

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

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

August, 22, 2018
2:00 p.m. – 4:00 p.m.
APLA

Present: Monique Castro, Belinda Smith, Deborah Villanueva, Abby Gil, Angela Trenado, Keith Vielle, Jazmin Navarro, Iva Maes, Marissa Abril, Farrah Ferris, Melanie Cain, George Funmaker, Mirtala Parada Ward
By Phone: Sylvia Youngblood, Carrie Johnson, Monique Smith, Gabriel Pimentel

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome/ Introductions	Attendee introductions
Review of minutes	July 2018 meeting minutes approved
Announcements	<p>Mirtala: Keith Vielle and Farrah Ferris are the new co-chairs Keith Vielle announced:</p> <ul style="list-style-type: none"> • AICC’s Annual Indian Taco Sale on September 6th, 2018 @ 11:00am in the North Parking lot • American Indian / Alaskan Native Suicide Prevention Awareness Day will be September 10th 2018 @ 10:00am for a Moment of Silence to acknowledge our loved ones who have tragically passed through suicide • Annual NAMI Walk will be 10/6/18 at the clinic AICC • Paint Night in Norwalk – 2 for \$50 or \$35 ea. Supplies provided (Native based inspired) • Kelly will be transitioning from her role as a Liaison for this AI/AN group, she received a promotion. Mirtala will be hiring a new PSW II for this position
Co-Chairs Discussion/ Nominations	<ul style="list-style-type: none"> • The following community members were elected in: Farrah Ferris and Keith Vielle • With regards to outreach and engagement of new subcommittee members, a recommendation was given to hold meetings in service Area 1 periodically (possibly at Tribal TANF). • Mirtala is also exploring the possibility of Skype equipment. • Mirtala will have a focus group with members of all 7 groups to revisit the by-laws, to see if any changes are needed.
2018-2019 Mental Health Conference- Discussion	<ul style="list-style-type: none"> • Mirtala reviewed the increased UsCC budget and what this means for the conference including the possibility of having a larger conference with a larger venue and increasing the budget for the keynote speakers. <p><u>Recommendations/Questions</u></p> <ul style="list-style-type: none"> • Consider promoting statewide through CalMHSA and to promote the specific workshops early on in order to attract more people. • Outreach to universities to get more students to volunteer and attend Cal State DH, CSULB, Cal Poly Pomona, etc.

- Consider doing a day and a half conference so the key note speakers can speak for longer.
- One full day in a different venue with someone else coordinating/consulting should help make it easier. Also a benefit of having it in a hotel space is that they are used to accommodating conferences.
- Have it at a smaller hotel chain like Double Tree or Embassy Suites where parking is more affordable.
- When considering a hotel, let's be sure to also think about the theme of the conference (mental health) and the attendees (Native Americans, consumers, family members) – we want to make sure it is a friendly environment. We want to make sure that people are prepared in case there are any negative vibes.
- We should explore transportation in advance for SA 1 residents and students from Riverside.
- If we have it at a hotel, can we move it back to November? **Potentially but it is only 3 months away.**
- Another option is to plan a larger conference for November 2019 and host it at a hotel or other event space and increase the capacity of the conference and plan something smaller for January 2019 (see below).

Capacity Building Projects-Discussion

Community Forums

- Host 3 community forums (SA 1, SA 4, and SA 8) made up of community members and consumers. Since we have the Cal Endow reserved for 1/17/19, we could use that space for one of them.
- Forums would be more focused on specific topics like depression across the generations, substance abuse, suicide, youth, community empowerment, etc.

Some possible outcomes for the forums:

- A call to action where the attendees become Ambassadors and are empowered to go out into their community and educate others regarding what they learned
- Increase the membership of the UsCC subcommittee including outreaching to youth
- 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
- For those who attend the forums, we would guarantee registration at the larger conference

PSAs/60-Second Docs

- Develop 15-20 sixty-second PSA to build awareness
- These PSAs could be aired on the radio, television, and any social media platform
- Explore Native American production companies or find Native American students

Possible PSA 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-the philosophy, worldview
- 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 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.)

Two Proposals that were presented: By Monique Castro

1. Website and Social Media Project

- Touches on how to bring visibility and resources in one centralized website that connects all other organizations and resources that are available in LA County and hopefully beyond LA County as well.
- (Resource Page) Therapy for Latin X, founded by Brandy
- Website page directory of Latin X Therapist across the Country, resources for Providers and non-providers of Mental Health and consumers and community members

(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.

2. American Indian / Alaska Native Professional Development Program

- This will focus on a pathway program or support system for specifically Native Therapists, Native students and people that are currently in a clinical program and or Mental Health Provider
- More Native Therapists are needed
- This will help more students get started in this field

(Objective): To increase the interest and retention of the American Indian / Alaskan Native community members and students along with Health Professionals and pre-licensed therapist seeking a career in the field of Mental Health and to increase the number of American Indian / Alaskan Native Mental Health providers serving our community and various professional settings and to work with various organizations and institutes to be connected to through resources. Increase the American Indian / Alaskan Native subcommittee membership

Next Meeting

Meeting adjourned at 4:00pm
TBD