

**Los Angeles County Department of Mental Health
Stakeholder Engagement Unit
API Subcommittee Meeting Minutes
August 22, 2022, 2:00 pm – 4:00 pm**

Present: Aaron, Anne Marie Yamada, Ayushi Chhabra, Belinda Rabano, Eva Fukumoto, Emily Wu Truong, Joanne, JR Kuo, Khathy Hoang, Maria Tan, Mariko Kahn, Dr. May Wang, Mei-yin Wang, Melisa Acoba, Minji Kim, Naomi Mizushima, Patricia Oh, 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 – Bo Uce

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 Kahn to approve and seconded by Rocco Cheng
Capacity Building Project Brainstorming	<p>Dr. Guzman shared briefly on the background and scope of the capacity building projects:</p> <ul style="list-style-type: none"> • Starting July 1, \$350,000 available • Focus on four key areas including stigma reduction, education, outreach, and access to care • Projects should not be clinically oriented, therapy sessions, group sessions • Projects for and geared towards community • Allows for unlimited creativity • Must be culturally congruent with the community • Focus on incorporating projects into DMH directly operated clinics for Year 1 after project completion • For Year 2 begin provide funding for community clinics to incorporate into their services <p>This year will have two separate allotments of \$350,000</p> <ul style="list-style-type: none"> • Will do \$350,000 for this round today • Eligible members who have attended five or more meetings in last ten months will vote on those projects • In October and November will do this brainstorming again for another \$350,000

Dr. Guzman clarified project sustainability in response to Mariko' question on how DMH internally in the first year will need some time to assess how to incorporate completed project into clinical services so that is billable

Dr. Guzman clarified the revised project schedule and timeline in response to Mariko's question

Mariko Kahn: Recovery and Renewal (for submission in October and November)

- Project main goal is to train adult (18 and above) facilitators to become non-clinical i.e. not therapy to be ready to work with community people in the event of a hate incident or crime to provide support; build non-clinical infrastructure within the Asian community
- In process of completing virtual training of 16 individuals
- Many expressed interest in becoming a facilitator
- Train not just mental health professionals
- Participant must be an API, work with API community people, combination of peers and mental health professionals

Naomi Mizushima, JR Kuo, Emily: One Thousand Cranes Self-Wellness Program and Event in May 6

Emily provided background on *Recovery International*

- Support group; tangible practical self-help and peer run
Cognitive behavioral training without clinician
- Based off coping skills developed by Abraham Low
- Based in Chicago; head office in Illinois and office in San Diego
- Groups very helpful and effective in destressing performance oriented stress in API community
- Importance in affirming every effort one makes regardless of performance
- Power Your Mind program provide training to students in schools' mental health clubs with mental health tools; focuses on prevention and early intervention

Rocco Cheng: API Recovery Talk

Similar to Ted Talk to share 10-15 minutes personal stories via video in English and mother tongue if possible

Focus on stigma reduction, education, and outreach

Video stories can be shown on social media

Project focus on training in:

- How to write their personal stories
- How to do a public presentation/talk to be an effective community advocate
- Have stories from different languages including Tagalog, Chinese, Korean

JR Kuo: 1000 Cranes for Recovery - Moving Stories that Moves Us Forward, Healing Through Theater

Project vision and plan:

- Give U.S. Asian immigrants a voice
- Achieve this through interactive theater
- Use interactive theater to educate, advocate, empower, and heal
- Build a troupe of five

Project steps:

- Give voice to oppressed U.S. Asian immigrants
- Bring their stories to the public and demonstrate the power spoken word and theater
- Document/record the process and create education materials
- Duplicate

Emily: Community Workshops

Workshops to improve communication in API families

Workshops called “Healthier Communication for Happier Families”

Workshops focus on tone of voice, I statements vs you statements, roleplays, constructive vs nonconstructive conversations

To help families roleplay the types of conversations to promote better relationships and less conflicts

Dr. Sandra Chang would like to invite API UsCC members to a community specific multi-cultural conference

Last year’s two-day conference featured:

- Over 40 workshops in ten different languages represented in the Speakers’ Bureau
- Over 700 diverse ethnic participants including Cambodian, Cantonese, Thai, Vietnamese, Mandarin, Korean, and South Asians
- Provided language assistance programs in Korean, Cambodian, ASL, close captioning services, and Spanish interpreter services
- Workshops in all of the threshold languages

The goal for this year’s conference is to have more coverage, more workshops in all of the threshold languages

Invite input and suggestions on relevant topics on the API community for this year’s conference

Dr. Chang asked to forward topic suggestions to Dr. Guzman

Payal suggested to bring in live mental health practice, work, and interventions happening in community and in different subcultures would be practical and useful

In response to Belinda’s question on conference’s target audience, Dr. Chang clarified conference is geared toward community members and not clinicians or DMH staff. All topics designed to address needs identified by community as most relevant to address mental health needs.

In response to Emily’s first question regarding list of culturally competent mental health clinics Dr. Chang indicated

DMH webpage has an online provider directories allow public to do searches on specific areas of expertise and list relevant clinics

DMH Multi-Cultural Conference Topics

Open Discussion on non-agenda items	Dr. Guzman gave update on the youth component development for each of the UsCCs <ul style="list-style-type: none">• Identify one youth from each UsCC• Youth with leadership potential and invested/involved in mental health• Ages 16-24• Selected youth will be the lead for API mental health and advocate for API youth in the County• Dr. Guzman and API UsCC will be mentoring the youth• Fiscal YR 23-24 full rollout of API Youth UsCC• Application process pending
DMH Updates	No updates; meeting adjourned
Upcoming Meeting: September 26, 2022	