

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

June 21, 2022  
2:00PM – 4:00PM

**Attendees:** Betty Mendoza, Britany Flores, Carmen Perez, Daniela Hernandez, Hilda Garcia De Alba, Hector Ramirez, Jose Guevara, Joseph Sanchez, Julie Matsumoto, Maria Arauco, Martha Cota, Martin Almanza, Mireya Bastida, Paco Retana, Patricia Veliz-Macal, Rosario Ribleza, Victoria Lopez

**DMH Staff:** Dr. Luis Guzman

**Interpreters:** Claudia & Lucy Ferraez Rivero

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<b>Welcome &amp; Introductions – Subcommittee Members</b>	<b>A. Housekeeping, Attendance</b> Each attendee (On Microsoft TEAMS and on phone) introduced themselves
<b>Review of Meeting Minutes</b>	<b>A. Motion by Patricia Veliz-Macal and second by Hector Ramirez</b>
<b>Delivery of Services (virtual vs in-person)</b>	<p><b>A. What has worked &amp; what hasn't worked</b></p> <ul style="list-style-type: none"> <li>i. Community shared feedback on experience receiving mental health services during the Pandemic</li> <li>ii. Some members shared that it was beneficial to have tele-mental health option during pandemic</li> <li>iii. Youth initially preferred virtual services but now want/enjoy in person more than virtual services</li> <li>iv. Parents find tele-mental health very convenient but like having both options available to them</li> <li>v. Privacy and connectivity continue to be a significant barrier for Latino community when considering use of virtual vs in-person services</li> <li>vi. Latino community/consumers encountered many difficulties using interpreters, and this was especially true when services were</li> </ul>

	<p>provided virtually and resulted in negative experiences when receiving tele-mental health services</p> <ul style="list-style-type: none"> <li>vii. People are tired of having meetings / appointments all done virtually and reported feeling unable to relationally connect with provider / other person in the same manner that they connect in person</li> <li>viii. Latino community reported experiencing increased challenges with using virtual platforms other than Zoom particularly for those community members that are older or less technologically-savvy</li> <li>ix. Latino older adults reported significant decrease in accessing health appointments, particularly mental health due to technology</li> </ul> <p>B. Recommendations moving forward</p> <ul style="list-style-type: none"> <li>i. Los Angeles County should develop a comprehensive plan to provide education and training for Latino community to reduce digital divide and decrease barriers to tele-mental health use for Latinos</li> <li>ii. Cultural belief that older adults can not learn new things, particularly related to technology so that myth needs to be dispelled</li> <li>iii. DMH and community mental health clinics need to prioritize hiring of <b>bilingual and bicultural clinicians</b> to address key barrier to access of quality mental health services</li> <li>iv. Continue to offer option/flexibility for clinics and agencies to offer both in-person and virtual therapy services</li> </ul>
<p><b>Latinx LGBTQ</b></p>	<ul style="list-style-type: none"> <li>i. Latino Youth Co-Chair Britany Flores spoke about the need to continue to support the Latino LGBT community in ways that reflect our culture, especially for youth in schools</li> <li>ii. Latino LGBTQ youth experience risk factors that make them vulnerable to developing mental health issues</li> <li>iii. Topic continues to be considered taboo and carries deeply embedded stigma</li> </ul>

	<ul style="list-style-type: none"> <li>iv. LACDMH and community mental health organizations do not have training specifically geared towards mental health issues in the Latinx LGBTQ community</li> <li>v. Lack of consideration of intersectionality on mental health issues continues to negatively impact Latino community</li> <li>vi. The Wall Las Memorias has a program called Connect Yourself geared for Spanish-speaking older Latinx men as well as other programs geared towards Latinx families and parents on topics related to the Latinx LGBTQ community</li> </ul>
<p><b>MHSA overview and Topic Checklist</b></p>	<ul style="list-style-type: none"> <li><b>A.</b> Dr. Guzman provided an overview of MHSA including sharing a brief history of MHSA (Prop. 63)</li> <li><b>B.</b> LAC DMH is working on compiling an Accountability Checklist with all the issues/concerns the Latino community provides to LACDMH to ensure LACDMH follows-up on the feedback from the community and addresses as many as possible in the Annual Budget/Three-Year Plan</li> <li><b>C.</b> There is a discussion on providing training to the community on MHSA to empower the community when it comes to the Community Planning Process as it relates to MHSA</li> </ul>
<p><b>Focus of the Month (Latino males)</b></p>	<ul style="list-style-type: none"> <li>i. Latino males continue to experience strong stigma related to health services, particularly mental health services</li> <li>ii. High rates of untreated Anxiety, Depression, Trauma/PTSD which often results in substance use/abuse</li> <li>iii. Community discussed potential ideas to engage Latino men, particularly older Latino men in mental health especially when it is not court-mandated</li> <li>iv. Pressure as primary provider prevents many from seeking help</li> <li>v. Help-seeking behaviors are not culturally congruent with Latino males, especially those who are higher in traditional masculinity traits</li> </ul>

	<ul style="list-style-type: none"> <li>vi. To seek mental health services is seen as a failure, weakness, last resort and becomes shameful for Latino men for Latinas (including wives or mothers) to bring up topic of needing mental health services</li> <li>vii. Latino men also experience anti-Latino bias in LACDMH and other County systems, including anti-immigrant bias and racism such as services not easily available in Spanish or provided with lower quality of services</li> <li>viii. Some Latino men shared having negative experiences with “rude” or “unfriendly” front office staff at mental health clinics and found it disrespectful, so they didn’t go back</li> <li>ix. Recommendation for LACDMH and community clinics to increase participation by Latino men in mental health services by hiring more Latino male clinicians</li> </ul>
<b>DMH/Community Announcements:</b>	<ul style="list-style-type: none"> <li><b>A.</b> Items Not on the Agenda <ul style="list-style-type: none"> <li>i. LACDMH Mental Health Commission is this coming Thursday</li> </ul> </li> <li><b>B.</b> DMH Updates <ul style="list-style-type: none"> <li>i. None</li> </ul> </li> </ul>
<b>Next Meeting</b>	<p style="text-align: center;"><b>July 19, 2022, from 2:00 pm – 4:00pm</b>  <b>Virtual Venue: Microsoft TEAMS</b></p>