지에 관해 논의할 것입니다. 더불어서 상실과 슬픔에 대한 대처 방법과 한인 커뮤니티를 위한 정신건강 관련 자료들을 소개할 것입니다.

Culturally Specific Challenges and Coping Mechanisms Unique to the South Asian Community

Presented by: Anshu Agarwal, Psy.D.; Payal Sawhney, L.C.S.W.; Sheetal Ayyatan

Language: English

This workshop will discuss the culturally specific challenges, mental health issues and coping of south Asians, the different coping styles of the generations of immigrants, and community mental health approaches towards healing. Through this workshop, participants will understand the South Asian coping skills for mental health; generational differences in coping among South Asians; and the merits of community involvement in healing process.

Effects of COVID-19 and War in Armenia and Emotional Wellbeing

(Քովիդի և պատերազմի հետևանքները Հայկական համայնքի համար)

Presented by: Mariam Nahapetyan, M.P.A.; Seta Haig, L.M.F.T.

Language: Armenian

This workshop will discuss the relationship between stress and health including what the typical reactions to stress are and what we can do to reduce and manage feelings of loss and grief.

Ստրեսի և առողջության միջև եղած փոխհարաբերությունը Որոնք են ստրեսին բնորոշ արձագանքները Ինչ կարող ենք անել կորուստներից և վշտից առաջացած զգացմունքներից ձերբազատվելու համար:

Practicing Resilience During Difficult Times (Resiliencia en Tiempos Difíciles)

Presented by: Suyapa Umanzor, L.C.S.W.

Language: Spanish

This workshop will describe resilience, what we can do to practice and become more resilient. Also, participants will learn self-care techniques to be more resilient in difficult times. As a result of attending this workshop, participants will learn how to cultivate resilience and identify some techniques of wellbeing to be more resilient in difficult times.

En este taller la “Resiliencia en Tiempos Difíciles” aprenderemos: que es la resiliencia, cuales son las cualidades de una persona Resiliente y como fomentarla. Identificaremos algunas técnicas prácticas que podemos hacer para practicar la resiliencia en estos tiempos difíciles.

Stress and Mental Health (Стресс и психическое здоровье)

Presenter: Halina Maruha, L.C.S.W.

Language: Russian

Presentation discusses concepts of mental health and stress. We will examine psychological stress and its impact on physical and emotional wellbeing. We will review different types and causes of stress and learn about simple stress management strategies accessible to everybody.

В презентации обсуждаются концепции психического здоровья и стресса. Мы обсудим психологический стресс и его влияние на физическое и эмоциональное благополучие. Мы рассмотрим различные виды и причины стресса и познакомимся с простыми приемами управления стрессом, доступными каждому.

WEDNESDAY, DECEMBER 1 – SESSION B: 1:00 PM - 2:00 PM

Accessible Yoga

Presented by: Lisa Sutton, 200 hour-RYT Certified Yoga instructor

Language: English

For thousands of years in India, yoga has been a practice known to promote wellbeing and healing, both physical and mental. As we continue to face the impact of the pandemic and other adversities, this ancient form of body-based healing practice can become a valuable tool to help regulate stress and promote health and healing. This experiential workshop will teach participants a number of basic yoga movements that are accessible to individuals of all ages and experience. Specifically, it will include about 30 minutes of light hatha yoga and breath-work. The participants are expected to learn the following: 1) cultivate and experience a felt sense of connection with body and mind; 2) increase flexibility, strength, and blood flow within the body; and 3) remember at least one movement that they can incorporate into their daily routine.

Holiday Blues

(احساس غمناکی در زمان تعطیلات)

Presented by: Haydeh Fakhrabadi, Psy.D.

Language: Farsi

Holidays can be a challenging time for seniors who have suffered losses or who are feeling alone and without family or social support. This seasonal presentation discusses strategies to combat feelings of sadness or “the blues” during the winter holidays.

حساس غمناکی در زمان تعطیلات

ایام تعطیلات و اعیاد می توانند زمانی بسیار سخت و چالش برانگیز برای افراد سالمندانی که عزیزی را از دست داده اند باشند. این برنامه سخنرانی راهبردهایی را برای مقابله/تطابق با این احساس غمناکی در زمان تعطیلات و اعیاد را مرور خواهد کرد.

Mental Health and Stigma (Cambodian Community)

(សុខភាពផ្លូវចិត្ត និងការមាក់ងាយ)

Presented by: Rose Om Hieng, B.S., United Mental Health Promoter

Language: Khmer

Mental Health is a serious issue in the Cambodian community. Many Cambodian people are survivors of the genocide that took place under the Khmer Rouge in 1975. As a result, many survivors suffer from PTSD, depression, schizophrenia, addictions, and have committed suicide. In the Cambodian community, mental health issues are a big stigma and are often not spoken about. It is time to stop the stigmas and give people the help they need.

សុខភាពផ្លូវចិត្តគឺជាបញ្ហាធ្ងន់ធ្ងរនៅក្នុងសហគមន៍កម្ពុជា។ បុរេជនកម្ពុជាជាច្រើន ជាអ្នករួចរស់ជីវិតពីអំពើហិង្សាជនសាសន៍ដែលបានកើតឡើងក្រោមរបបខ្មែរក្រហមក្នុងឆ្នាំ 1975។ ជាលទ្ធផល អ្នករស់រានមានជីវិតជាច្រើនបានទទួលរងពីជំងឺ PTSD ជំងឺផ្លូវចិត្ត ជំងឺ កលចរិត ការញៀនថ្នាំ និងមានជំងឺអត្តឃាត។ ក្នុងសហគមន៍កម្ពុជា បញ្ហាសុខភាពផ្លូវចិត្ត ជាការមាក់ងាយធំ ហើយមិនត្រូវបានគេលើកឡើងជាញឹកញាប់។ វាដល់ពេលហើយដើម្បីបញ្ឈប់ការ មាក់ងាយ ហើយផ្តល់ឱ្យមនុស្សសន្សំជំនួយដល់ពួកគេឲ្យបាន។

Mental Health and Stigma (Latino Community)

Salud y mental

Presented by: Alma Nava and Eduardo Villegas, United Mental Health Promoters

Language: Spanish

In this workshop, we will be discussing what is mental health and what are the stories that we hear in the Latino community about mental health and emotional wellbeing. We will discuss how changing the stories that we share can help someone effectively manage their emotions.

En este taller vamos a hablar de que es la salud mental y cuáles son las historias que se cuentan en la comunidad latino sobre salud mental y el bienestar emocional. Hablaremos de como el cambiar las historias que se cuentan en la comunidad puede ayudar a alguien manejar efectivamente sus emociones.

Mindfulness Exercise (正念練習)

Presenter: Jennifer Duh, M.S.W., L.C.S.W.

Language: Mandarin

In this fast pace and high demanding world, we tend to fall into the “non-stop doing mode” rather than slow down and appreciate of “being and connecting” with life. In this workshop, the participants will learn the concept of mindfulness, the benefits of mindfulness and how to bring mindful awareness to daily life. The activities such as mindfulness movement, mindfulness breathing exercise will be lead during this workshop.

生活在這個快速和高要求的時代, 我們容易掉落不停努力的做事模式, 而沒有放慢腳步欣賞和生活中好好連結. 在參加這個課程當中, 聽眾會學習到何為正念, 它可以帶來什麼益處, 及如何把正念帶入生活裡. 此外, 聽眾也有機會在此課程中體驗正念活動, 正念呼吸. (這是個中文普通話講座)

Discussing Pronouns: An Important Element of Affirming Practice with Diverse Communities

Presenter: Rebecca Gitlin, Ph.D.

Language: English

The presenter will give a short didactic presentation on discussing pronouns within clinical and community settings. The importance of discussing pronouns will be explained, particularly in the context of promoting an affirming and welcoming environment for gender diversity. Participants will also learn about how to share their pronouns and how to create a space in which others can share their pronouns as well. The presenter will engage participants in practical application; participants will practice sharing their pronouns in interactive and passive virtual (e.g., videoconferencing, email) settings, and they will also practice asking others which pronouns they use.

Supporting the Wellbeing of People with Disabilities in Los Angeles County

Presented by: Alex Elliott, M.S.W.; Ary Nassiri, M.S.W.; Cody Hanable, M.S.W.; Amy Kay; LMFT;

Junko Nagamatsu

Language: English

This workshop will include a brief presentation exploring resources and assistive technologies that support the wellbeing of people with disabilities followed by a Panel discussion. The panel will feature a discussion exploring challenges facing people with disabilities as well as exploring practices and resources that improve the wellbeing of people with disabilities.

The learning objectives include: 1) learning about assistive technologies and mental health resources that are helpful to support the wellbeing of people with disabilities; and 2) having increased awareness of the challenges that people with disabilities experience in accessing supports to mental wellbeing.

The Happiness Cocktail and Other Practices for Wellbeing

Presented by: Derek Hsieh, L.C.S.W., Ph.D.

Language: English

Trauma and stress take a toll on our body and mind. This workshop will highlight some effects of trauma and stress on the human nervous system and mental health, describe some ways to activate the parasympathetic nervous system to counteract those impacts, and some simple practices proven to increase our level of happiness and wellbeing. Upon completion of training, participants can be expected to recognize at least one effect of trauma and stress on the human nervous system; identify at least one way to activate the parasympathetic nervous system; and learn at least one practice that can increase our level of happiness and wellbeing.

The Role of Faith in Mental Health Treatment and Recovery

Presented by: Jorge Partida Del Toro, Psy.D.; Keris Myrick, M.B.A., M.S.

Language: English

What role, if any, does a person's faith in a higher power play in the process of treatment and recovery from Mental Illness and addiction? In AA, step two of the 12 steps tradition states, "we came to believe that a power greater than ourselves could restore us to Sanity." In psychology, famous thinkers, such as Freud, Jung and many others, have written extensively about the existence of the psyche or soul of an individual and have emphasized self-awareness and the influence of unseen and immeasurable forces in our lives particularly as related to the treatment of mental illness and recovery process. This panel presentation brings together a diverse group of individuals including Keris Myrick, who has served as DMH's Chief of Peers, as well spiritual and clinical leaders, who will explore this topic at length and offer community members and participants useful information and recommendations to implement or augment in a personal journey towards treatment and recovery.

WEDNESDAY, DECEMBER 1 – SESSION C: 2:30 PM - 4:30 PM

Anti-Racism, Diversity and Inclusion Within the Department of Mental Health

Presented by: James Coomes, L.C.S.W.; Treva Blackwell, C.T.R.S., M.P.A.; Maria Alicia Garcia, L.C.S.W.; Rebecca Gitlin, Ph.D.

Language: English

2020 was a challenging year for issues of race, ethnicity and culture for everyone. Four inaugural members of the Department's Anti-Racism, Diversity and Inclusion (ARDI) Staff Advisory Council will explore their individual and collective journeys of empowerment, advocacy and integration of ARDI values into service delivery and the workplace. The journey began with individual calls to action, continued with community development, engaged staff from all levels of the Department of Mental Health, and collaborated to build an action framework. A look back at this journey, a report on where we currently stand and a vision for our work in the future will be explored with a period of questions and answers to help guide the next steps of the work.

Culture in the Context of Developmental and Intellectual Disabilities

Lorraine Viade, Psy.D.

