

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
OFFICE OF THE DEPUTY DIRECTOR OF STRATEGIC COMMUNICATIONS**

**Deaf, Hard of Hearing, Blind, and Physical Disabilities UsCC Subcommittee
MEETING MINUTES**

January 9, 2019
10 a.m. – 12 p.m.
GLAD – Eagle Rock

Present: Alex Elliott, Mirtala Parada-Ward, Junko Nagamatsu, Roque Bucton, Keacha Stewart, Sylvia Youngblood, Arnold Youngblood, Denise Johnson, Pam Inaba, Erik Escareno
By phone: Wendell Koisman, Wendy Cabil, Charmaine Young

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome/ Introductions	All members introduced themselves
Review of minutes	Approved November 2018 meeting minutes with no changes.
Overview of the UsCC Subcommittees	<ul style="list-style-type: none"> Mirtala Parada Ward, Program Manager of the Underserved Cultural Communities Unit for the Department of Mental Health provided an overview of the goals and objectives of UsCC Unit and the UsCC Subcommittees. Additionally, she provided an overview of the capacity building projects that are going to be implemented for this year to better engage the deaf, hard of hearing, blind, and physically disabled communities in LA County. Subcommittee members were praised for all their hard work and dedication to develop the project ideas and concepts.
Co-chair Announcements	<ul style="list-style-type: none"> Alex Elliott updated the members on the MHPA Annual Update. He gave a brief overview of what happened the previous year. Alex encouraged the members to visit the website and leave a comment or feedback. Data information is available relating to PEI, FSP, and our Stakeholder process. DMH would like your comments and feedback which is available on the website. Mirtala Parada Ward informed the subcommittee members that the MHPA regulations mandate all County departments to seek community feedback regarding our service delivery. DMH provides an array of services and programs, which includes programs for individuals who are deaf, hard of hearing and the physically disabled. Members were encouraged to provide public comment and advocate for the communities that they represent. Under the statute, DMH is required to look at the public comments, assess the needs for mental health services, and identify strategies to improve our services. DMH has 2 plans in place: the PEI plan and the CSS plan. PEI stands for Prevention and Early Intervention, CSS stands for Community Supportive Services. All the capacity building projects for this subcommittee are funded with CSS dollars through program outreach and engagement activities. New Innovations Proposal a technology suite that's a collaboration between 15 counties. Currently it includes 3 components: Peer Chat Component: 24 hours a day 7 days a week this component will allow you to connect online through an app called 7 cups.

- **Digital Phenotyping Component:** early detection of changes and mental status through this app called Mindstrong.
- **Avatar Based Protocol Component:** based on cognitive behavioral therapy that you can access through your phone.
- Additional components to be added in the future for consumers to expand transportation options to rehab and training by utilizing companies, like Uber and Lyft.
- Virtual and mixed reality components, adding to our menu of services for people experiencing homelessness, through the on demand economy, like goods and services, food delivery that you can access through your mobile device.
- Increasing access to psychological therapies - a telephone initial intake to streamline and reduce the time it takes to connect to services. It's on hold right now, waiting to get approved.
- DMH is working on innovative ways to get goods and services to people. Food security is an issue consumers need access to nutritious food that's affordable.
- CBT is cognitive behavioral therapy, one of the original components, such as activities that you can access via an app that is based on CBT so you can work on some skills when you are not able to connect with the clinician. The services will be available for clients 13 years of age and older.
- Charmaine Young, expressed concerned about the peer chat app, there is nothing available to those who are fluent in ASL to utilize, particularly over the long winter break. Mirtala encouraged her to go to the MHSA website and leave a comment regarding this issue.
- Alex Elliott shared with members that Riverside County was recently approved. One of their target populations is the deaf, hard of hearing community. They will be implementing later this year.
- Alex commented that increasing low-cost internet options, and phone options that will require some advocacy and leveraging some existing resources like the California life line service and subsidized internet rates. We need to connect to existing resources and expand them.
- Eric commented that there should be a Drop in Center for youth in every Service Area, access for everybody 15yrs to 25yrs old. Most of the Drop in Center do not have ASL interpreters. Mirtala commented that it would be great to include this as an idea for future capacity building projects for this Subcommittee.
- It was also recommended to use social media links and other social media strategies to promote and engage the community as large.

DMH Update:

Membership Announcements:

- DMH Updates**
- Mirtala Parada Ward: DMH has been going through a re-org process for the past 18 months. As result of the re-organizational process, the UsCC Unit is no longer part of the Quality Improvement Division. The Unit is now part of the Office of the Deputy Director of Strategic Communications.
 - Mirtala Parada Ward shared with the Subcommittee that the UsCC Unit will have their own link on the DMH website that will list the UsCC subcommittees and capacity building projects. In addition, we will be posting all the monthly UsCC Subcommittee meetings (dates, times, and locations) through June 30, 2019.
 - Empowerment Conference will take place on 1/19/19. An email will be sent to subcommittee members so they can attend. This is a free event. The Mental Health Commission engages with the community and reports back to the Board of Supervisors. The Commission has one forum a year for the community. There are quarterly commission meetings. It's a good opportunity for consumers to speak and voice their opinion.
 - **wellnessoutlook.com** 323-770-6806, is an important community resource that Wendi Cabil shared with the group

<p>Meeting Schedule (Update)</p> <p>Capacity Bldg. Projects Update</p> <p>Stakeholder Engagement Event From 12/19/18 Discussion</p>	<ul style="list-style-type: none"> • It was announced that there is a shortage of ASL interpreters. Systemic issues were identified. In addition, members discussed some of the regulations related to the use of Interpreters. • Erik from Five Acres expressed concerns about people not showing up, no show rate is very high. Move meetings near or around Train Stations, Bus Stops in the future. • Planning meeting process, Kelly to follow up on future meeting locations. • DMH SHAREPOINT-future meetings will be on the website. • Roque Bucton shared that in order to improve accessibility of these meetings for the blind and partially sighted community, all materials should be sent out in advance in a Word document format with no pictures since this format can be read by a screen reader. <p>Future Meeting Dates: 2/13/19, 3/13/19, 4/10/19, 5/8/19, 6/19</p> <p>Among all the UsCC subcommittees, there will be a total of 22 Capacity Building Projects that will be implemented for this year. 50% of those projects have been submitted to ISD for solicitation.</p> <p>Members who attended this event provided a brief summary update. The event allowed Stakeholders to provide DMH with feedback regarding MHSA budget priorities related to Prevention and Early Intervention Services, Innovation projects, Workforce Education & Training, and how to better engage our diverse communities in the Stakeholder process. Focus groups were developed to elicit community feedback and there was also an opportunity to ask questions to Dr. Sherin. Overall, everyone who attended the event had a positive experience.</p>
<p>Next Meeting</p>	<p>Meeting adjourned at 12:08 pm</p> <p>Wednesday, 2/13/19 10am – 12pm</p>