

**Los Angeles County Department of Mental Health  
Stakeholder Engagement Unit  
API Subcommittee Meeting Minutes  
November 28, 2022, 2:00 pm – 4:00 pm**

**Present:** JR Kuo, Minji Kim, Naomi Mizushima, Pastor Peter Kim, Richer San, Dr. Rocco Cheng, Dr. Sheila Wu, Sithea San, Sokthea Phay, Vickie Xu, Norio Iwahori, Sun Lim, Pamela Inaba, Michelle Wong, Anna Lee, Mariko Kahn, Mea Lath, Eric Ji, Shakeel Syed, Jannelle So-Perkins, Moses Lim, Julie Matsumoto, Winter Koifman, Dr. Luis Guzman, Shane Villanueva, Eric Hernandez, Sheetal Ayyathan, Payal Sawhney, Jennifer Duh, Soh Yun Park, Hector Ramirez, Cynthia Song-Mayeda, Chris Weir, Jazmin Guillen, Ann Marie Yamada, Jonathan Tandoc, Natalie Liam

**Cambodian Interpreter – Bo Uce**

**Korean Interpreter – Sun Lim**

**DMH Admin – Alan Wu**

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<b>Welcome &amp; Introductions</b>	<ul style="list-style-type: none"> <li>• Subcommittee Members, Housekeeping, Attendance, Co-Chairs</li> </ul>
<b>Review of Meeting Minutes</b>	<ul style="list-style-type: none"> <li>• Motion by Anna Lee to approve and seconded by Mariko Kahn</li> </ul>
<b>Recognition of Dr. Luis Guzman</b>	<ul style="list-style-type: none"> <li>• Dr. Guzman spoke on his previous and current involvement with UsCC for DMH.</li> <li>• Richer San, Anna Lee, Mariko Kahn, Dr. Sheila Wu, Dr. Rocco Cheng, Naomi Mizushima, Pastor Peter Kim, Dr. Michelle Wong, and Sokthea Phay spoke highly of Dr. Guzman and praised him for all his efforts.</li> <li>• Words of farewells, thank you, and further recognition were given as he moved on from API.</li> <li>• Dr. Guzman gave his closing remarks and shared his:               <ul style="list-style-type: none"> <li>✓ Passion and advocacy for the API community</li> <li>✓ Sense of family and belonging</li> <li>✓ Thanks to the subcommittee</li> </ul> </li> <li>• Richer San gave closing remarks and thanks.</li> </ul>
<b>Capacity Building Project Brainstorming</b>	<ul style="list-style-type: none"> <li>• Alan Wu started the capacity building project brainstorming by:               <ul style="list-style-type: none"> <li>✓ Emphasizing the focus of proposals is the community and the four main areas: stigma reduction, increase education, outreach, and access to services.</li> <li>✓ Sharing the amount of funding available, \$350,000 for the Fiscal Year 2023 and 2024.</li> <li>✓ Announcing five proposals were submitted.</li> <li>✓ Sharing the order for proposal presentations: Naomi, Mariko, Payal, Michelle, Eric, and Mea</li> </ul> </li> </ul>

- **Naomi Mizushima - *1000 Cranes for Stress Management***
  - ✓ Based on Dr. Abraham Low's Recovery International's self-help method on building resiliency through early intervention.
  - ✓ Discussed issues within Asian community and stigma associated with mental health struggles.
  - ✓ Discussed implementation for early intervention and how to end stigma via workshop.
  - ✓ Went over how to better navigate mental health symptoms (e.g., anxiety) utilizing 5 steps system: 1. Event, 2. Symptoms, 3. CB Tools, 4. Outcomes, 5. Group Endorsement.
- **Mariko Kahn - *API Renewal Space Facilitator Training Program***
  - ✓ Training program for APIs, both mental health professionals and paraprofessionals.
  - ✓ APIs have access to supportive care to heal from trauma inflicted by anti API hate crimes and racism.
  - ✓ Goal is to train 16 new facilitators who will provide safe, caring Renewal Spaces to connect people's stories together with empathy and understanding.
- **Payal Sawhney - *Destigmatizing Mental Health Issues Through Conversation in South Asian Community***
  - ✓ Address mental health issues related to immigration within the South Asian community.
  - ✓ Provide a safe space for open conversations with youth, parents, and seniors on mental health and immigration issues via podcasts.
  - ✓ Provide education on mental health challenges and resources within South Asian community.
- **Dr. Michelle Wong - *Got Stress?***
  - ✓ Mobile field healing circle that supports resilience through outreach and engagement with the API community to raise awareness about their mental health.
  - ✓ Offer different methods of healing stress including ear acupuncture, guided meditation, Reiki at various API outdoor events.
  - ✓ Recruit volunteer professional acupuncturists, students, and wellness facilitators with API language capabilities.
- **Eric Hernandez - *Art to Heart Conversation***
  - ✓ Destigmatize and normalize mental health by facilitating focus groups for Filipino-American youth and matching them with visual artists in a mentor-mentee relationships to bring their stories to life.
  - ✓ Through focus groups and creative wellness workshops, printed and digital comic books will be produced by youth.
  - ✓ Utilizes storytelling and comic book to educate, empower, and heal the rising generation of Filipino-American youth in Los Angeles.
  - ✓ Proposed integration of art and technology within youth (6-17 y/o) communities.
  - ✓ Wants to target mainly Filipino youth via professional artists and mental health professionals to create a comic book.

	<ul style="list-style-type: none"> <li>• <b>Mea Lath - <i>Bridging Cultural Healing and Mental Health for Southeast Asian American Youth</i></b> <ul style="list-style-type: none"> <li>✓ Provide Southeast Asian American youth the cultural platform as a mechanism to increase knowledge of mental illness and decrease stigma related to mental illness through the learning and training of the dance fundamentals and cultural heritage.</li> <li>✓ Classes and workshops will be held to educate and train the youth in their traditional arts with trained instructors and guest speakers.</li> <li>✓ Weekly therapeutic art activities will be held including singing, classical and folk dancing, painting, and monthly workshops, and outreach on cultural mental health to bring mental health awareness and education.</li> </ul> </li> </ul>
<b>Open Discussion on non-agenda items</b>	<ul style="list-style-type: none"> <li>• Richer reminded everyone there is no meeting in December.</li> <li>• Alan will send out email to members to vote for the submitted capacity building project proposals first week of December.</li> <li>• Alan shared the finalized recruitment flyer for members' feedback.</li> </ul>
<b>DMH Updates</b>	<ul style="list-style-type: none"> <li>• No updates; meeting adjourned.</li> </ul>
<b>Upcoming Meeting: January 23, 2023</b>	