

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
ADMINISTRATIVE OPERATIONS
LATINO UsCC SUBCOMMITTEE MINUTES**

May 18, 2021
2:00PM – 4:00PM

Attendees: Dr. Ana Nogales, Andrea Donis, Betty Marin, Betty Mendoza, Bianca Gallegos, Carmen Perez, Dr. Daniel Nunez, David Serrano, Elsy Molina, Eugenia Cervantes, Felicia Flores, Gabriela Gonzalez, Gabriela Velasquez, Gloria Leiva, Jose Sanchez, Jose Guevara, Hector Ramirez, Irma Velasquez-Flores, Karina Palma-Rojas, Maria Arauco, Maria Perez-Rios, Maria Zamora, Maritza Lebron, Paco Retana, Patricia Veliz-Macal, Oscar Velasquez-Gonzalez, Victoria Mercel, Yolanda Becerra-Jones and Yolanda Hernandez

DMH Staff: Dr. Luis Guzman, Martin Almanza, Felipe Ocampo Jr. Pinki Mehta and Connie Acosta Castaneda

Interpreter: Angelica & Lucy Ferraez Rivero

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome & Introductions – Subcommittee Members	A. Housekeeping (Platform use instructions), Attendance Each attendee (On Microsoft TEAMS and on phone) introduce himself/herself.
Review of Meeting Minutes	April 20, 2021, meeting minutes have been reviewed and approved by Patricia Veliz-Macal and second by Paco Retana .
Empowering Recovery of Latino Community	A. What helps us heal (Re-imagining Healing) <ul style="list-style-type: none"> • Paco Retana shared with the group how wonderful it is that people continue getting vaccinated and being safe. • Paco stated soon we'll all be back to our subcommittee meetings so the group should discuss working on transportation issues. • Eugenia Cervantes shared with the group that having meetings via TEAMS, on the phone or other platforms is great because they are able to join from the comfort of their own home. • Patricia Veliz-Macal shared, the pandemic completely transformed the world of technology and meetings. Technology can bring us together, but at the same time it separates us all. • Hector Ramirez shared with the group; members will come back with trauma from the losses they encountered due to COVID-19. • The Latino subcommittee members need to create a safe place to support the community to acknowledge all the grief, sadness and pain they are going through.

	<ul style="list-style-type: none"> • Irma Velasquez-Flores shared with the group the pandemic has changed our lives and how children go to school and the way we get together; we are also feeling grief of our loss of our daily routine. • Irma stated, to feel better we need to feel the proximity to people. • Irma also stated that it is very important to always be positive, continue to talk to people about the importance of being vaccinated. • David Serrano shared with the group, the pandemic stopped the kids from participating in social activities, sport programs and the rec-centers have closed. • Those were positive places in the community. It kept the youth away from negative influences. Children need to disconnect from their electronic devises and start taking part in physical activities. • Dr. Luis Guzman suggested to the group that he would like to invite the Director of Parks and Recreation to our next meeting. • The subcommittee can come up with ideas to help the healing process and to help unite the community for people to come out and feel better.
<p>Presentation – Andrea Donis UC Irvine</p>	<p>A. Latino Community and Scientific Research</p> <ul style="list-style-type: none"> • Presented on the physical and mental health of the adolescent and their development and their behavior. • Andrea feels it is important to focus on adolescents because they are going through so many changes, not only physical but a lot of emotional and mental in their bodies. • It is important to understand these changes so we can support them. • Andrea shared her group is focusing on depression in adolescents. Andrea explained how child trauma, physical, emotion abuse brings cerebral changes in the youth. • Many of these changes can be production of dopamine, serotonin, and the structure of the brain and how it regulates the emotional behavior.
<p>Capacity Building Projects</p>	<ul style="list-style-type: none"> • Dr. Luis Guzman gave an overview of past projects; there was a project for the Seamstresses in Downtown Los Angeles. • They are going to be given classes and training having to do with sewing and sewing machines and help with resources. • Another project has to do with intergenerational relationships with the Elderly and the adult children who care for them. They will be given tools to help them be better caregivers. • The subcommittee will also be doing a project that was done 10 years ago, Promoters for Mental Health. And there was the Comic book project, that helped the youth talk about mental health. • David Serrano suggested to develop a program to help the youth to discuss important and difficult subjects around mental health and how to break the barrier of machismo in the Latino culture by helping them feel capable of communicating with each other. • Betty Marin shared a series of workshops called “La Cultura Cura” traditional ways of solving mental health issues. • Carmen Perez shared a project that will train and educate the Elderly to use technology. To supply Elders with tablets so they can use them to make doctors’ appointments.

	<ul style="list-style-type: none"> • Dr. Luis Guzman will send out the Capacity Building Project form via email, so members can submit their ideas.
DMH Announcements – MHSA 3-year plan & New Co-Chairs	<ul style="list-style-type: none"> • Hector Ramirez announced, the Department of Mental Health will include the entire budget of the recommendations received from the Latino subcommittee. • DMH will implement the proposal submitted by the Latino subcommittee; Los Angeles County Undocumented Community • Hector Ramirez stated since the COVID-19 pandemic started there has been an increase of membership participation in the Latino subcommittee. • On May 27, 2021, the subcommittee of Mixed Statuses and the undocumented will be presenting before the Commission. • Bianca Gallegos stated that advocating and bringing ideas and solutions to the table and giving advise on how to improve some programs, in order to support our undocumented and mixed status families.
	Meeting Adjourned – 4:00pm
Next Meeting	June 18, 2021, from 2:00pm – 4:00pm Virtual Venue: Microsoft TEAMS