

Underserved Cultural Communities (UsCC)

Eastern-European & Middle Eastern Population Subcommittee

Date: 6/25/2018 Time: 2 PM – 4 PM

Present: Anna Yaralyan, Mirtala Parada Ward, Mastaneh Moghadam, Dr. George Gharibian, Dr. Heather Laird, Mariam Nahapetyan, Arpe Asaturyan, Sawako Niter, Penla Valdez, Hawdee Eeve, Carlos Valdez, Carlos Ludena, Alia Garcia Torres, Norma Laceres, Sona Ter-Yegishyan, Sandra Clayton, Wanda Elen, Leaner Johansen, Robert Avarces, Arezoo Mastedi Esfuhani.

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<p>I. Introductions:</p> <p>II. Meeting Minutes:</p> <p>III. Presentation: MHSAs Innovations Projects.</p>	<p>I. Introduction of Members:</p> <p>II. Reviewed and approved meeting minutes from 4/11/2018.</p> <p>III. Presentation: MHSAs Innovations Projects:</p> <ul style="list-style-type: none"><input type="checkbox"/> Wendi Tovey presented on enhancing workforce training through mixed reality approaches. Summary of her presentation is the following:<ul style="list-style-type: none">▪ LACDMH proposes to enhance workforce training and improve the quality of service through the implementation of mixed and/or virtual reality and/or virtual patient training series. This method will allow existing clinicians and peer support specialists exposure to a much broader range of clinical experiences than previously possible. The Mixed Reality system uses highly trained actors to deliver realistic mental health training scenarios, allowing clinicians and peer support specialists to train with the diverse range of cultures, age groups, and mental health issues they will experience in direct practice.

	<ul style="list-style-type: none">▪ Wendi asked whether EE/ME subcommittee members will be interested in participating in the community planning process and/or providing input on the following questions:<ol style="list-style-type: none">1. Provide input on the development of the avatars (virtual clients) to help ensure proper representation. Specifically on the way in which the EE/ME community could be depicted.2. What are the most important values of your cultural/ethnic group that you want clinicians to be aware of?3. What specific community or cultural needs do you believe clinical staff need to learn about the EE/ME subgroups?4. What are the most urgent needs facing the EE/ME cultural/ethnic subgroups?5. Provide suggestions on how mental health staff may address matters surrounding the Eastern European/Middle Eastern communities.▪ Wendi requested for members to provide their responses by filling out and submitting the <u>Avatar Feedback Form</u> via email.▪ Wendi reported that the purpose of the questions is to gain feedback on ways of providing culturally sensitive services.▪ Mirtala added that there will be actors in the virtual reality training series and we want our clinicians to have the cultural competency peace.▪ Heather Laird inquired that even within one ethnic group there are subgroups. How will this aspect be addressed?▪ Wendi responded that all aspects of each ethnic group might not be captured, but
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through the series, LACDMH wants to train their staff as good as they can. LACDMH is trying to better prepare our work force. For example, within the Armenian community there are Persian Armenians, Russian Armenians, American-Armenians, etc. Assumptions and generalizations cannot be made by clinicians, and different aspects of this culture should also be taken in consideration.

- Dr. George Gharibian reported that culture is not a constant concept, it always changes. When we want to represent someone from a specific culture, we talk about their past and someone's past might not represent their present and/or future. As result, we must be careful on how we present people and cultures. Also, we must take in consideration the persons level of acculturation to the new culture. Dr. Gharibian added that he is concerned that an actor vs. a real person representing a certain culture might take away from the actual complexity of the culture.

- Wendi agreed that culture is not constant, that is the reason LACDMH is asking questions to understand the community and its mental health needs. If there is anything related to different ethnicities that we do not know about, we may be able to find out in the answers provided by the community members.

- Dr. George Gharibian stated that some people may reject their own culture, but they might adhere to their cultural norms. As a result, we must see who the therapist is and their cultural beliefs and avoid making assumptions. For instance, just because we have a client who is Persian-Armenian, talking about his/her own cultural views and experiences; we can't assume that we know how all Persian-Armenians are.

- Wendi agreed with Dr. Gharibian that we don't want to make assumptions, instead ask questions to understand the issue and client's personal experiences and views. Wendi added that within the virtual reality system an actor is a person that has a script; it is a client in a controlled environment acting out a certain scenario, situation, emotion, etc. This way, the actor's body language and