Language: English (Captioning, ASL)

This workshop will have a discussion on how cultural perspectives influence access to services, assessment and treatment of people with developmental and intellectual disabilities. Upon completion of this workshop, participants can be expected to learn how cultural biases and perspectives impact access to appropriate care. They can also learn how to advocate for clients with developmental and intellectual disabilities.

Grief and Loss (悲傷和失落)

Presented by: Eva Fukumoto, M.S.W., L.C.S.W.

Language: Cantonese

Many of us have experienced losses, especially during COVID-19. However, many times, we do not allow ourselves to grieve. This workshop will reflect on the nature of grief and explore ways to help us grieve. The participants will have a better understanding on an emotion or a behavior of someone who grieves and learn some mental health resources that can support grief.

這個工作坊將以廣東話進行，講員會探討因親人離世後家人的哀傷反應，及如何應對失去親人的痛苦；進而重整生命，繼續過有意義的生命。

Mental Health and Stigma (心理健康和污名)

Presented by: Mei-Yin (Sylvie) Wang, United Mental Health Promoter

Language: Mandarin

The Promoters are lay people from the community whose role is to provide free educational presentations to those seeking needed resources on prevention and early intervention on mental health. This workshop helps educate the community on identifying and defining mental health stigma and providing psycho education on mental health and wellbeing. This workshop on Mental Health and Stigma aims to educate our community by defining what is mental health and wellbeing, stigma, and providing tools to help reduce stigma in community.

心理健康推廣專員，他們的角色是針對那些尋求預防性或早期介入性的社區資源的社區人士提供免費的心理教育課程。這場心理健康和污名的座談會宗旨是教育我們的社區大眾，向他們闡明何謂心理健康、幸福、屈辱歧視污名化，並且提供方法協助社區降低屈辱歧視。

Mental Health and Stigma (API/Filipino Community)

Presented by: Belinda S. Rabano, United Mental Health Promoter; Brandon Hament, United Mental Health Promoter

Language: English

Both presenters are Filipino-Americans, with lifelong participation in cultural and social activities of the Filipino and Filipino-American community in LA County. In addition, they have extensive experience in mental health community outreach. This workshop will present mental health definition, myths and realities about mental health, traditional Filipino cultural attitudes and beliefs toward mental health, and mental health stigma. This workshop will also address how to combat stigma through resilience and discuss some sources of resilience, encouraging the audience to engage in thought-provoking discussion and participatory exercises.

Mental Health and Stigma Post COVID-19 (Ethiopian Community)

(የአእምሮ ጤና እና የሃፍረት ከድህረ ኮቪድ 19)

Presented by: *Elsabet Mesfin, United Mental Health Promoter*

Language: *Amharic*

This workshop will address “Mental Health & Stigma Post COVID-19” topic to the Amharic speaking Communities (Ethiopian). As a result of attending this workshop, participants will learn what mental health and stigma are, where the narratives maintaining stigma of mental health come from, and what they can do to reduce and, ultimately eliminate stigma of mental health in Ethiopian communities.

የዛረው ትምህርታዊ ርዕስታችን፤ የአእምሮ ጤና እና የሃፍረት ከድህረ ኮቪድ 19 አላማችን ምንድን ነው?

- የአእምሮ ጤና ምንድን ነው?
- ስተግማ ወይም ሃፍረት ምንድን ነው?
- የአእምሮ ጤና ሃፍረትን የሚጥብቁ የትረካ አነጋገሮች ከየት ይመጣሉ?
- በማህበረሰቦቻችን ውስጥ የአእምሮ ጤና ሃፍረትን ለመቀነስ ፈጽሞም እስከመጨረሻ ለማስወገድ ምን ማድረግ እንችላለን?

Supporting the Wellbeing of Central American Migrants Residing in Los Angeles County

Presented by: *Jennifer Hernandez, M.S.W., L.C.S.W.*

Language: *English*

This workshop will cover several challenges, both historical and current, that Central American migrants residing in L.A. County have faced. There is a high probability of coming across a colleague, neighbor or friend with Central American roots. L.A. County is home to thousands of Central American migrants and their children born in this country. During the 1980’s and recently, there have been Central Americans seeking refuge in the United States. Some of the reasons that have led this population to flee their home countries have been war, violence, land displacement, climate change, and more. It is important to have an understanding of the complex trauma and barriers that Central Americans have faced, in order to support the overall Wellbeing of this community. Coping skills and healing strategies will also be shared. There will be an overall emphasis on strengths embodied by Central American individuals and families. We become a stronger community, when taking the time to learn about the multicultural experiences of our friends and neighbors.

“You cannot fight because you are siblings”: Exploring the Sibling Connection and Promoting Healthy Relationships Within Latino Sibling Relationships

(“Ustedes no se pueden pelear porque son hermanitos”: Explorando el Vínculo Fraternal y Promoviendo Relaciones Saludables entre Hermanos y Hermanas en Familias Latinas)

Presented by: *Sandra T. Chang, Ph.D.*

Language: *Spanish*

Sibling relationships are deemed among the longest in the course of our lives. It is considered that it is with our siblings that we learn to establish human relationships, share, play, and even test our parents’ patience. We get upset with them although later we be happy to be around them, we love them although at times we dislike them. They can take care of us but also know how to hurt us. This workshop will address interesting facts regarding sibling relationships in the Latino families such as common myths about brothers and sisters’ behaviors; the influence of the social structure or “familism” in fraternal relationships, and their impact on child rearing practices. Other areas of focus will include developmental phases of sibling relationships; common areas of conflict among siblings; and general recommendations to promote healthy sibling relations.

La relación entre hermanos y hermanas es una de las más largas en nuestra vida. Se considera que es dentro de la relación fraternal que aprendemos a establecer relaciones humanas, a compartir, a jugar y hasta como poner a prueba la paciencia de nuestros padres. Nos enojan y luego nos alegran, los queremos, aunque a veces nos parecen antipáticos. Nos contemplan, pero también nos hieren. Esta presentación abarcará datos interesantes sobre la relación fraternal en las familias Latinas tales como: creencias y mitos sobre el comportamiento entre hermanos y/o hermanas; la influencia de estructura social de la familia o familismo en la relación fraternal; y su impacto en las prácticas de crianza de niños. Otras áreas de enfoque incluirán las fases de desarrollo de la relación fraternal, causas de conflicto comunes entre hermanos y/o hermanas, y recomendaciones generales para promover relaciones fraternales saludables.

Veteran Peer Access Network and the Los Angeles Veteran Collaborative - A Collective Impact Model Combining Peer to Peer Engagement and Community Collaboration

Presented by: James Zenner, L.C.S.W.; Aimee Bravo, M.S.W.

Language: English

This workshop will cover the use of peer support feedback in guiding the direction of investing philanthropic and government spending as well as legislative advocacy to reduce barriers and optimize access and services. Presenters will also discuss the public private partnership between Los Angeles County Department of Mental Health and Southern California Grantmakers and how that partnership is crucial to establishing the model. As a result of attending this presentation, participants will 1) understand the benefits of combining a peer support and outreach program with a collaborative of community-based service providers; and 2) strengthen the audience's understanding of the role of peer advocacy in creating change.

THURSDAY, DECEMBER 2 – SESSION A: 9:45 AM - 11:15 AM

Celebrate Wellbeing through Collective Comprehensiveness of Our Identity as a Community (Brindar Bienestar A Través De La Comprensión Colectiva De Nuestra Identidad Como Comunidad)

Presented by: Deborah Villanueva, D.S.W., M.S.W., L.C.S.W.

Language: Spanish

This workshop will focus on being able to recognize the collective power that our Spanish-speaking community offers each other in times of adversity. In addition, recognizing our strengths as a community is fundamental to our self-determination and ability to move forward and collectively unify. We will learn about the importance of diversity, equity and inclusion in our communities, in order to recognize patterns that connect the Hispanic, Latino and Latin-x community. Furthermore, providing support and leadership to our diverse community, which leads to hope in moving forward.

Este taller se enfocará en poder reconocer el poder colectivo, que nuestra comunidad hispanohablante se brinda mutuamente en momentos de adversidad. Además, el reconocer nuestras fortalezas como comunidad es fundamental para nuestra autodeterminación y capacidad para poder seguir adelante y unificarnos colectivamente. Aprenderemos sobre la importancia de la diversidad, equidad e inclusión en nuestras comunidades, para poder reconocer patrones que conectan a la comunidad Hispana, Latina y Latin-x. Es más, aportando apoyo y liderazgo a nuestra variada comunidad que conlleven a la esperanza para seguir adelante.

Healing the American Indian/Alaska Natives from Intergenerational Trauma

Presented by: Angela Trenado, L.C.S.W.; Charlotte Lujan, M.S.W.

Language: English

This workshop will discuss historical trauma impacts of American Indians and Alaska Natives (AI/AN). The truth will be told of the experienced loss of culture, land, language, spirituality, and general well-being. Although there may have been intergenerational transmission of trauma, the AI/AN community come from a place of resilience. There are ways in which to heal the community. Participants may expect to share in an interactional workshop to discuss the history, and will be able to learn of the resilience and the collective healing of American Indian/Alaska Native community.

The Culture of Domestic Violence

Presented by: Lorraine Viade, Psy.D.

Language: English (Captioning, ASL)

This workshop will include a review of how adverse childhood experiences create a culture of domestic violence and abuse acceptance with a personal reflection of how anyone can be a survivor. Upon completion of this workshop, participants will learn 1) how adverse childhood experiences support cycles of pain; and 2) how to identify patterns of abuse.

Veteran Peer Support - A Way to Disrupt Veteran Suicide and Find Meaning

Presented by: Angel Soriano, L.C.S.W.

Language: English

The presenter, United States Marine Corps veteran and current reservist, Community Suicide Prevention Coordinator with Veteran Peer Access Network, and LCSW will lead a panel of fellow peer support in exploring their experiences on both ends of receiving and providing peer support specific to suicide and finding a sense of meaning, purpose, and belonging after military service. The learning objectives include 1) through sharing of lived experience, both as a consumer and as a peer support; demonstrate the importance of peer support with veterans both to thwart suicide, but also to provide purpose and meaning to the peers doing the work; and 2) expand the audience's understanding of military culture and why suicide is so prevalent.

Wellbeing Starts with Self-Compassion (身心健康始於自我慈悲)

Presented by: Renee Chao, Charity Service Development Program Manager

Language: Mandarin

Self-compassion describes a positive and caring attitude of a person toward her- or himself in the face of failures and individual shortcomings. As a result of this caring attitude, individuals high in self-compassion are assumed to experience higher individual Wellbeing. This presentation will introduce foundational knowledge about the construct and practice of self-compassion. Common misconceptions and barriers in relation to self-compassion will be addressed. Evidence supporting the benefits of self-compassion will be reviewed, including the association of self-compassion with less anxiety, depression, and burnout as well as increased measures of Wellbeing which include happiness, life satisfaction, and physical health.

我們將在這堂演討會中探討什麼是自我慈悲?自我慈悲有著什麼樣的力量,能成就身心健康。並且從亞裔文化、亞裔文化在美國的觀點出發,來探討這個主題,在不同的文化背景下,有哪些相容或是相衝突之處,並如何於日常生活中實踐與培養自我。

What About Us? The Mental Health Impact of COVID-19 on African American Males

*Presented by: Chandler Norton, M.A., L.M.F.T.; James Coomes, L.C.S.W.; Yoshado Lang, Ph.D.
Language: English*

The panel will discuss the mental health impact of the COVID-19 pandemic on communities of color, more specifically African American males. Panel members will examine statistical disparities of COVID-19 as well as discuss the harmful impact this pandemic has had on the psychological health of African American males and their families. Finally, the panel will review strategies, interventions, and healthy ways to cope with stress, and other mental health challenges, as these males navigate through social injustices, misinformation, mistrust of systems, structural racism and other socio-economic factors that significantly impact their current and future psychological wellbeing.

