

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

September 21, 2021
2:00PM – 4:00PM

Attendees: Adriana Carillo, Anna Hernandez, Ashley Flores, Belia Lopez, Betty Marín, Betty Mendoza, Brandy Figueroa, Brenda Garcia, Bianca Gallegos, Britany Flores, Carmen Perez, Cristina Rojas, Crystal Clark, Daisy Veliz-Macal, Daniela Hernandez Chong Cuy, David Serrano, Elidia Olmos, Eugenia Cervantes, Gabriela Gonzalez, Gabriela Velasquez, Giovanni Choque Ladino, Guadalupe Nolasco Torres, Hector Ramirez, Henry S, Irma Velasquez, Imee Perius, Karina Luis, Kattie Rodriguez, Laura Kerr, Leonor Johansen, Maria Arauco, Maria Zuniga, Maritza Lebron, Martha Ortiz, Martha Ojeda, Martin Almanza, Michael Cook, Paco Retana, Patricia Pascua, Patricia Veliz-Macal, Paul Vallejo, Ruth Wen, Suyapa Umanzor, Tina Enwall, Veronica Navarro, Yolanda Becerra-Jones

DMH Staff: Dr. Luis Guzman, Pinki Mehta, Dr. Sherin

Interpreters: Angelica, Alex & Lucy Ferraez Rivero

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome & Introductions – Subcommittee Members	A. Housekeeping, Attendance Each attendee (On Microsoft TEAMS and on phone) introduce themselves
Introduction of New Latino UsCC Co-Chairs	A. New co-chairs (Daniela Hernandez & Gabriela Gonzalez) introduced themselves and spoke about goals/vision for their time as co-chairs
Review of Meeting Minutes	A. August 17, 2021, meeting minutes have been reviewed and approved by Irma Velasquez and second by Maria Arauco .
Suicide Prevention in the Latino Community	A. Hope & Resilience <ul style="list-style-type: none"> • Discussion of higher incidence in Latino males re: suicide and stigma within the community • Need for increased focused on masculinity in the community and negative impact on emotional and mental well-being; population that is being missed by LAC DMH • Members shared different practices they engage in that help build hope and resilience

	<ul style="list-style-type: none"> • Some practices and strategies discussed include practicing mindfulness; writing in a journal; volunteering; being around family; relying on Faith to help you through a difficulty time • Community member discussed the loss of family cohesion and support in the Latino community due to many socio-economic stressors often leading children and youth to find support wherever they can • More community members in the Latino community are talking about mental health difficulties and issues as well as topic of suicide helping decrease the stigma • Community member shared the importance of taking account the intersecting identities of the Latino community when provided support and services to increase hope and resilience <p>B. Activities/Practices</p> <ul style="list-style-type: none"> • Members shared different practices they engage in that help build hope and resilience • Some practices and strategies discussed include practicing mindfulness; writing in a journal; volunteering; being around family; relying on Faith to help you through a difficulty time • The importance of connection to others, especially for youth was a key point several participants made. The pandemic has isolated people and reduced opportunities to connect with others.
<p>Current capacity-Building Project Older Adults</p>	<ul style="list-style-type: none"> • Generations in Action is doing a capacity-building project focused on Latino Older Adults in Los Angeles County • They provided updates on the project including the recent focus groups used to help design the resource book for Older Adults • Second phase is going to be January or February, focused on curriculum that include intergenerational communication, where the focus is compassionate communication, connecting resilience, conflict Resolution, and how to ask for help as well as common mental health disorders/issues faced by Latino older adults • This project is County-wide and will support Latino older adults in all Service Areas
<p>Conversation with Dr. Sherin – LAC DMH Director</p>	<ul style="list-style-type: none"> • Dr. Sherin provided a brief recap of the changes that have occurred in the last 4 years to support community / stakeholder input • He discussed the challenges in making significant changes to big systems like Los Angeles County / DMH • Dr. Sherin identified new resources that DMH has developed/implemented to support the Latino community including the Warm Line providing support in Spanish, Speakers Bureau that is available to do presentations important to the Latino community, and the expansion of the Promotoras program. • Dr. Sherin shared the recognition that DMH received for the clinical services provided to Unaccompanied Minors Program at the Fairplex in Pomona

	<ul style="list-style-type: none"> • DMH received recognition from LA County Board of Supervisor Hilda Solis and Secretary of Health and Human Services Xavier Becerra • Dr. Guzman was mentioned and recognized for his work with the Unaccompanied Minors program at the Pomona Fairplex • Dr. Sherin identified workforce capacity as an ongoing and pressing issue that impacts the Latino community and stated that he is working with State and the Federal government as well as the BOS to address the shortage of clinicians
DMH/Community Announcements	<ul style="list-style-type: none"> • No announcements
	Meeting Adjourned – 4:00pm
Next Meeting	October 19, 2021, from 2:00 pm – 4:00pm Virtual Venue: Microsoft TEAMS