

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
QUALITY IMPROVEMENT DIVISION**

AMERICAN INDIAN/ALASKA NATIVE (AI/AN) UsCC SUBCOMMITTEE MINUTES

December 4th, 2018
2:00 p.m. – 4:00 p.m.
UAll

Present: Farrah Ferris, Laura Castro, Monique Castro, Bernice Mascher, Sunnie Whipple, Keith Vielle, Carrie Johnson, Melanie Cain, Ana Suarez, Kelly Wilkerson, Mirtala Parada Ward
By Phone: Belinda Smith, Monique Smith, Dan Dickerson, Sylvia Youngblood, Kelly Brignoni

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome/ Introductions	Attendee introductions
Review of minutes	November 2018 meeting minutes approved
Announcements	<ul style="list-style-type: none"> • N/A
Capacity Building Projects- Discussion	<p><u>Community Symposiums</u> Possible Outcomes:</p> <ul style="list-style-type: none"> • A call to action where the attendees are empowered to go out into their community and educate others regarding what they learned; Increase the membership of the UsCC subcommittee; Engage more consumers to attend the larger conference we would host in November 2019; Survey the attendees of the forums (community members and consumers) and hear from them what are good topics to focus on at the larger conference in November; Invite the attendees of the forum to open the conference in 2019 and also participate as panelists or presenters. <p>Possible Topics:</p> <ul style="list-style-type: none"> • Explore the idea/possible topic of “Moral Injury” (there is an upcoming conference in May). This concept is being used to treat Veterans; Another phrase that was coined is called “The Mark of Cain.” An element of this is that when Native soldiers would return home, they would be treated via the sweat lodge and other traditional practices to heal prior to going back home to their families; Have veterans speak on their experiences (i.e. Keith Vielle, Belinda Smith, Melanie Cain, soldiers just coming home, young vets, etc.); Documentary on Native Heroes (A through Z). Keith can share during the symposiums; Traditional practices including drumming, archery, equine, etc.; Host one outdoor symposium with dancing and drumming, experiential stuff, etc.; Focus one symposium on each age group – children, TAY, adult, older adult. Invite those populations to the symposiums; Depression across the generations, substance abuse, suicide, youth, community empowerment, etc. • Logistics: <ul style="list-style-type: none"> ○ Host four to six smaller (50-100 guests at each) community symposiums/forums; Raffle, food, CEUs; Look into Bob Hope Center as a possible location for a Symposium. It is owned by the County so it may be free to use; Topics vetted through subcommittee – focus groups with community members, themes, topics, presenters, targeted populations, talk about their plans for outreaching; Look at spiritual leaders to host or facilitate symposiums, not necessarily a PhD; Host them at university Native American programs (cal poly Pomona) –

as part of budget, the Consultant will pay for/arrange parking; Sherman Indian School – bus the youth in to participate in symposiums; A survey could come out, what did you like about this, comes from the community; Incorporate other project ideas that were proposed (professional development, equine assisted therapy, Giving Spirits Project, indigenous elders); Consider sustainability – how can we keep this going? Can DMH keep something like this going?

- New Feedback:
 - Host symposiums Countywide including in Service Areas 1, 7, and 8
 - Consider hosting symposiums at high schools and universities to engage Native youth
 - Highlight invisibility
 - Look at spirituality and how the spirituality of the Native community is not always recognized within the larger faith based community

60-second PSAs

Aired on the radio, television, and any social media platform.