THURSDAY, DECEMBER 2 – SESSION B: 11:30 AM - 12:30 PM

For the Greater Good of Our Communities: Your Voice Matters and Makes a Difference

Presented by: Bernice Mascher, CCC Co-Chair; Pastor Christian Ponciano and Reverend Barbara Brooks, FBAC Chair and Vice-Chair; UsCC Subcommittee Co-Chairs and Liaisons.

Panel presentation coordinated and moderated by Dr. Sandra T. Chang

Language: English (Captioning, ASL)

This panel presentation will highlight opportunities for community involvement in various committees which focus on enhancing culturally and linguistically inclusive services, and the needs of specific cultural communities. Among them, the Cultural Competency Committee (CCC), the Faith-Based Advocacy Council (FBAC) and the seven Underserved Cultural Communities Subcommittees (UsCC): Access for All, Black and African Heritage, Asian and Pacific Islander, American Indian/Alaska Native, Eastern European/Middle Eastern, Latino, LGBTQIA2S. Come learn about these committees and their projects, and how to join your voice to these committees for the greater good of our communities.

Holiday Blues

Presented by: Haydeh Fakhrabadi, Psy.D.

Language: English

Holidays can be a challenging time for seniors who have suffered losses or who are feeling alone and without family or social support. This seasonal presentation discusses strategies to combat feelings of sadness or “the blues” during the winter holidays.

The Happiness Cocktail and Other Practices for Wellbeing (紓解壓力, 提升幸福)

Presented by: Derek Hsieh, L.C.S.W., Ph.D.

Language: Mandarin

Trauma and stress take a toll on our body and mind. This workshop will highlight some effects of trauma and stress on the human nervous system and mental health, describe some ways to activate the parasympathetic nervous system to counteract those impacts, and some simple practices proven to increase our level of happiness and wellbeing. Upon completion of training, participants can be expected to recognize at least one effect of trauma and stress on the human nervous system; identify at least one way to activate the parasympathetic nervous system; and learn at least one practice that can increase our level of happiness and wellbeing.

疫情, 種族歧視事件, 及生活中的種種困難, 帶給我們每個人許多的身心壓力。我們將在這堂演討會中探討生理的自律神經與心理反應之間, 如何互相影響, 並分享如何在日常生活中紓解壓力與提升幸福感的方法和資源。

The Role of Faith in Mental Health Treatment and Recovery (El Rol de la Fe en la Salud Mental y el Proceso de Tratamiento y Recuperación)

Presented by: Jorge Partida Del Toro, Psy.D.; Celina Rodríguez

Language: Spanish

What role, if any, does a person's faith in a higher power play in the process of treatment and recovery from Mental Illness and addiction? In AA, step two of the 12 steps tradition states, "we came to believe that a power greater than ourselves could restore us to Sanity." In psychology, famous thinkers, such as Freud, Jung and many others, have written extensively about the existence of the psyche or soul of an individual and have emphasized self-awareness and the influence of unseen and immeasurable forces in our lives particularly as related to the treatment of mental illness and recovery process. This panel presentation brings together a diverse group of individuals including Keris Myrick, who has served as DMH's Chief of Peers, as well spiritual and clinical leaders, who will explore this topic at length and offer community members and participants useful information and recommendations to implement or augment in a personal journey towards treatment and recovery.

¿Qué importancia o rol tiene la fe de una persona en su salud mental y el proceso de tratamiento y recuperación? ¿Hasta qué punto se debe considerar la espiritualidad o la fe de una persona en el proceso de tratamiento para aquellos que sufren de enfermedades mentales y / o adicciones? Dentro de la comunidad de Alcohólicos Anónimos y sus 12 pasos, el paso dos afirma: "llegamos a creer que un poder mayor que nosotros mismos podría restaurarnos a la cordura." En la psicología, pensadores famosos, como Freud, Jung y muchos otros, han escrito extensamente sobre la existencia de la psique o el alma de un individuo y han enfatizado la autoconciencia y la influencia de fuerzas invisibles e inconmensurables en nuestras vidas, particularmente en lo relacionado con el tratamiento de las enfermedades mentales y el proceso de recuperación. En esta presentación de panel, que será dirigida por Celina Rodríguez, famosa periodista, y personalidad de radio y televisión, y el Dr. Jorge Partida, participantes tendrán la oportunidad de aprender de varios líderes religiosos y espirituales sobre este importante tema. Participantes aprenderán practicas personales que fácilmente se pueden incorporar en la vida diaria para mejorar el bienestar mental, reducir ansiedad y sobresalir de enfermedades mentales y adicciones.

Mental Health and Stigma (American Indian Community)

Presented by: Harrelson Notah, United Mental Health Promoter; Iva Maes, United Mental Health Promoter

Language: English

Workshop will explore the stigma of mental health; explain the impact of COVID-19 with mental health; and promote model of resiliency to support health and wellness. They will discuss model of resiliency to support health and wellness.

THURSDAY, DECEMBER 2 – SESSION C: 2:00 PM - 3:30 PM

Living in a Fulfilling Life and Being Yourself (快樂人生, 活出自己)

Eva Fukumoto, M.S.W., L.C.S.W.; Jennifer Duh, M.S.W., L.C.S.W.

Language: Chinese (Mandarin)

During this workshop the Chinese participants will have the opportunity in learning about how to identify their feelings, to utilize personality qualities/strengths during this distressful time in life. Instead of “avoiding” or “suppressing” with difficult feeling to handle challenging situation, the participants can reflect their own life by recognizing the meaningful ways of living, connecting to support system, identifying personal strengths from listening the panel speakers’ inputs, sharing, questioners and answering. The format of the panel will be dialogue conversation among the Chinese Speakers Bureau members in Mandarin.

這個工作坊將以普通話進行，講員們會分享他們的見解並會回答問題。參與者將學習辨別自己的情緒；避免壓抑或逃避自己的情緒；和支持網絡保持聯繫；辨別並利用自己的長處來處理生活中的壓力，來過一個有意義的生活。

Mental Health and People of Color: An Interactive Forum Exploring Truths, Falsities, and Facts for Empowerment

Presenter: Daniel Myatt, United Mental Health Promoter; Sheyenne Williams, United Mental Health Promoter

Language: English

Participants of this workshop will engage in a questions and answer session that will address myths and misconceptions widespread throughout communities of color, have an opportunity to share their beliefs on issues related to mental health, and ultimately explore sound approaches, both practical and evidence-based, rooted in a healthy, stigma-free outlook for optimal mental wellbeing. They will also learn how to reduce or eliminate stigma, which all too often prevents healthy approaches to mental health matters in communities of color.

Mental Health and Stigma (Korean Community)

(코비드-19 시대의 정신 건강과 사회적 편견, 낙인)

Presented by: Inae Yoo, United Mental Health Promoter; Sunghee Moon, United Mental Health Promoter

Language: Korean

To increase access to effective mental health care for all Los Angeles County individuals, families, and communities, we will work together as communities to end the stigma about mental health by embracing our collective power of resilience, as well as our cultural individualities at the root of our resiliency tree. As a result of attending this workshop, participants will learn where the narratives maintaining stigma of mental health come from; and what they can do to reduce and, ultimately, eliminate stigma of mental health in their communities.

엘에이카운티 정신건강국의 사명 중 하나는 모든 엘에이카운티의개인, 가정, 지역사회가 정신건강 관리에 대해효과적으로 도움을 받을 수 있도록 하는 것입니다. 그러나 정신 건강에 대한 사회적. 문화적 편견과 낙인은 개인과 공동체가 적절한 도움을 받는 것을 저해하고 있는 것이 현실입니다. 이

세미나에서는 특별히 이 코비드 19 시대에 있어 정신 건강이란 무엇이며, 사회적 편견 혹은 낙인은 무엇이고, 우리 공동체가 갖는 사회적 편견이 어떻게 생성되고 유지되어 왔는지, 또한 우리 공동체가 어떻게 이런 사회적 편견을 줄이고 궁극적으로는 종식시킬 수 있는 지에 대해 함께 이야기하고 배우게 됩니다.

Supporting the Wellbeing of Central American Migrants Residing in L.A. County (Apoyando el bienestar de los migrantes centroamericanos que residen en el Condado de Los Angeles)

Presented by: Jennifer Hernandez, M.S.W., L.C.S.W.

Language: Spanish

This workshop will cover several challenges, both historical and current, that Central American migrants residing in L.A. County have faced. There is a high probability of coming across a colleague, neighbor or friend with Central American roots. L.A. County is home to thousands of Central American migrants and their children born in this country. During the 1980's and recently, there have been Central Americans seeking refuge in the United States. Some of the reasons that have led this population to flee their home countries have been war, violence, land displacement, climate change, and more. It is important to have an understanding of the complex trauma and barriers that Central Americans have faced, in order to support the overall Wellbeing of this community. Coping skills and healing strategies will also be shared. There will be an overall emphasis on strengths embodied by Central American individuals and families. We become a stronger community, when taking the time to learn about the multicultural experiences of our friends and neighbors.

Este taller cubrirá varios desafíos, tanto históricos como actuales, que han enfrentado los migrantes Centroamericanos, incluyendo los que residen en el Condado de Los Angeles. Existe una alta probabilidad de encontrarse con algún/a colega, vecino/a o amigo/a que tenga raíces centroamericanas. El Condado de Los Angeles es el hogar para miles de migrantes Centroamericanos y sus hijo/as nacidos en este país. Durante la década de 1980 y recientemente, hubo centroamericanos que buscaron refugio en los Estados Unidos. Algunas de las razones que han llevado a esta población a huir de sus países de origen han sido la guerra, la violencia, el desplazamiento de tierras, el cambio climático y más. Es importante comprender los traumas complejos y las barreras que los Centroamericano/as han enfrentado, para poder apoyar el bienestar general de esta comunidad. También se compartirán estrategias de afrontamiento, para sobrellevar y afrontar heridas emocionales. Habrá un énfasis general en las fortalezas de personas y familias Centroamericanas. Nos convertimos en una comunidad más fuerte cuando nos tomamos el tiempo para aprender sobre las experiencias multiculturales de nuestro/as amigo/as y vecino/as.

The Effects of Trauma Due to Historical Racism

Presented by: LaTrina Morgan, Psy.D.

Language: English

Interactive PowerPoint presentation will be used, and the history of racism in America and the false narrative American history will be explored. The effects of trauma and misinformation on minority groups will be also discussed. As a result of attending this workshop, participants will: 1) learn about historical trauma and its effects on minority groups; and 2) develop the skills to examine and challenge their own biases.

