

**Los Angeles County Department of Mental Health
Stakeholder Engagement Unit
API Subcommittee Meeting Minutes
July 25, 2022, 2:00 pm – 4:00 pm**

Present: Aaron, Anne Marie Yamada, Ayushi Chhabra, Belinda Rabano, Eva Fukumoto, Jimmy Wu, Joanne, JR Kuo, Khathy Hoang, Maria Tan, Mariko Kahn, Dr. May Wang, Mei-yin Wang, Melisa Acoba, Minji Kim, Naomi Mizushima, Patricia Choi, Pastor Peter Kim, Payal Sawhney, Richer San, Rocco Cheng, Rosario Ribleza, Ruth Wen, Dr. Sheila Wu, Sithea San, Sokthea Phay, Stephanie Ramos, Dr. Vickie Mays, Vickie Xu, Victoria Juarez, Wendy Guo

Cambodian Interpreter - Rottana Chuon

Korean Interpreter - Samantha

DMH Admin – Alan Wu

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome & Introductions	<ul style="list-style-type: none"> • Subcommittee Members, Housekeeping, Attendance, Co-Chairs
Review of Meeting Minutes	<ul style="list-style-type: none"> • Motion by Mariko Khan to approve and seconded by Sithea San
Capacity Building Project Brainstorming	<p>JR Kuo: Storytelling Theater for Social Justice</p> <ul style="list-style-type: none"> • Prevent anti API hate and discrimination • Highlight immigration mental health issues • Storytelling as a platform to talk about mental health struggles and stigma • Storytelling to provide a voice and healing • Venues include community centers, universities, churches, and schools <p>Naomi Mizushima: Self-Help Group</p> <ul style="list-style-type: none"> • Group participants share about using tools to help cope and manage their anxiety, depression, or any type of negative emotions • Share about their personal case studies on how to navigate and share their negative emotions • Program able to keep going because it is a self-help type group and people feel comfortable unlike a therapy session with lots of stigma • Need more resources with translation services

Sokthea Phay: Using Nature and Culture as Tools to Improve Mental Health

- Target Cambodian high school youth to break out of the stigma and circle of generational trauma using nature and their culture
- Connect youth with nature and reflect upon their culture to identify the stigma and encourage supports
- Provide environment to help them connect with nature and join outdoor team building and self-care activity
- Provide safe and inclusive space for reflections and sharing their stories, mental health challenges and concerns
- Provide a space to reflect on their resiliency and evaluate their emotional health and celebrate their successes
- Utilize Cambodian dance classes as a coping mechanism and support strategy

Minji Kim: Hate Crime Booklet

- Multicultural educational booklet on how to deal with hate crime including information on reporting, rights, assistance and prevention resources
- Bilingual booklet in English and Korean
- Translation of booklet into various Asian languages or the 13 threshold languages in LA County

Michelle Wong: Acupuncture and Mental Health

- Acupuncture session can provide good opportunity and comfortable environment to address more predominant issues like anxiety, sleeplessness and trauma
- Organizing acupuncturists to address mental health issues
- Community members in the API community would be more comfortable in coming to this kind of setting to receive mental health assistance and support
- Acupuncture session can also serve as a referral resource to explore support resources, therapy and treatment

Belinda Rabano: Church Collaboration on Mental Health in the Filipino American Community

- Trying to identify and collaborate with LA County Christian and Roman Catholic churches active in mental health and in promoting community building in the Filipino American community
- Test pilot and investigate to determine how church collaboration might work

Victoria Juarez: API Community-Based Festival

- Host a mental health field day with theater show and acupuncture booth

Invite community to attend festival is a great way to bring in clients and talk about mental health

	<p>Dr. Vickie Mays: Cultural Trauma and Grief Kits and Tools</p> <ul style="list-style-type: none"> • Propose developing cultural trauma and grief kits for the API community and post-COVID patients involving students • Produce videos and rituals for community groups and churches to help deal with COVID issues • Need for tangible items like quilts and murals to remember and commemorate those who passed away • Different kinds of things to do to address loss and grief on the individual and community level • This is in line with California governor’s action in setting aside \$100 million for the children whose parents have passed away
988 Crisis Line	Tabled until next meeting
Open Discussion on non-agenda items	No discussion
DMH Updates	No updates; meeting adjourned
Upcoming Meeting: August 22, 2022	

