



**Los Angeles County Department of Mental Health
Stakeholder Engagement Unit
API Subcommittee Meeting Minutes
June 27, 2022, 2:00pm – 4:00pm**



Present: Amparo Ostojic, Anchu Biswas, Dr. Anna Lee, Frances Kim, Jamin Reyes, Joseph Sanchez, Julie Matsumoto, Kishen Bera, Mariko Kahn, Dr. May Wang, Melisa Acoba, Minji Kim, Naomi Mizushima, Pamela Inaba, Pastor Peter Kim, Payal Sawhney, Richer San, Rocco Chang, Rosario Riblesa, Ryan Rebueno, Shane Villanueva, Sheetal Ayyathan, Dr. Sheila Wu, Sithea San, Sokthea Phay, Sun Lim, Vickie Yu, Young Kim, Young Yang, Yuto Shimizu

Cambodian Interpreter - Rottana Chuon
Korean Interpreter - Sung
DMH Admin - Dr. Luis Guzman, 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
Tele-Therapy vs In-Person	<ul style="list-style-type: none"> ○ Fewer missed appointments through telehealth or teletherapy visits at Behavioral Health Centers; suggestion that DMH move to a similar model ○ API community often experience crowded housing, no privacy for them to do any kind of telehealth. No or limited computers or Internet accessibility especially for seniors receive mental health services. API seniors often have difficulty setting up the technology and there is no support to help them with that ○ Tele-therapy is preferred and most useful for younger API clients, but limitation is that vitals can not be taken; vitals are critically important for medication management ○ Hybrid in-person / virtual was helpful for providing clinical supervision ○ Community request for additional IT/Tech infrastructure funding especially for clinics serving larger population of older adults, including those who are monolingual non-English speaking

	<ul style="list-style-type: none"> ○ Many older API older adults, especially Cambodian older adults, do not know how to use computers so request for in-language education critical to increase access to care ○ Tele-therapy was beneficial and preferred by Japanese community due to significant concerns with COVID-19 and the deeply embedded sense of shame talking to someone about mental health struggles/difficulties ○ Tele-therapy is not a viable option for many people who lack the resources or are unhoused ○ Some API-serving community mental health agencies were able to successful purchase laptops (Chromebooks) for groups sessions and train API parents and older adults how to use them
<p>Areas of Need within the API Community</p>	<ul style="list-style-type: none"> ● Increased collaboration between LAC DMH and school districts throughout the County, not just focused on LAUSD because many API parents may be more receptive to mental health services if school initiates that conversation ● Wellness Centers at school districts with DMH providing some level of support ● Mental Health mentorship programs in high school districts throughout Los Angeles County especially focused on API-serving schools ● API parents are facing difficulties navigating and successfully securing mental health services for their children/adolescents because they are unfamiliar with the mental health system including how to fill out paperwork ● Due to continued deeply embedded stigma in API community re: mental health community request for more prevention work and funding to serve API youth in schools ● Increase need to focus on API older adults as well as doing more of the mental health work (all aspects: outreach, stigma reduction, clinical services) using an intergenerational lens because this is more culturally congruent ● Need for DMH to focus long-term on stigma reduction with Asian-American parents because stigma and shame is very strong and often do not seek timely MH services for their children because of cultural factors ● Community strongly requested that DMH fund Peer Support for Youth, particularly those who come from bicultural communities that often encounter additional barriers to accessing mental health care (language, shame/stigma, unfamiliar with MH system)
<p>API Youth UsCC</p>	<ul style="list-style-type: none"> ● No new updates re: API Youth UsCC ● Was previously mentioned Dr. Guzman is developing process and structure for Youth UsCCs including funding and outreach plan

Open Discussion on non-agenda items	<ul style="list-style-type: none">• Dr. May Wang professor in School of Public Health at UCLA provided update on work to provide culturally responsive COVID-19 related education to the API community primarily through TranslateCOVID.org• To decrease health inequities within API community, CBO's have a much better sense of the community and of what is going on, so they are critical in terms of engaging hard-to-reach communities• UCLA is beginning to incorporate international students in more of their health outreach efforts with some success; goal is to generate interest in health fields• Suggestion that DMH do similar outreach to address shortage of bilingual and bicultural professionals in the mental health field
DMH Announcements/Updates	<ul style="list-style-type: none">• Dr. Guzman announced Capacity-Building Project brainstorming will begin next month and continue through September• Current funding allocation is \$350,000 per FY• Meeting Adjourned
Upcoming Meeting: July 25, 2022	