We're Here, We're Queer:

Moving Toward an Affirming and Inclusive Public Mental Health System

Presented by: Rebecca Gitlin, Ph.D.; Jose Burgos, L.C.S.W.; Alexis Glenn; Gerald Garth; Héctor Manuel Ramírez; Live-Xóchi Salas; RiKu Matsuda

Language: English (Captioning, ASL)

The presenters will give a short presentation on affirming clinical practice with lesbian, gay, bisexual, transgender, queer, intersex, asexual, and Two-Spirit (LGBTQIA2-S) community members. Dr. Gitlin will also provide an overview of LGBTQIA2-S initiatives within LACDMH, including: (a) the establishment of the Gender Affirming Treatment Advocates, (b) growing a community of LACDMH employees who are invested in LGBTQIA2-S affirming clinical practice, (c) collaborations with community members through the LGBTQIA2-S UsCC subcommittee, and (d) changing our approach to collecting and displaying data on sexual orientation and gender identity. The co-presenters will then lead a discussion with a panel of 2-3 LACDMH employees and 2-3 community members. Panelists will share their experiences working with(in) LACDMH to promote LGBTQIA2-S affirming practice. They will also share their perspectives on facilitators and barriers to transforming LACDMH into an inclusive and affirming mental health system. Intersectionality will be a key framework within the panel discussion; LGBTQIA2-S initiatives will be situated within/alongside other movements toward justice and equity.

SCHEDULE OF WORKSHOPS BY LANGUAGE

DECEMBER 1, 2021

Date	Language	Time	Title
12/1	Amharic (Ethiopian)	Session 1C 2:30 pm – 4:30 pm	Mental Health and Stigma Post COVID-19 የእምሮ ጤና እና የሃፍረት ከድህረ ኮቪድ 19
12/1	Armenian	Session 1A 10:45 am – 12:15 pm	Effects of COVID-19 and War in Armenia and Emotional Wellbeing Քովիդի և պատերազմի հետևանքները Հայկական համայնքի համար
12/1	Cantonese	Session 1C 2:30 pm – 4:30 pm	Grief and Loss 悲傷和失落
12/1	English	Session 1A 10:45 am – 12:15 pm	Anti-Racism, Diversity and Inclusion within the Department of Mental Health
12/1	English	Session 1A 10:45 am – 12:15 pm	Culturally Specific Challenges and Coping Mechanisms Unique to the South Asian Community
12/1	English	Session 1B 1:00 pm – 2:00 pm	Accessible Yoga
12/1	English	Session 1B 1:00 pm – 2:00 pm	The Happiness Cocktail and Other Practices for Wellbeing
12/1	English	Session 1B 1:00 pm – 2:00 pm	Discussing Pronouns: An Important Element of Affirming Practice with Diverse Communities
12/1	English	Session 1B 1:00 pm – 2:00 pm	The Role of Faith in Mental Health Treatment and Recovery
12/1	English	Session 1B 1:00 pm – 2:00 pm	Supporting the Wellbeing of People with Disabilities in Los Angeles County
12/1	English	Session 1C 2:30 pm – 4:30 pm	Supporting the Wellbeing of Central American Migrants Residing in Los Angeles County
12/1	English	Session 1C 2:30 pm – 4:30 pm	Veteran Peer Access Network and the Los Angeles Veteran Collaborative - A collective Impact Model Combining Peer to Peer Engagement and Community Collaboration

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Date	Language	Time	Title
12/1	English	Session 1C 2:30 pm – 4:30 pm	Mental Health and Stigma (API/Filipino Community)
12/1	English	Session 1C 2:30 pm – 4:30 pm	Anti-Racism, Diversity and Inclusion within the Department of Mental Health
12/1	English	Session 1C 2:30 pm – 4:30 pm	Culture in the Context of Developmental and Intellectual Disabilities
12/1	Farsi	Session 1B 1:00 pm – 2:00 pm	Holiday Blues احساس غمناکی در زمان تعطیلات
12/1	Khmer	Session 1B 1:00 pm – 2:00 pm	Mental Health and Stigma សុខភាពផ្លូវចិត្តគឺជាបញ្ហាធ្ងន់ធ្ងរ នៃកុំនុងសហគមន៍កម្ពុជា។
12/1	Korean	Session 1A 10:45 am – 12:15 pm	Coping with Grief and Loss During the COVID-19 COVID-19 동안 경험하는 슬픔과 상실에 대처하기
12/1	Mandarin	Session 1B 1:00 pm – 2:00 pm	Mindfulness Exercise 正念練習
12/1	Mandarin	Session 1C 2:30 pm – 4:30 pm	Mental Health and Stigma 心理健康和污名
12/1	Russian	Session 1A 10:45 am – 12:15 pm	Stress and Mental Health Стресс и психическое здоровье
12/1	Spanish	Session 1A 10:45 am – 12:15 pm	Practicing Resilience During Difficult Times (Resiliencia en Tiempos Difíciles)
12/1	Spanish	Session 1B 1:00 pm – 2:00 pm	Mental Health and Stigma Salud Mental y Estigma
12/1	Spanish	Session 1C 2:30 pm – 4:30 pm	“You cannot fight because you are siblings”: Exploring the Sibling Connection and Promoting Healthy Relationships within Latino Sibling Relationships “Ustedes no pueden pelear porque son hermanitos”: Explorando el vínculo fraternal y promoviendo relaciones saludables entre hermanos y hermanas en familias Latinas.

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SCHEDULE OF WORKSHOPS BY LANGUAGE

DECEMBER 2, 2021

Date	Language	Time	Title
12/2	English	Session 2A 9:45 am – 11:15 am	Healing the American Indian/Alaska Natives from Intergenerational Trauma
12/2	English	Session 2A 9:45 am – 11:15 am	What About Us? The Mental Health Impact of COVID-19 on African American Males.
12/2	English	Session 2A 9:45 am – 11:15 am	The Culture of Domestic Violence
12/2	English	Session 2A 9:45 am – 11:15 am	Veteran Peer Support - A Way to Disrupt Veteran Suicide and Find Meaning
12/2	English	Session 2B 11:30 am – 12:30 pm	Mental Health and Stigma (American Indian Community)
12/2	English	Session 2B 11:30 am – 12:30 pm	Holiday Blues
12/2	English	Session 2B 11:30 am – 12:30 pm	For the Greater Good of Our Communities: Your Voice Matters and Makes a Difference
12/2	English	Session 2C 2:00 pm – 3:30 pm	The Effects of Trauma Due to Historical Racism
12/1	English	Session 2C 2:00 pm – 3:30 pm	Mental Health and People of Color: An Interactive Forum Exploring Truths, Falsities, and Facts for Empowerment.
12/2	English	Session 2C 2:00 pm – 3:30 pm	“We’re Here, We’re Queer: Moving Toward an Affirming and Inclusive Public Mental Health System”
12/2	Korean	Session 2C 2:00 pm – 3:30 pm	Mental Health and Stigma 코비드19 시대의 정신 건강과 사회적 편견, 낙인
12/2	Mandarin	Session 2A 9:45 am – 11:15 am	Wellbeing Starts with Self-compassion 身心健康始於自我慈悲

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Date	Language	Time	Title
12/2	Mandarin	Session 2B 11:30 am – 12:30 pm	The Happiness Cocktail and Other Practices for Wellbeing 紓解壓力, 提升幸福
12/2	Mandarin	Session 2B 11:30 am – 12:30 pm	Living in a Fulfilling Life and Be Yourself 題目:快樂人生, 活出自己
12/2	Spanish	Session 2A 9:45 am – 11:15 am	Celebrate Wellbeing Through Collective Comprehensiveness of Our Identity As A Community Brindar Bienestar A Través De La Comprensión Colectiva De Nuestra Identidad Como Comunidad
12/2	Spanish	Session 2B 11:30 am – 12:30 pm	The Role of Faith in Mental Health Treatment and Recovery El Rol de la Fe en la Salud Mental y el Proceso de Tratamiento y Recuperación
12/2	Spanish	Session 2C 2:00 pm – 3:30 pm	Supporting the Wellbeing of central American migrants residing in L.A. County Apoyando el bienestar de los migrantes centroamericanos que residen en el Condado de Los Ángeles

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ABOUT THE PRESENTERS

AIMEE PILA-BRAVO, M.S.W., is the director of the Los Angeles Veterans Collaborative (LAVC) at Southern California Grantmakers. She currently serves as a Master Sergeant in the United States Air Force Reserves. After transitioning from active duty, she pursued her higher education at the USC Suzanne Dworak-Peck School of Social Work with a concentration in Social Change and Innovation (SCI) and Military Social Work. Her passion to serve the veteran community grew as she co-facilitated the Los Angeles Veterans Orientation (LAVO), connecting transitioning service members through monthly in-person connections to local resources. Returning from her second deployment in 2019, Aimee brought her clinical and macro expertise to the Los Angeles Veteran Collaborative and the new sponsorship program where she now facilitates a collective impact initiative for over 2,000 veteran service organizations throughout Los Angeles County. Aimee brings a wealth of real-world experience and passion to her roles.

ALEX ELLIOT, M.S.W., received his bachelor's degree in sociology from the University of California, Berkeley, and his master's in social work from California State University, Long Beach. He began his career implementing technology solutions to support disaster relief efforts. He has served in a variety of roles during local and national disaster responses. Alex spent several years providing intensive case management within a mobile, "street medicine" outreach team model in Los Angeles County. Alex has presented to the Los Angeles County Disabilities Commission on capacity building projects aiming to improve access to quality care for people with disabilities. Currently, Alex serves as a psychiatric social worker for the Los Angeles County Department of Mental (LACDMH), a Commissioner on the Santa Monica Disabilities Commission, and as a mentor for the Massachusetts Institute of Technology's COVID-19 challenge hackathons.

ALEXSIS GLENN, (Pronouns: Queen/She/Her), is a Black, Queer, Cisgender female, mother of 6 year-old twins and one who gardens, and meditates. Her job title is the Children's Services Administrator/Family Preservation Program Contract Monitor for Los Angeles County Department of Children and Family Services (DCFS). She is also the LGBTQ+ liaison for the Family Preservation Program/Section, which includes engaging in work to intentionally create LGBTQ+ inclusive practices and program change throughout DCFS and throughout DCFS county contracted providers.

ALMA NAVA, United Mental Health Promoter, works for the LACDMH. She has extensive training in community education and has been a part of the mental health promoters program for 6 year. She lives and works in the South Los Angeles community. She values sharing her own experience to help people feel connected and not alone. Her goal is to help give hope to families.

AMY KAY, L.M.F.T., is a Licensed Marriage and Family Therapist with over 22 years of clinical and supervisory experience working with Deaf and Hard of Hearing families in community-based mental health settings. She has Degrees from California State University, Northridge and is a graduate of an interpreter training program and is proficient in American Sign Language (ASL). Amy is currently the clinical and program supervisor for Five Acres Deaf Services Program in Pasadena, California. Since 2010, Amy has worked with the Family Therapy Training Institute of Miami (FTTIM) implementing and serving as the program coordinator and supervisor for the Brief Strategic Family Therapy Program® (BSFT®) with Deaf clinicians to insure successful outcomes for Deaf and Hard of Hearing families. As a certified BSFT® Supervisor she has presented at the Five Acres Clinical Conference, the LACDMH

and co-chaired the first West coast mental health and deafness conference with National Deaf Academy. Also, Amy serves on many committees advocating for the rights of those with disabilities.

ANGEL SORIANO, L.C.S.W., is a Psychiatric Social Worker II with the LACDMH Veteran Peer Access Network (VPAN). Angel is also the Los Angeles representative for the Marine for Life program with the United States Marine Corps Reserves. He has served 14 years of combined service in Active and Reserves with the United States Marine Corps. He served in two combat tours in Iraq. Angel earned his bachelor's degree in psychology and his Master of Social Work degree from Azusa Pacific University.