<p>IV. Capacity Building Project updates for FY 2017/2018</p>	<p>how he/she should and shouldn't react can be controlled.</p> <ul style="list-style-type: none"> ▪ Wendi reported that the feedback received from the community members can provide information on how therapists can shift and adapt their therapeutic interventions. ▪ Mariam Nahapetyan inquired if the actors in the virtual reality scenes are from the same culture as the individuals exhibiting that culture. It will be interesting to find out the outcomes of this project. ▪ Wendi responded that the actors in the virtual reality will be from the same culture as the client. ▪ EE/ME subcommittee members thanked Wendi Tovey for the presentation and agreed to provide necessary feedback on the project. <p>IV. Capacity Building Projects for FY 2017/2018:</p> <ul style="list-style-type: none"> ☐ Anna Yaralyan provided updates on the Capacity Building Projects for FY 2017/2018: <ol style="list-style-type: none"> 1. The Armenian Mental Health Show for the Armenian Community. This Mental Health TV Show will demonstrate how the psychotherapeutic process works. For example, an actor and actress in therapy will show how the couple's therapy looks like. This TV show will be 28 episodes and will include different mental health topics such as depression, anxiety, couples therapy, and intergenerational issues. <ul style="list-style-type: none"> - This project was awarded to ARTN-Shant Armenian TV station. LACDMH met with this Vendor to discuss project implementation. 2. Multilingual Mental Health Public Service Announcements Project for the
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<p>V. Capacity Building Project Proposals FY 2018/2019</p>	<p>Arab, Farsi and Russian Speaking Communities. The project aims to produce 42, 90 second Public Service Announcements in Arabic, Persian (Farsi), Russian and possibly English languages. All the PSA's will inform these communities about different mental health issues and resources available. Each PSA will air on YouTube on a weekly basis and will be advertised via Facebook, Twitter, and other social networking media. All the PSA's will include the same mental health topics, although the languages will be different.</p> <ul style="list-style-type: none"> - This project was awarded to Cross Cultural Expressions. LACDMH met with this Vendor to discuss project implementation. <p>V. Capacity Building Project Proposals FY 2018/2019</p> <ul style="list-style-type: none"> ❑ Anna Yaralyan provided the results of the votes on the Capacity Building Projects for FY 2018/2019: <ul style="list-style-type: none"> ❖ For the Armenian Community: <ol style="list-style-type: none"> 1. The Armenian Mental Health TV Show 2. Parenting Seminars for Armenian Community. ❖ For the Farsi Speaking Community: <ol style="list-style-type: none"> 1. Iranian Mental Health Theatrical Performances Project. ❖ For the Russian Community: <ol style="list-style-type: none"> 1. Russian Mental Health Theatrical Performances Project.
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❖ For the Arabic Speaking Community:

1. Arabic Text Translation Project. A focus group will be held to further discuss this project implementation.

- EE/ME subcommittee members had a lengthy discussion about the Armenian Capacity Building Projects that can be implemented, specifically whether to have one or two of the top projects selected.
- Dr. George Gharibian asked if there was a reason why the Armenian Community has the option of two projects. According to his understanding this option was never discussed before, and he doesn't understand why this option is being discussed. He recommends one project for the Armenian Community be implemented, as discussed in the previous meetings.
- Mirtala reported that due to the recent budget increase, the EE/ME subcommittee now has an annual budget of \$200,000. Technically, each subgroup has \$50,000 to develop capacity building projects. This means that for the Armenian Community, we have enough money to fund the Mental Health Show and the Parenting Seminars. It's up to the subcommittee members to decide whether they want to fund one or both projects.
- Mirtala also reported that as a DMH administrator, it's her duty to provide the subcommittee with different options, but we rely on their expertise and knowledge to decide on what they want to do. Mirtala added that the possible increase in funding for the development of UsCC capacity building projects was discussed during one of the previous EE/ME subcommittee meetings.
- EE/ME subcommittee members were given the option to vote via email whether LACDMH will fund either one or both projects for the Armenian community; (1) The Armenian Mental Health Show, (2) Parenting Seminars for Armenian Community.

<p>VI. EE/ME Co-chair selection</p> <p>VII. Email to EE/ME subcommittee members:</p> <p>VIII. Next Meeting</p>	<p>VI. EE/ME Co-chair selection:</p> <ul style="list-style-type: none"> ▪ Mirtala announced that the EE/ME co-chair selection will be held during the next meeting, as several EE/ME members were not present to attend this meeting due to being on vacation or due to other circumstances. <p>VII. Anna Yaralyan will email the following information to the EE/ME subcommittee prior to the next meeting:</p> <ol style="list-style-type: none"> 1. The electronic versions of the forms and application distributed during the MHSA Innovations Projects Presentation “Enhancing Workforce Training Through Mixed Reality Approaches.” EE/ME subcommittee members will provide their feedback and recommendations regarding this project. 2. EE/ME subcommittee members’ votes on whether to fund either one or both projects for the Armenian community; (1) The Armenian Mental Health Show, (2) Parenting Seminars for Armenian Community. Email Responses will be submitted by the end of day on July 7, 2018. <p>VIII. For the next EE/ME Subcommittee Meeting the following will be completed:</p> <ul style="list-style-type: none"> ▪ Election of two (2) new EE/ME Co-chairs. ▪ Selected CBP proposals for the Armenian community. ▪ Mirtala Parada Ward and Anna Yaralyan thanked subcommittee members for their participation and feedback, and adjourned the meeting.
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