

Los Angeles County Department of Mental Health
Administrative Operations
API Subcommittee Meeting Minutes
August 27, 2021, 2:00pm – 4pm

Present: Dr. Andy Ying, Eddy Gana, Johana Lozano, Kishen Bera, Melissa Acoba, Naomi Mizushima, Nina Loc, Pastor Peter Kim, Mariko Kahn, Pam Inaba, Patricia Oh, Paul Kang, Payal Sawhney, Richer San, Dr. Rocco Cheng, Sheetal Ayathan, Dr. Sheila Wu, Dr. Seema Arora, Sitthea San, Sylvia Gonzales-Youngblood, Victoria Juarez, Vickie Xiu

Bo - Cambodian Interpreter

Sung - Korean Interpreter

DMH Admin: Dr. Anna Yaralyan, Rosario Ribleza, Pinki Mehta

Welcome & Introductions

- Subcommittee Members, Housekeeping, Attendance, Co-Chairs

Review of Meeting Minutes: Johana Lozano motioned to approve the minutes with one (1) correction, Victoria Juarez made a second motion to approve

API Mental Health: Current Needs and Gaps

- Concern was raised that many programs and services continue to lack linguistic diversity to meet the needs of the API community, including SB 503
- Programs should be receiving input from key stakeholders, especially when they are first being rolled out to make sure they are culturally appropriate
- The San Gabriel Valley (SA 3) has limited number of clinics that can serve the API community in a culturally and linguistic appropriate manner
- Funding for medication support services has decreased and clinics that serve the API community are unable to meet the needs of clients need medication services so they often refer clients to County clinics that may not have the linguistic and/or cultural capacity to meet their needs
- There is a major shortage of psychiatrist that are bilingual and can meet the needs of the API community/clients
- Clinics are having a hard time recruiting and retaining API clinicians because of budget constraints; other organizations are able to offer higher pay so API services by community clinics is being impacted
- Concern that many API community members without Medi-Cal are “falling through the cracks” especially if they are undocumented because indigent funding is limited so request is for DMH to provide more resources and funding for this population

- Third and fourth generation API community members are less likely to speak native API language compared with their parents and grandparents which is impacting their ability to provide clinical and psychiatric services in an API-language furthering impacting the number of clinics and providers that can meet the linguistic and cultural needs of the API community
- Clinics were previous relying more on international students to fill the gaps but clinics continue to lose clinicians to larger private health care companies/hospitals
- Request for more funding to go into RRR so that clinics can keep them with some level of mental health services, but an emphasis on medication support, because the combination is what's going to keep them into recovery and not relapse.
- DMH to look at funding so that we can hire non-citizens to provide mental health services and get their licensure
- **Trauma in the API Community:** Historical trauma & Current World Events
- Civil war in what was previously Indochina left millions of people dead including 1.6 million to 2 million Cambodians, with many more fleeing massacre
- Many people from the 1.5 Cambodian generation experienced PTSD during and after war but went undiagnosed and untreated
- Recent departure of U.S. from Afghanistan caused many people to flee in similar fashion after Indochina civil war
- Events broadcasted on television from Afghanistan triggered historical trauma in many Cambodians living in Los Angeles County and elsewhere
- People from Indochina, Cambodia, Vietnam, and Laos were impacted by war
- Many of the people killed died in the “Killing Fields” and were civilians killed by the Khmer Rouge
- Capacity-building project will focus on telling the oral history of survivors of the civil war and Killing Fields who live in Los Angeles County

Open Community Discussion

- There is a new capacity-building project because even when material is translated into API native language, not everyone is proficient enough to read them in their own language and including they could be second or third or fourth generation who may not read their own native mother tongue or that the first-generation immigrants may not be literate in their own written language.
- Project will integrate audio and visual components into PowerPoint files, and that can be accessed online or displayed in waiting rooms
- The project was looking at six Asian language communities: Chinese community, Mandarin speaking, Chinese simplified in terms of written language, South Asian Hindi, and then Cambodian community in Khmer and Korean community and the Tagalog, Filipino community, and Vietnamese community
- Dr. Rocco Cheng asked for help to recruit community members and also agencies to host the community events.
- Capacity-building project will focus on three specific service areas, Service Area 3, and Service Area 4, and Service Area 8.
- Payal introduced PowerPoint presentation by youth, SAAHAS and Taarika Youth

- Presentation focused on project they have been collaborating on which includes writing scripts for, and creating and producing these bite-sized videos two to five minutes long
- Topics discussed/highlighted include symptoms, causes, treatments, of common mental health disorders, and commonly spread myths surrounding those disorders.
- Some of the videos they have already made surround autism, anxiety, ADHD, PTSD, and the rest are all works in progress.
- One of the goals is to try to challenge stereotypes to show a more whole view of what anxiety and depression look like.
- Community members would like to know if DMH can add resources for the API community, including videos on DMH website

DMH Updates

- Suicide Prevention Month is September and there are events on the DMH calendar.

Meeting Adjourned

Upcoming Meeting: October 25, 2021