ANGELA TRENADO, L.C.S.W., is affiliated with the Tohono O'odham tribe in Arizona and is a member of the Ak-Chin Indian Reservation. She is a licensed clinical social worker currently working as a Mental Health Clinical Supervisor with the American Indian Counseling Center (AICC), a directly operated mental health clinic with the Los Angeles County Department of Mental Health. The American Indian Counseling Center serves American Indian and Alaska Natives of all ages throughout Los Angeles County. The goal of the American Indian Counseling Center is to provide comprehensive mental health services to individuals, families, and communities with a focus on resilience and cultural knowledge. Most of her experiences in social services have been related to caring for American Indian of all age groups and with all level care needs from Prevention Early Intervention (PEI) to Full Service Partnership (FSP). The majority of her clinical career has been focused on direct services and program administration with American Indian/Alaska Native populations and interagency collaborations. Other past experiences have been work with the Southern California Indian Center and with the American Indian Children's Planning Council. An area of focus is the integration of culturally relevant and appropriate cultural interventions within a Westernized, public, mental health structure.

ANSHU AGARWAL, PSY.D., is an LACDMH clinical psychologist who is a blind Indian American male. He was born in India and came to the U.S. as a child. As a therapist, Dr. Agawal has learned the power of listening and healing through empathy and compassion. He sees himself as a therapist that uses a humanistic and client-centered approach to be present with clients. Dr. Agawal helps clients build their relationships with their environment, their family and themselves, so they can feel connected and less alone. He also likes to help clients sit with their pain instead of trying to feel better because sometimes it is hard to feel better when in pain. He believes in personal growth, and feels that when he grows as a person, he can help his clients grow as people.

ARY NASSIRI, M.S.W., is a social worker from Cal State to Long Beach. He served as a mental health therapist with the homeless communities of Los Angeles County before facing a permanent disability due to an accident while on the way to a client. Currently Ary is working in disability rights advocacy and youth empowerment spaces while also exploring and promoting pathways of healing through artistic expression and sacred Islamic art forms.

BELINDA RABANO, United Mental Health Promoter, is a Filipina American with lived experience. Belinda focuses on outreach to the Filipinx and other AAPI communities. In addition to being a trained presenter of LACDMH Mental Health Promoters Workshops, she is also a certified instructor in NAMI programs, Mental Health First Aid, and others. In 2016, Belinda began her career in mental health advocacy, following a 20-year career in journalism and communications. She has served as a past President and Board Member of the Long Beach affiliate of the National Alliance on Mental Health (NAMI).

BERNICE MASCHER, in her personal life and, as a co-chair of the LACDMH Culture Competency Committee, strives to develop vibrant relationships, find innovative solutions, and build progressive communities among the marginalized and underserved. She advocates for others and encourages them to share their own stories and cultural perspectives. While her involvement in the American Indian community goes back to the early 90s, she also supports other grassroots efforts such as Helping Hands Organization of Kenya, an NGO her parents started, to integrate the disabled in primary and vocational classes and “empower them through education.” Born and raised in Kenya, Bernice finished high school in Canada, entered college for occupational therapy, and changed her major to pursue a Bachelor in Illustration at Art Center College of Design in Pasadena, CA. This led to many freelance projects and a 15-year position at Platt College as a graphic design instructor. In 2005, she completed a Masters in Anthropology at California State University, Los Angeles. Since then, she has served on various committees as a cultural broker and participates in ongoing projects that evaluate and incorporate personal and organizational cultural competence. In applying her many educational and cross-cultural interests, Bernice interweaves art, education, spirituality, wellness, and culture as a means to conceptualize and execute solutions through various collaborations that improve the lives of others and create social change.

BRANDON HAMENT, a Mindset Coach, is currently working for the LACMDH as a United Mental Health Promoter. He is of Filipino American descent and grew up in Highland Park, Los Angeles. He has an extensive background in personal coaching and customer care ranging from an emergency first responder, to a competitive ironman triathlete, to a thriving life coach. Growing up bi-racial in Los Angeles was a dynamic experience that created resiliency in the face of adversity, a tolerant yet compassionate mindset, and an unshakable love for human wellness. He understands ethnic diversity. Brandon is committed to eradicating depression through physical exercise, empathic dialogue, and community education. “We can change the quality of our life when we change the quality of our thoughts.”

CELINA RODRIGUEZ is the CEO of Rodriguez Media Productions. Her news and interviews program, “Buenas Tardes con Celina,” is on 1370 AM Spanish-language radio. Celina is often invited as a keynote speaker and mistress of ceremonies for important events. Her career started in 1980, working for “Noti-sistemas” radio in Guadalajara Mexico. A journalism fellowship at Stanford University brought her to the Bay Area, and in 1987, after reporting for El Mensajero, she became the co-founding news anchor for Noticiero 48, at KSTS-Telemundo, which is now owned by NBC Universal. Years later, she was anchor for CNN Española’s “Noticias Mexico.” She has also worked with Univision-14 in San Francisco, and La Oferta Review, a newspaper published in San Jose.

CHANDLER D. NORTON, M.A., L.M.F.T., is a licensed marriage and family therapist and currently works as a Training Coordinator with LACDMH Outpatient Services Division. Chandler is responsible for coordinating LACDMH and county contracted trainings, including evidence-based practices, suicide prevention and public speaking trainings. He has a master’s degree in counseling psychology, with an emphasis in marriage and family therapy and has over 25 years of mental health experience working with infants, children, teens, young and older adults. Chandler co-developed a 7-week curriculum and training that enable consumers to develop into spokespeople, and develop their ability to advocate, against stigmas of mental illness, and ultimately assist others to communicate effectively. Currently, he is a Doctor of Philosophy student-candidate in the International Psychology program at the Chicago School of Professional Psychology.

CHARLOTTE LUJAN, M.S.W., is an enrolled tribal member of the Santa Ana/Taos Pueblo Tribes of

South West Region of New Mexico. Her family maintains traditions and continuity with their tribes by living and visiting her reservations annually to participate in ceremonies and other traditional events with them and community. She has maintained her family traditions all of her life. Currently, she is employed at the American Indian Counseling Center working with all age groups and level of care needs. Charlotte has been employed for LA county DHS and DMH for 31 years. In 1985 received a BA in Sociology at Fort Lewis College in Durango Co. and a Masters in Social Work at California State Long Beach in 1999 while raising her two children as a single mother in California. She is a proud mother who has passed down traditions and the importance of education to her children who are also college graduates. Charlotte enjoys traditional pottery making, cooking traditional food, and jewelry making; she dances the jingle dress traditional dance at pow wows and the corn ceremonial dance in New Mexico since she was 6 years old. Keeping her Native American culture alive she shares her family traditions in an urban setting and on the reservation managing to live in both worlds.

CODY HANABLE, M.S.W., A.C.S.W., was born and raised in Los Angeles County and is community-based mental health professional who specializes in working with the deaf and hard of hearing populations in Los Angeles. Cody earned his Bachelor of Psychology from University of Colorado, Colorado Springs (UCCS) with a minor in Deaf Studies. Upon graduation, Cody returned to Los Angeles and earned a master's degree in social work from the University of Southern California (USC). Cody currently works for an agency providing therapeutic services to families with a deaf or hard of hearing member through direct, culturally appropriate mental health services in American Sign Language and English. Cody serves as an elected co-chair for the Los Angeles County Department of Mental Health (LACDMH) Underserved Cultural Communities (USCC) subcommittee: Access for All. Access For All is stakeholder driven to build greater awareness in order to increase access to mental health services for the deaf, hard of hearing, blind, and physically disabled. In addition to co-chairing Access for All, he co-chairs the Advocacy Council for Abused Deaf Children (ACADC) which is part of the Los Angeles Child Abuse Prevention Council that strives to reduce the incidence of child abuse and neglect while promoting education to the public about deaf, hard of hearing child abuse and family violence issues.

DANIEL MYATT, United Mental Health Promoter, hopes to broaden his ongoing efforts to provide practical and easily accessible resources to individuals and families impacted by mental illness, alleviate stigma surrounding the challenge, and promote empowerment and hope within marginalized communities most in need of them. Daniel worked in Los Angeles' Skid Row area for over a decade, in case management and service coordination, for various agencies that seek to eradicate homelessness and bring stability to those affected by it. Daniel has also dedicated a decade to the National Alliance on Mental Illness, or NAMI, facilitating its Family-to-Family mental health classes and training others to do the same. He has a BA degree from Columbia College Chicago, and despite earning various accolades as an indie filmmaker, drama instructor, and soon-to-be-published novelist, he feels most proud and privileged to work as an advocate and ally of those struggling with mental illness.

DEBORAH VILLANUEVA, D.S.W., M.S.W., L.C.S.W., is a licensed clinical social worker at LACDMH's American Indian Counseling Center in Cerritos, CA. She currently works with Native American, Alaskan Native, and Indigenous Latin American Families and young adults using an eclectic, culturally-sensitive approach tailored to the unique needs of each client. Dr. Villanueva has over 15 years of experience in a variety of settings, with diverse clients, including both long-term and brief interventions, and with various areas of expertise within child and adolescent psychotherapy addressing trauma and PTSD. Dr. Villanueva graduated from California State University Northridge with her graduate degree in social work, where she also earned a minor in creative writing and enjoys

incorporating the creative outlets of art and writing into the therapeutic process. Dr. Villanueva graduated from the University of Southern California with a doctorate in social work in order to better hone her learning around working on larger scale social problems. She draws inspiration from the work she does with underserved cultural communities within Los Angeles County. She is a member of the National Association of Social Workers (NASW), in which she currently serves in the role of Assistant Region I Director for the California Chapter.

DEREK K. HSIEH, L.C.S.W., PH.D., is the Mental Health Clinical Program Head of LACDMH's Long Beach Asian Pacific Islander Family Mental Health Center. He has also managed the Psychiatric Mobile Response Teams (PMRT) that respond to mental health crises in the community and provided consultation and assistance to law enforcement agencies. He is passionate about training mental health professionals about suicide and is an authorized AMSR (Assessing and Managing Suicide Risk) trainer for the Suicide Prevention Resource Center (SPRC). Dr. Hsieh has provided Clergy Academy trainings in the Chinese faith-based communities. In addition, he has served on national and international deployments with the Red Cross and Tzu Chi Foundation to provide disaster mental health services and has published many peer-reviewed articles in psychiatry, psychology, and social work.

EDUARDO VILLEGAS ZAMBRANO is a United Mental Health Promoter with LACDMH. He was born in Mexico City on October 13, 1965. He migrated to the United States in July 2005. Eduardo started the Parent School class in 2009 as a volunteer at Franklin D. Roosevelt Middle School in Long Beach, CA. He completed the same class at the Harbor Pregnancy Help Center in Wilmington, CA, in 2012. He co-directed the program "In search with Guille and Eduardo" online on L.A. Latino radio from 2016 to 2017. From 2017 to 2019 Eduardo worked as a parenting classroom facilitator for PEBSAF. Eduardo is part of the Emotional Health for All team, which organizes and teaches Parenting, Emotional Intelligence, Domestic Violence and Addiction Prevention classes, through classroom classes and virtual (Zoom, Stream Yard, Facebook Live) sessions. He is an active member of Toastmaster International and a mental health promoter since 2018.