- Possible Topics: Intergenerational trauma/historical trauma (people say “that’s not a real thing”) – begin to build buy in and reference other forms of trauma in other communities – allow others to see our similar experiences and how we are all in this together (i.e. Cambodian, Armenian, Jewish, Tuskegee experiment, etc.); Colonization; Invisibility – show different Native American people and have them say their tribe, maybe they do not “look” Native, it will bring awareness; Talk about language/communication and how there are no curse words – this is how we were raised, how we learned curse words from others cultures; Say the words for suicide or trauma or pain in different tribal languages; Stereotypes (i.e. we were not scalpers, mascots, drunken Indian, etc.); Historical heroes (Navajo talkers, Eloise Vielle, etc.); Sexual health; Storytelling.
- Previous Feedback:
 - Combine with the Video Showcase
 - Focus on topics including trauma, veterans (women and men), adolescents, family, suicide, etc.
 - Explore warrior status
 - PSA first and then website so PSAs can go on website
 - Limit number of PSAs we try and do – consider five 60-second PSAs
- New Feedback:
 - With regards to cost effectiveness – can be costly to create new PSAs
 - Recommendation to consider SCIC – much more affordable, CSULA utilizing this production company for similar work (i.e. \$2500 for 30-second PSAs) – Monique Smith emailed Gabe and copied Kelly, waiting to hear back
 - Can be launched on all social media forums and the new website
 - Mock therapy sessions, similar to Armenian Mental Health Talk Shows – reality based programming
 - Conduct focus group with community members to discuss topics
 - Look into “County TV” to broadcast these PSAs
 - Look into asking Native American celebrities to participate (i.e. Taboo from Black Eyed Peas)

A Video Showcase: American Indian Counseling Center (proposed by Keith Vielle and Marissa Abril at October

meeting)

- Description: Exhibit and promote a video film about the American Indian Counseling Center, a Los Angeles County run Mental Health clinic. It will showcase the various programs and services the clinic has to offer to the Native American/Alaskan Native community. This video will cultivate interest and promote the culture. Objective: Promote the services to the community; Increase awareness and interest in availing the services; Elaborate on the center's process and exhibit results/success; Enlarge the number of NA/AI the center is servicing. Purpose: The purpose of this video showcase is to extend to the community the many resources and information available to them. The video will exhibit the process and results of the program, thereby strengthening the ties that bind the community.
- Previous Feedback:
 - Showcase all of the Native specific agencies and providers; Post videos on YouTube/social media; Play video in clinic waiting rooms.
 - Combine with PSAs
 - Keith shared that at the VA they have a loop going on showing a veteran coming in and going through the process – also shows veterans housing – this may help reduce fear and uncertainty
 - Look at Red Pages and Native American Neighborhood Network (NANN) as possible resources.
 - Include DMH logo in Video Showcase
 - Keith to share a video made by a staff member at AICC – Native American heroes from A to Z including LGBTQI2-S, all tribes, veterans, etc.

Website and Social Media Project (proposed by Monique Castro at August meeting)

- Description: Develop a website and social media platform for the American Indian/Alaska Native community that will allow community members to easily access wellness resources. Through a website and interconnected social media presence, we are able to offer an array of vital information and resources to the community that is easily accessible and centralized. Objective: Is to increase access and awareness to wellness services that are culturally inclusive and competent in Los Angeles County and to increase the visibility of American Indian / Alaskan Native, resources for consumers, community members, educators and other professionals and to increase the awareness about challenges affecting our community including homelessness, suicide, substance abuse and other disparities. Also would bring awareness to our subcommittees so we can get more people to attend our meetings, and to be a part of all the planning process of our conferences. Overall a place to get all this information. Purpose: The Purpose of this project is to ensure the American Indian/Alaska Native community has access to information and resources that will increase their overall well-being (including their mental, emotional, spiritual, and physical health).
- Previous Feedback:
 - Hosting itself is inexpensive, development is more expensive
 - Maintenance/updates – how do we maintain it?
 - Red Pages and NANN – links
 - Kelly to reach out to Bernice Mascher as a possible vendor
- New Feedback:
 - Outcomes – Kelly to reach out to Monique Castro to explore the correct verbiage to use in the SOW
 - Project will last 12 months

General Feedback

	<ul style="list-style-type: none">• Have the projects build on one another• Advertise community symposiums on website• Bring back other projects proposed in April to be considered for future funding
Next Meeting	Meeting adjourned at 4:02pm Next Meeting – TBD, February 2019