

**Underserved Cultural Communities (UsCC)**

**Eastern-European & Middle Eastern Population Subcommittee**

**Date: 4/11/2018 Time: 11:00 AM – 12:30 PM**

**Present: Anna Yaralyan, Sarkis Simonian, Seta Haig, Mirtala Parada Ward, Mastaneh Moghadam, Dr. George Gharibian, Dr. Heather Laird, Avo Soltanian, Dr. Raffi Tashjian, Annie Zadori, Mariam Nahapetyan, Arpe Asaturyan, Dr. Nima Nouri, Dr. Arezoo Esfahani, Dr. Shakeh Kaftarian.**

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<p><b>I. Introductions:</b></p> <p><b>II. Meeting Minutes:</b></p> <p><b>III. Capacity Building Project Proposals (CBP).</b></p>	<p><b>I. Introduction of Members:</b></p> <p><b>II. Reviewed and approved meeting minutes from 2/8/2018.</b></p> <p><b>III. Overview of the Capacity Building Project Proposals (CBPs):</b></p> <ul style="list-style-type: none"><li>❖ Mirtala Parada Ward discussed the administrative guidelines pertaining to the Capacity Building Project Proposals (CBPs). Each presenter was given ten (10) minutes to discuss their proposal.</li><li>❖ Mirtala reminded EE/ME subcommittee members that once CBPs are selected, they become a property of LACDMH.</li><li>❖ <b>Capacity Building Project Proposal presentations:</b><ol style="list-style-type: none"><li>1. Avo Soltanian:</li></ol></li></ul>

▪ **Project Name:** Parenting Seminars for Armenian Community:

- This is a one (1) year project that will include 12 parenting seminars. These seminars will take place on monthly basis. Each seminar will be at least two to three hours and there will be at least two to three presenters. The purpose of these seminars is to bring awareness to Armenian families regarding mental illnesses in children and adolescents. Also, parents will learn how to utilize mental health resources to address their children's mental health needs. These seminars will be presented in Armenian sport and scouting clubs and schools located in Glendale and Burbank.

2. Heather Laird:

▪ **Project Name:** Arabic Text Translation Project.

- This project consists of translating two key texts in Arabic to English that discusses psychological thoughts and its impact on culture, to help create better cultural competency for mental health professionals working with the Arabic speaking community. After the translations are completed, there will be a promotion of these works through community information sessions on how culture/history affects relationships in the current community.
- The project timeline will be 12 months. There are three key elements to this project:
  1. Translation; this will begin in month 1 and end in month 9.
  2. Dissemination of the text through 12 community psychoeducation sessions. This will begin in month 10 and end in month 11.
  3. Evaluation to be conducted in month 12.

3. Seta Haig:

- **Project Name:** Armenian Brochures.

- Create mental health brochures/pamphlets in the Armenian language. The brochures will be on diverse topics in mental health, including common mental health diagnoses, substance abuse, DV, LGBTQ issues, etc. The brochures will provide information regarding different mental health topics and resources for medical and mental health care providers, community agencies, Armenian non-profit agencies, and many other professional and community entities.

4. Dr. Nima Nouri:

- **Project Name:** “Tehrangeles” Televised Psychoeducation/Stigma Reduction Project.

- This project targets to the Farsi Speaking Community. It consists of mental health shows on an Iranian TV station about different mental health topics, including depression, anxiety, parenting, etc. The shows will also provide essential preventative and evidenced based benefits of mental health interventions for a wide range of individual, social and interpersonal challenges and how they relate to financial, residential, legal, medical, political, spiritual and philosophical growth.

5. Mastaneh Moghadam:

- **Project Name:** Iranian and Russian Mental Health Theatrical Performances Project.

- The aim of this project is to create two (2), 90-minute theatrical productions (one in Farsi and one in Russian languages). Each

production will address mental health issues such as addiction, depression, Post-Traumatic Stress Disorder, PTSD, and conditions related to aging. The performances will help to spark dialogue, and educate and promote healing surrounding mental health issues. Each theatrical production will be written, produced, and performed for the intended cultural audience. Each stage performance will take place 6 times for the community. Each performance will be followed by a 30 minute Q&A with the actors, director, writer, and mental health professionals.

6. Sarkis Simonian:

- **Project Name:** The Armenian Mental Health Show

- A local Armenian television station will be contracted to produce, direct, host, and broadcast a weekly mental health show. The show will consist of twenty-four (28) half-hour episodes where various mental health topics will be presented. The Armenian mental health shows will include various mental health topics. The show will provide an opportunity for the Armenian Community to be educated and informed on the symptoms associated with a variety of different psychological disorders and how the psychotherapeutic process works. It will include current psychological issues that are impacting the Armenian Community in Los Angeles. This project will be a continuation from the media project approved the previous year.

- ❖ Mirtala once again reviewed the voting guidelines for the UsCC Capacity Building Projects. Individuals who attended at least 50% of the EE/ME subcommittee meetings within the last year have the right to vote on project proposals for FY 2018 – 2019.