ELSABET MESFIN is an United Mental Health Promoter with LACDMH. She is originally from Addis Ababa, Ethiopia, and grew up surrounded by the extended family which helped develop compassion toward others. Elsabet got her high school education in England before she came to the U.S. She completed her bachelor's degree in african studies and cultural anthropology at the University of Santa Barbara, California and her public health master's degree in international health at Loma Linda University, California. Elsabet then pursued a passion in holistic health and took several courses in it. Elsabet is a witness that healing can occur if one is diligent in these practices and is open to watching the unfoldment of miracles. Elsabet volunteered and co-founded the African Coalition, an organization that helps to spread mental health awareness amongst the underserved cultures of Africa, and further helps many underserved communities.

ESTHER LEE, PH.D., is currently a Supervising Psychologist in the Contract Management & Monitoring Division (CMMD) of the Quality & Risk Management Bureau in LACDMH. She works with the clinical component of the legal entity contract management and monitoring unit and supervises the low MCA legal entity providers contracted with LACDMH. She has worked for LACDMH since 1997 and focused on providing clinically and culturally sound quality of services to all residents of Los Angeles County. Her areas of expertise include chronic mental illness, cross cultural mental health, law enforcement mental health, homeless outreach and mental health, specialized foster care, program development, domestic violence, and dual diagnosis, among others.

EVA FUKUMOTO, M.S.W., L.C.S.W., is a licensed clinical social worker at LACDMH ACCESS Communication Center, a 24/7 primary gateway to mental health services and information in the County of Los Angeles. Born in China and raised in Hong Kong, Eva is trilingual in English, Mandarin and Cantonese. She worked in Hong Kong Hospital Authority and then earned her master's degree in social work at Washington University in St. Louis. Prior to joining the LACDMH family, she worked at the New York State Office of Mental Health inpatient facilities. She also served as a therapist of a faith-based counselling center for 10 years and is a certified parent educator. Eva was a fellowship group leader and choir member. She cares for others and is willing to help.

GERALD GARTH serves as the Chief Operations Officer for the Arming Minorities Arming Minorities Against Addiction & Disease (AMAAD) Institute. Garth also serves as the co-chair of LACDMH's LGBTQIA2-S subcommittee. He is a Commissioner on the L.A. Commission on HIV and serves as the co-chair of the Black African American Workgroup. Garth is also the co-chair of the UCLA Hub for Health Intervention, Policy, and Practice and serves as the Vice President of Community Programs and Initiatives.

HALINA MARUHA, L.C.S.W., is a psychiatric social worker at Palmdale mental health center. She is a native Russian and Belarusian speaker. She provides field-based and clinic-based outreach and engagement, mental health clinical assessment, treatment plan development, individual and group psychotherapy, psychosocial rehabilitation, and case management services. Halina immigrated from the Republic of Belarus where she obtained bachelor's and master's degrees in history with minor in education and bachelor's degree in modern foreign languages (English/German) with minor in economics and management. In Belarus, she worked in the government, private, and non-profit sector as a teacher, translator/administrative assistance, and project coordinator. After immigrating to the us, Halina continued her career as a teacher until she earned master's degree in social work from California State University, Los Angeles, where she studied in aging and families' concentration. Graduating from Cal State L.A. School of social work was a starting point in her service to underserved communities in Los Angeles County, which enabled her to utilize her passion, creativity and therapeutic skills to provide high quality care to clients, instill power in individuals and families to overcome their hardships, achieve and maintain optimal mental health, and enhance their quality of life.

HARRELSON NOTAH, United Mental Health Promoter (Diné), works with the LACDMH, where he delivers mental work workshops based on empowerment and strength-based approach, he shares his lived experiences to reduce stigma in the Urban Native American community. Harrelson received a M.S.W. degree with emphasis Older Adult Populations from Long Beach State, BS in Criminal Justice and Minor in American Indian Studies. Harrelson works in higher education as an Academic Counselor, he supports First-Generation college students with academic advising, career planning, financial aid guidance and mentoring that ensure student success and wellness. You can expect advocacy, partnerships and community building when working with Harrelson.

HAYDEH FAKHRABADI, PSY.D., is a licensed clinical psychologist who is fluent in English and Farsi. She received her M.A. in clinical health psychology in 2001 and graduated from Pepperdine University with a doctoral degree in clinical psychology in 2006. Dr. Fakhrabadi has been employed by LACDMH since 2008. She works with Older Adult Prevention and Early Intervention, Anti-Stigma and Discrimination (ASD), and Suicide Prevention teams providing education to older adults, their support systems, and caregivers. She also provides mental health training to Farsi speaking communities. She is the lead trainer for the Outpatient Services Division providing training to DMH workforce, mental health providers, and other community-based organizations on mental health issues.

HÉCTOR MANUEL RAMÍREZ (Pronouns: Them/They) is an Apache and Mexican Two-Spirits person occupying space in Yaanga, Tongva (Los Angeles, California) the unceded ancestral lands of the Fernandeano Tataviam Band of Mission Indians. Héctor is an autistic person who is hard of hearing and has a psychiatric disability. Hector has done local, state, and federal level policy work in the areas of equity and disparities in disability, Native American, Latinx, indigenous, LGBTQIA2S+, immigrant, undocumented americans, and most impacted and highly marginalized communities during COVID-19 pandemic. Héctor is the first out person to be appointed to the Los Angeles County Mental Health Commission and is currently a co-chair for the ACCESS For All UsCC. Héctor is on the board of directors with Disability Rights California & the National Disability Rights Network where Héctor provides oversight and accountability of the nation's only legally based advocacy organization established by Congress to protect the rights of all individuals with disabilities in every state and U.S. territories. Héctor has worked with all of the protection and advocacy programs in all of the 50 states & territories to improve the lives of people with disabilities by guarding against abuse, advocating for basic rights, and ensuring access and accountability in health care, education, employment, housing, transportation, voting, and within the juvenile, criminal justice system, natural disaster response, climate change, immigration detention facilities, and COVID-19 responses.

HYUNKYUNG LEE, PH.D., is a licensed clinical psychologist currently working with LACDMH where she focuses on promoting cultural awareness, reducing disparities, and improving cultural competence and cultural humility. Dr. Lee received her doctoral degree (Ph.D.) from University of Minnesota. Prior to working with LACDMH, she worked at various hospitals, colleges, and community counseling settings and provided clinical services such as individual, couple and group therapy, psychological assessment, diagnostic evaluation, crisis intervention, training/education, and supervision to diverse populations. She grew up in South Korea and is bilingual in English and Korean.

INAE YOO, L.M.F.T., is an United Mental Health Promoter with LACDMH and a therapist (LMFT) at Hanmi Family Counseling Center. Inae is a former Korean Family Specialist at Asian Pacific Family Center and is a mother of two adult children.

IVA MAES, United Mental Health Promoter, works with LACDMH. She is a member of the Assiniboine/Gros Ventre tribes from Fort Belknap, Montana, and is also San Felipe Pueblo. In 2013, she became a wellness outreach worker volunteer for LACDMH and volunteered at American Indian Counseling Center (AICC) in Cerritos, California. During this time, she was awarded LACDMH WOW Newbie/Rookie Volunteer of the Year and LACDMH Most Innovative WOW Volunteer of the Year. Because of Iva's effort, AICC was awarded a Native Seed Grant to restore AICC's Community Garden and they will soon be growing fruits, vegetables, and medicine tobacco from the many different tribes located in the southwest region of the United States. Iva is passionate about working with AI/AN community to continue to highlight the culture and traditions of the community with the goal of encouraging community support and overall resiliency. Iva currently focuses on outreaching to the AI/AN community to bring awareness about mental health by providing educational mental health workshops and increase access to services.

JAMES COOMES, L.C.S.W., is a licensed clinical social worker with the LACDMH. He holds a bachelor's degree in sociology and a master's degree in social welfare from UCLA. He has held a number of positions over the past 24 years with the County and has been the program manager of the Olive View Community Mental Health Urgent Care Center since 2007. In addition to crisis mental health work, he has a background in crisis negotiations, mediation and child protective services. Outside of his day job, James lives with his family in Burbank, California, coaches high school softball,

and has had the honor of serving as the announcer for the UCLA Bruin Marching Band.

JAMES ZENNER, L.C.S.W., A.P.S., currently works with LACDMH as a Mental Health Clinical Program Manager III. He is currently overseeing two Whole Person Care programs aimed at reducing psychiatric hospitalizations of high-risk individuals and the development of the Veteran Peer Access Network aimed at creating greater access to resources and care through a cross sector collaboration in partnership with the Veterans Administration and community providers. Prior to his work with L.A. County, Mr. Zenner worked in the Veterans Administration focusing on veteran homelessness and creating peer support solutions. He also served in the U.S. Army from 2004-2011.

JENNIFER DUH, M.S.W., L.C.S.W., is a licensed clinical social worker and currently working at LACDMH as a clinician for the past 13 years. She graduated from California State University, Fullerton with BA in child and adolescent study major and received her Master of Social Work degree with older adult and family concentration from California State University, Long Beach. Jennifer was born and raised in Taiwan, the Republic of China, and immigrated to the U.S. with her family at age of 16. She is motivated to serve and give back to the Chinese community to address the stigma towards mental health in this population. She worked as a consultant at the Department of Social Services in a Chinese adult day health center and as field instructor for USC MSW interns in a Chinese senior Department of Social Services' unit for few years. She developed health/mental health wellbeing Chinese workshops and received certification of QPR gatekeeper training in order to conduct these workshops in the Chinese community. She also has received mediation facilitator certification.

JENNIFER M. HERNANDEZ, M.S.W., L.C.S.W., is the Service Area 2 Health Neighborhood and Faith-Based Liaison for LACDMH. She graduated from California State University, Northridge, with a Master of Social Work (MSW) degree. After graduation, she began working with LACDMH providing outpatient clinical services in an underserved service area, and became a licensed clinical social worker. Ms. Hernandez has most recently worked as a community liaison in at-risk communities of the San Fernando Valley, through two Health Neighborhood Coalitions. Additionally, she has provided outreach and support to faith-based leaders and congregations. She serves as a crisis responder with the DMH After-Hours Psychiatric Mobile Response Team (PMRT), responding to community calls where an immediate evaluation is necessary to determine most appropriate level of psychiatric care. Prior to working with LACDMH, Ms. Hernandez served in various capacities with domestic violence organizations. Ms. Hernandez is a Salvadoran-American, and strongly believes in the importance of collaborative efforts with underserved cultural communities.

JOSE LUIS BURGOS, L.C.S.W., is an openly gay and bilingual (Spanish) clinician and psychiatric social worker with the LACDMH over the past decade. As a veteran of the United States Air Force, Jose earned the G.I. Bill and was the first in his family to graduate with a college degree, a bachelors in literature from Whittier College. He went on to earn his master's degree in social work from the California State University, Los Angeles. There, he received the prestigious California Social Work Education Center Award (CalSWEC), a program designed to develop effective, culturally competent public service delivery to the people of California. Prior to his work with the County, Jose worked at AIDS Project Los Angeles (APLA) to raise awareness about the disparities of access to health for Los Angelinos living with HIV and AIDS. He was tasked to oversee the AIDS Drug Assistance Program (ADAP) which granted clients access to live-sustaining medications. He has been leading the Arcadia Mental Health Rainbow Connection, a popular LGBTQ Seeking Safety group for the past 5 years. Jose was recently certified as one of the first gender-affirming advocates with LACDMH. He remains committed to promoting inclusivity for LGBTQ veterans of the armed forces.

JORGE PARTIDA DEL TORO, PSY.D., is the Chief of Psychology at LACDMH. He is also a clinical and research psychologist, specializing in addiction and trauma. He is an author, consultant and national speaker integrating Native Ancestral Teachings with traditional Western psychotherapy. Born in Guadalajara, Jalisco, Mexico, Dr. Partida immigrated to Chicago at nine years of age and there, obtained his bachelor's degree in clinical psychology from Loyola University and his Psy.D. from the Illinois School of Professional Psychology (ISPP). He has been a consultant on many national and international projects, designing and implementing clinical programs to address addiction, education, health, community building, diversity, and spirituality. He has worked with local and national governments to coordinate services for those most impacted by poverty, war and displacement. He has worked in Liberia, Africa, in the repatriation of boy soldiers, forming "intentional communities" in war and poverty-impacted countries such as Colombia, Peru, and Mexico. Dr. Partida has also extensive experience presenting mental health segments for various television and radio networks.

JUNKO NAGAMATSU, B.A., was born and raised in Japan. At the age of 20, she lost her hearing. After much struggle, she began to adapt to the deaf world by learning Japanese Sign Language and American Sign Language. Her motivation to learn more about deaf culture led her to study abroad in the United States where she received a BA in Deaf Studies with a concentration in human services from California State University, Northridge. Currently, Junko is the Legal Advocate at Greater Los Angeles Agency on Deafness, Inc. (GLAD). She joined GLAD in 2016 as a Community Advocate after dedicating nearly 15 years as a certified counselor at a drug and alcohol rehabilitation program for the deaf and hard of hearing in Whittier, CA. Through advocacy and empowerment, Junko has inspired significant positive changes in deaf and hard of hearing individuals and the community. In addition to working at GLAD, Junko is a member of LACDMH's Access for All Underserved Cultural Communities subcommittee. As a member, her focus is on expanding access to mental health services to the deaf and hard of hearing population in Los Angeles County.

KERIS JÄN MYRICK, M.B.A., M.S., is the co-director of the Mental Health Strategic Impact Initiative (S2i) and the policy liaison for the National Association of Peer Supporters (N.A.P.S.). She is the developer and host of the podcast "Unapologetically Black Unicorns" focusing on mental health, race equity and lived experience. Keris was formerly the Chief of Peer and Allied Health Professions for the LACDMH and has served as the Director of the Office of Consumer Affairs for the Center for Mental Health Services (CMHS) of the United States Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) and was the Board President of the National Alliance on Mental Illness (NAMI). Keris is a leading mental health advocate and executive, known for her innovative and inclusive approach to mental health reform and the public disclosure of her personal story (as featured in the New York Times series: Lives Restored). Keris has over 15 years of experience in mental health services innovations, transformation, and peer workforce development. She is known for her collaborative style and innovative "whole person" approach to mental health. Myrick is a Co-Editor of the Journal of Psychiatric Services "Lived Experience and Leadership" column. Keris has a MS in organizational psychology from the California School of Professional Psychology of Alliant International University and an MBA from Case Western University's Weatherhead School of Management.

LATRINA MORGAN, PSY.D., is a licensed clinical psychologist at LACDMH, specializing in personality disorders, trauma and forensic issues in community settings. Born in Los Angeles, Dr. Morgan received her B.A. degree in psychology from the University of California, Irvine. She received her master's degree in psychology from the Antioch University Los Angeles, her Psy.D. from the Phillips

Graduate University, and Paralegal Certificate from the University of Los Angeles California Extension. Dr. Morgan has worked in state hospital forensic settings, college settings, and community mental health settings. Dr. Morgan has interest in program designing, trauma, relationship dynamics, and forensic issues in community mental health settings.

LISA SUTTON has been practicing yoga for six years now. Simply put, yoga has changed the trajectory of her life. Through this practice of self-study, she has found her road to sobriety, self-love, and it has given her a new purpose. Teaching classic yoga and its rich history and philosophy has become her passion as well as her purpose. When she realized through study that yoga is so incredibly accessible, it just feels so right to want to share with anyone willing to try.

LIVE-XÓCHI SALAS (Pronouns: Elle/They/Them/Theirs) graduated from UC Santa Cruz with a feminist studies degree in law, politics, and social change. During their time at UCSC, they collaborated with the Smith Renaissance Society and the Lionel Cantu Center to improve and expand services for special circumstance and LGBTQ+ students. Since graduating from UCSC, Live remains dedicated to empowering their gender-expansive community by cultivating safe, affirming spaces as a Health Educator and Outreach Worker with the LGBTQ+ program, We Exist. When they are not working, they enjoy spending their time volunteering with the Trevor Project and organizing with Gender Justice LA.

LORRAINE VIADE, PSY.D., is a clinical psychologist with over 20 years of experience in the helping profession. For the past 14 years, she has undertaken a number of projects working with youth and children in conjunction with the Department of Children and Family Services. Dr. Viade does presentations in the community on a variety of topics including trauma, bullying, mindfulness and personality disorders. She also enjoys writing about film and television from the lens of a psychologist. She is a strong advocate for people with special needs and those who have suffered adverse childhood experiences.

MADELEINE LIPSHIE-WILLIAMS, M.D., (Pronouns: They/Them) is currently chief resident at the UCLA-Olive View Psychiatry Residency Program. They do clinical work at the San Fernando Mental Health Center and with the HOME team for Service Area 4. Their academic interests broadly encompass questions of coercion and control in psychiatry, particularly related to aging, disability and identity.

MARIA ALICIA GARCIA, L.C.S.W., (Pronouns: She/Her) is a Licensed Clinical Social Worker (LCSW) with LACDMH, where she currently serves as a coach and trainer for the Child Welfare Division. For the past 13 years, she has worked with children, youth, and families involved with the Department of Mental Health, Department of Children and Family Services and Department of Probation. This past year she co-developed the training, crucial conversations about race with children and families that is offered to LACDMH employees and contracted mental health providers. Mrs. Garcia has facilitated and developed workshops for mental health providers on the practice and implementation of culture humility, as it is one of L.A. County's values of the Integrated Core Practice Model.

MARIAM NAHAPETIAN, M.P.A., received her bachelor's degree in social work from the California State University, Los Angeles, and her master's degree in public administration from the California State University, Northridge. For over seven years, she provided intensive case management services to teenage parents to help enrich lives of pregnant teens, teen parents and their children by promoting personal growth and self-sufficiency. Currently, she works at LACDMH, as the Outreach and Engagement Coordinator for Service Area 2, where she informs the public about MHSA programs and services, garners community input, and integrates feedback into the O&E planning process. In addition, she has been co-facilitating the Service Area Clergy and Faith Community and Clergy

Roundtable meetings.

MEI-YIN (SYLVIE) WANG is a bilingual United Mental Health Promoter with LACDMH. As a native speaker of Chinese Mandarin and Taiwanese, she regularly reaches out to the community to present topics relating to mental health such as suicide prevention, depression, stress relief, anxiety, and impacts of COVID-19 just to name a few. Prior to becoming a Mental Health Advocate, she worked at the Pacific Clinics Asian Pacific Family Center doing similar work and supporting programs at middle and high schools within the Rowland Heights and Walnut Valley Unified School Districts. Some programs supported include parenting classes, drug prevention programs, life skill programs and Anti-AIDS prevention programs. She has been involved within the local Chinese American community for over 19 years and is deeply passionate about improving the mental wellbeing of the whole Los Angeles community.

PAYAL SAWHNEY, M.H.A., M.S.W., L.C.S.W., is a licensed mental health practitioner with over 20 years of experience. She has worked in various hospitals in various cities in the field of mental health. She has extensive experience in successfully planning and launching community projects for prevention of mental illness and enhancement of wellbeing in the South Asian Community. Payal is the President of Saahas for Cause, a non-profit organization she founded, that actively serves South Asians in Orange and Los Angeles counties. Her organization works to better acculturate South Asians, do preventing and interventional work related to domestic violence and mental health.

PASTOR CHRISTIAN PONCIANO an immigrant from Guatemala, brought by his mother with his four siblings to live in the city of Maywood at the age of twelve, at this early age he started to learn how to overcome the challenges immigrants must face, adapt to a new culture, financial system, health care opportunities and laws that would help him obtain his legal status and eventually his US Citizenship. Through the years he has become a community leader serving in different capacities, connecting churches and families to resources and training available for them, he has been a mobilizer for peace and mental health Advocate within his community. His passion is to empower individuals to live free from insecurity, free from fear, free from self-made limitations, and free from poverty. He currently serves as the Chair for the FBAC with LA County DMH and he is currently in the process of establishing a new worship community in East Los Angeles with PCUSA. He is also a life insurance broker and own's CPIP Insurance Agency helping families prepare for the unexpected surprises in life in life.

REBECCA GITLIN, PH.D., is a licensed psychologist with LACDMH, where she currently serves dual roles as the LGBTQ+ Specialist and the Women's and Reproductive Mental Health Specialist. Dr. Gitlin's current work focuses on evaluating and improving DMH's provision of culturally responsive, trauma-informed clinical services for sexual and gender minorities and for women and girls. She previously worked for LACDMH's Countywide Veterans Program. She has co-authored book chapters on women's mental health in primary care settings, working with LGBTQ+ patients experiencing homelessness, and LGBTQ+ veteran mental health.

RENEE CHAO is a social worker and program manager at Tzu Chi USA Headquarters with many years of experience in Charity Mission supporting diverse communities with financial aid, resource linkage, spiritual care, and empowering community members to love and compassion. Before being relocated to the United States in 2016, she worked as a licensed social worker in Taiwan for ten years. This professional experience has deepened her understanding of many social issues and human suffering from the lens of culture.

REVEREND BARBARA BROOKS, D.M., obtained her B.S. in German and psychology from Monmouth College, M.S. in Education from University of Southern California, and D.M. from United Theological Seminary in Dayton, Ohio. She was ordained an Itinerant Elder from the African Methodist Episcopal Church in Los Angeles. She is an advocate for mental health and wellness in all communities, especially in communities of color. Her goal is to increase the commitment and participation of faith leaders and congregants by strengthening houses of worship with information, resources, and training. This will improve responses to mental health wellness needs in their/own respective communities.

RIKU MATSUDA is the LGBTQ Information and Assistance Liaison for Adult Protective Services (APS) in the Department of Workforce Development Aging and Community Services (WDACS). He is a queer, mixed Japanese American trans man, born in Garden Grove and raised in the Antelope Valley. He started as a consultant with the Commission on Human Relations in 2003 and recently celebrated his 15th year as a full-time County employee and union member. In his spare time, he enjoys working as a coach for the Grassroots Organizing Institute, a capacity building program of the Groundswell Fund.

ROSE OM HIENG, United Mental Health Promoter, currently works in LACDMH. She is of Cambodian descent and speaks Khmer fluently. She came to the U.S. at the age of 33, and received her B.S. degree in Human Services from University of Phoenix. Her area of specialty is working with the inner-city Cambodian community, encouraging advocacy to reduce mental health stigma and discrimination. Rose is passionate about working with underserved Cambodian community and understands those who have experienced trauma due to genocide. She has experience providing linkages to sex offenders, victims of domestic violence, and people experiencing homelessness. As a Mental Health Promoter, Rose focuses on providing educational mental health workshops to the Cambodian community with the goal of reducing mental health stigma and improve access to care.

SANDRA T. CHANG, PH.D., is a licensed psychologist with over 20 years of experience in the mental health field and at LACDMH, where she serves as program manager for cultural and linguistic services. In her professional role, she has been a strong proponent for the mental health needs of underserved communities. She spearheaded the implementation of first Latino Health Promoters Program and workgroups for persons with physical disabilities and the LGBTQIA2-S community within LACDMH. Dr. Chang is a co-director of the LACDMH's Speakers Bureau. She has presented at various local and statewide mental health conferences. She has also participated in multiple radio programs focusing on Latino mental health and emotional wellbeing.

SETA HAIG, L.M.F.T., was born in Lebanon, lived in Saudi Arabia and Cyprus, and moved to the U.S. to attend University where she decided to pursue a career in mental health. She is a Licensed Marriage and Family therapist who has been working at Didi Hirsch MHS for the past 6 years as clinician, lead clinical supervisor and currently program coordinator for the Armunity Program. She is passionate about decreasing stigma about mental health and addiction in the Armenian community. She has seen how effective integrated care can be in addressing the whole person and is a great advocate of integrated mental health treatment. She also has a private practice in Glendale.

SHEETAL AYYATAN holds a master's degree in biotech and is a 65-hours Domestic Violence and Sexual Assault (DVSA) certified professional. She currently volunteers at Saahas for Cause as case manager. In her current role she conducts individual counseling and helps her clients avail public benefits. She also conducts support groups for South Asian women which uses meditation and art therapy as coping and healing toll.

SHEYENNE WILLIAMS, United Mental Health Promoter, works for the LACDMH. The goal of the program is to bring awareness to multi-cultural backgrounds about mental health. Sheyenne played collegiate basketball in North Dakota where Sheyenne received a bachelor's degree in criminal justice and a minor in psychology. After graduating, Sheyenne began working within the social service field providing assistance to those in at risk communities. Sheyenne gained many experiences working within youth services, the prisons, individuals who are homeless, and now conducting outreach within our community. As a Mental Health Promoter, Sheyenne takes great pride in advocating and reducing the mental health stigma. Sheyenne enjoys engaging with all walks of life within the public to enhance our communities' overall wellbeing.

SUNGHEE MOON is an United Mental Health Promoter with LACDMH. She has started counseling at her graduate school counseling center and met many patients who are suffering from mental health. She is eager to help community members with mental health conditions or their family members more practically. Now she is working as a mental health promoter and love her current work.

SUYAPA UMANZOR, L.C.S.W., is a licensed clinical social worker for the LACDMH United Mental Health Promoters Program. Suyapa obtained a master's degree in social work and a bachelor's in psychology from California State University, Los Angeles. She has been employed with the LACDMH for 22 years and 25 years with Los Angeles County. She has worked as a clinician in the psychiatric department at Harbor-UCLA and as a Service Area 4 Impact Unit Coordinator for the intensive program, Full Service Partnership (FSP) for children and transitional age youth. She is bilingual, bicultural and has experience working with immigrant communities. Suyapa's professional experience includes training in a range of trauma informed evidence-based practices. She has experience working with children, adults, family, and youth of different cultural backgrounds. Currently, she coordinates and oversees a group of multicultural mental health promoters in Service Area 4. Suyapa is passionate about eliminating mental health stigma through mental health advocacy, promoting the importance of emotional wellbeing and providing resources. Suyapa values helping people reach their full potential by encouraging them to be informed, utilize available community resources, and know they are not alone.

TREVA BLACKWELL is an advocate for equity and quality public services. Her civic career began as a Recreation Therapist creating programs and providing inclusive services to all age groups and multicultural residents of L.A. County. Today, she joins the panel of presenters as a Health Program Analyst with the DMH's Outpatient Services Division and a member of the ARDI Council positioned to work collectively for positive systemic change in employment and community settings.

YOSHADO LANG, PH.D., is a Supervising Psychologist within the LACDMH. He earned his bachelor's degree from Loyola Marymount University, Los Angeles and went on to obtain his masters and Doctorate of Philosophy in clinical psychology from the California School of Professional Psychology (CSPP), emphasizing in Multicultural Community Psychology. Born in Mississippi and later migrating to the Los Angeles area, he was raised by his single mother who fled his father due to substance misuse and domestic violence issues. Dr. Lang is motivated to overcoming mental health challenges and destigmatizing mental health, particularly in communities of color that are ravaged due to low socioeconomic status/conditions and systemic issues. As a part of this, he has dedicated himself to the training and development of other mental health professionals, in hopes of creating greater access to mental health services. In addition to supervising his clinical team at the Augustus F. Hawkins Mental Health Center in South Los Angeles, Dr. Lang serves as Training Director, in charge of the social work intern and psychology extern training programs. Dr. Lang has taken part in the Spiritual

Roundtable within the South Los Angeles area; a forum in which clergy from various religions and/or denominations and mental health clinicians gather in order to discuss, educate, and look for ways to integrate practices for a more holistic approach. Dr. Lang has appeared on local radio programs (KJLH) and has participated in numerous speaking engagements and podcasts.

JOIN THE CULTURAL TRADITIONS AND CONNECTIONS MOVEMENT!

The Cultural Traditions and Connections 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 Project 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 heartwarming 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.

JOIN THE CULTURAL TRADITIONS AND CONNECTIONS MOVEMENT!

To all community members,

- Would you like others to learn about your culture?
- Do you like creative writing?
- Would you like to see your writing published in the virtual “Connecting Our Communities” Newsletter?
- Would you like to write an article, anecdote, poem, or reflection?
- Got any content ideas?
- Got great photos you would like to see included?
- Have any reflections or inspirational statements you would like to share?

The Cultural Traditions and Connections Newsletter Column is released on a monthly basis. It is distributed to 36,000 readers in Los Angeles County.

For more information and to submit ideas, please contact us at:

DMHCC@dmh.lacounty.gov.

To access articles published since the implementation of the Cultural Traditions and Connections Column, visit us at <https://dmh.lacounty.gov/blog/category/cultural-traditions-and-connections>.

Here is a gift to you all, a copy of our article compilation for [Spring 2021](#).

ACKNOWLEDGEMENTS



The Conference Planning Committee would like to thank each of you for participating in the 2021 Speakers Bureau Multicultural Mental Health Conference! We also express our gratitude to the LACDMH executive management team; illustrious keynote speakers; esteemed Speakers Bureau presenters inclusive of United Mental Health Promoters and guest co-presenters; and dedicated volunteers for working tirelessly and passionately in creating this community conference. Special thanks to our partners, Vienna To and Imee Perius from the Public Information Office; Dr. John Flynn from the Chief Information Office; and Drs. Angelita Diaz-Akahori and Jeff Gorsuch, and Marcela Barajas from the Training Unit for sharing their expertise in the development of conference materials; IT support; and online registration. Deep appreciation and thankfulness to every member the ARDI Division: Cultural Competency Unit, Data and Outcomes Team and United Mental Health Promoters Program for coordinating all details that made this conference so special and memorable.

CORE CONFERENCE PLANNING COMMITTEE MEMBERS

Elizabeth Cenicerros
Guadalupe Aguilar
Hyun Kyung Lee

Jorge Partida Del Toro
Kattie Rodriguez
Kumar Menon

Maria Gonzalez
Sandra T. Chang

ACKNOWLEDGEMENTS (CONT'D)

Additionally, the co-directors of the Speakers Bureau acknowledge and extend their gratefulness to all Speakers Bureau presenters and their supervisors for your gift of time, knowledge, and caring. This conference embodies the remarkable impact that our Speakers Bureau has in promoting mental health and wellbeing in our culturally and linguistically diverse communities. It highlights the strong response from the community when mental health information, interventions, and resources are delivered utilizing culturally and linguistically relevant approaches. We also take this opportunity to honor the presenters and LACDMH Programs and Units they represent for their generous contributions to make the 2021 Speakers Bureau Mental Health Community Conference a reality:

- Alex Elliot, M.S.W. – Quality, Outcomes and Training Division
- Angel Soriano, L.C.S.W. – Veteran Peer Access Network (VPAN)
- Anshu Agarwal, Psy.D. – Long Beach API Family Services
- Belinda S. Rabano – United Mental Health Promoter Program
- Brandon Hament – United Mental Health Promoter Program
- Chandler D. Norton, M.A., L.M.F.T. – Training Coordinator, Outpatient Services Division
- Daniel Myatt - United Mental Health Promoter Program
- Deborah Villanueva, D.S.W., M.S.W., L.C.S.W. – American Indian Counseling Center, Prevention and Early Intervention Program
- Derek Hsieh, L.C.S.W., Ph.D. – Long Beach Asian Pacific Islander Family Mental Health Center
- Elsabet Mesfin - United Mental Health Promoter Program
- Esther Lee, Psy.D. - Contract Management and Monitoring Division
- Eva Fukumoto, L.C.S.W. - Quality Outcomes, & Training Division
- Harrelson Notah – United Mental Health Promoter Program
- Haydeh Fakhrabadi, Psy.D. – Outpatient Services Division
- Hyun Kyung Lee, Ph.D. – Anti-Racism, Diversity, and Inclusion (ARDI) Division, Cultural Competency Unit
- Inae Yoo – United Mental Health Promoter Program
- Iva Meas – United Mental Health Promoter Program
- James Coomes, L.C.S.W. – The Olive View Community Mental Health Urgent Care Center
- James Zenner, L.C.S.W., A.P.S. – Veteran Peer Access Network, Countywide Engagement Division

ACKNOWLEDGEMENTS (CONT'D)

- Jennifer Duh, M.S.W., L.C.S.W. – DMH/DHS Collaboration
- Jennifer Hernandez, L.C.S.W. – Service Area 2 Administration – Health Neighborhood and Clergy Engagement
- Jorge Partida Del Toro, Psy.D. – Anti-Racism, Diversity, and Inclusion (ARDI) Division, Chief of Psychology
- Jose Luis Burgos, L.C.S.W. – Arcadia Mental Health Center, Service Area 3
- Latrina Morgan, Psy.D. – Augustus F Hawkins Adult Out-Patient Clinic
- Lorraine Viade, Psy.D. – Specialized Foster Care Metro North Office
- Maria Alicia Garcia, L.C.S.W. – Child Welfare Division
- Mariam Nahapetyan, B.S.W., M.P.A. – SA 2 Outreach and Engagement
- Mei-Yin Wang – United Mental Health Promoter Program
- Rebecca Gitlin, Ph.D. – Outpatient Services Division
- Rose Om Hieng – United Mental Health Promoter Program
- Sandra T. Chang, Ph.D. – Anti-Racism, Diversity, and Inclusion (ARDI) Division, Cultural Competency Unit
- Suyapa Umanzor, L.C.S.W. – United Mental Health Promoter Program
- Treva Blackwell, C.T.R.S., M.P.A. – Outpatient Services – Service Area 7 Administration
- Yoshado Lang, Ph.D. – Department of Mental Health Augustus F. Hawkins



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**DEPARTMENT OF
MENTAL HEALTH**
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Designed by Vienna To from LACDMH PIO