

Underserved Cultural Communities (UsCC)

Eastern-European & Middle Eastern Population Sub-Committee

Date: 7/27/2017 Time: 10:00 AM – 12:00 PM

Present: Anna Yaralyan, Sarkis Simonian, Arsineh Ararat, Mirtala Parada Ward, Mastaneh Moghadam, George Gharibian, Heather Laird, Arpe Asaturyan, and Joumana Saba

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<p>I. Introductions:</p> <p>II. Meeting Minutes:</p> <p>III. Capacity Building Project updates FY 2016/2017</p>	<ul style="list-style-type: none">• Introduction of Members: • Reviewed and approved meeting minutes from 1/12/ 2017. <p>III. Capacity Building Project updates for FY 2015/2016:</p> <p>1. Farsi Peer-Run Outreach Project:</p> <ul style="list-style-type: none">• Project Consultant, Mastaneh Moghadam who is the Executive Director of Cross Cultural Expressions, provided updates on the Farsi Peer-Run Outreach Project: • The project has been completed and it was very successful• 12 Farsi speaking volunteers were recruited and trained on mental health issues. • Phase #1 of the project:<ul style="list-style-type: none">- Developed the Peer Outreach Worker Training Academy Curriculum- Developed the Resource Guide- Developed the Pre-Posttest

- Recruitment of 12 volunteers
- 20 hours of training was provided to the volunteers
- One helpful suggestion was to have four (4), five (5) hour training sessions, rather than five, four hour sessions, allowing for two “make-up” days, for volunteers who had to miss sessions. This way, the volunteers were sure to have the opportunity to meet with the project coordinator at a more convenient time and review any missed materials not to be left behind from the group.
- After the trainings were completed volunteers required more time to practice acquired information in order to feel comfortable enough to present the material to others.
- Phase #2 and phase #3 of the project:
 - Volunteers completed the training.
 - The trainings were conducted in January and February on Saturdays for 5 hours.
 - The trainings went very well; everyone was very excited about it; they felt that they became a family while conducting the trainings.
 - The goal of the trainings was to let the volunteers do presentations that will ultimately result in reducing stigma in mental health.
 - The last training was conducted on February 4, 2017.
 - Each volunteer completed 5 presentations. They received a tremendously good feedback from the community.
- The mental health presentations were advertised the following ways:
 - Public Service Announcements (PSAs) were provided on KRIN 670 radio station, a Farsi speaking radio station, informing the community about the mental health presentations.

- Consultant partnered with different organizations to inform the community about the MH presentations, including with PARS Equality Center, a non-profit organization which works with Farsi speaking refugees, and Golden Age Adult Day Care.
- Presentations were conducted at UCLA, a Synagogue, Jewish Queers International in West Hollywood and Cross Cultural Expressions.
- Total of 60 presentations were completed.
- Presentations included 5 main topics:
 - Expressing Emotions
 - Dealing with feelings of Loss and Grief
 - Self-Esteem & Self Confidence
 - Happiness and Appreciation
 - Trauma
- Overall, the presentations concentrated on real life issues such as relational issues and life difficulties, inability to explore emotions, trauma, and Post-Traumatic Stress Disorder. Presentations also focused on symptoms and symptomology.
- Some of the challenges included the following:
 - Difficulties matching individual schedules of some of the volunteers with the trainings.
 - It was challenging to produce 60 presentations in two months, but it was completed and it was very fulfilling.

- Art therapy component was added to the presentations. At the end of each presentation 20 minutes of Art Therapy was conducted. The presentations were called “Exploring Mental Health through Creative Arts.”
- Phase #4 of the project included providing Outcomes and Summary Report. The results were the following:
 - Total of 504 signatures were collected via the activity sign-in sheets. The demographic information collected was the following:
 - Gender:
 - Males – 167
 - Females – 301.
 - ❖ Many people did not indicate their gender on the sign-in sheets.
 - Age:
 - Transitional Age Youth: 31
 - Adults: 220
 - Older Adults: 204
 - ❖ 49 individuals did not indicate their age on the sign-in sheets.
 - Country of Origin:
 - Iran: 446
 - USA: 42
 - Iran & USA: 1
 - Armenia: 1
 - Germany: 2

	<ul style="list-style-type: none"> ○ Japan: 1 ○ Israel: 2 ❖ 10 individuals did not indicate their country of origin on the sign-in sheets. ▪ Primary Language: <ul style="list-style-type: none"> ○ Farsi: 395 ○ Farsi and English: 67 ○ English: 23 ○ Farsi and Armenian: 2 ○ Farsi and German: 2 ○ Hebrew: 2 ❖ 13 individuals did not indicate their language on the sign-in sheets. • Likert Scale was used to collect data outcomes. Pre-Post tests were conducted. Overall, the data collected from the Pre-Post testes indicates the following: <ul style="list-style-type: none"> - Significant number of Farsi-speaking community members attended the Peer Outreach Worker Presentations. - There is a lack of knowledge in regards to mental health services. - There is a definite stigma around mental illness and the utilization of those services. - Peer run presentations can significantly reduce previously held stigma and inform Farsi speaking community members of the mental health services available for them. • Some of the lessons learned on the project were the following: <ul style="list-style-type: none"> - Time management is essential as it is difficult to conduct
--	--

presentations during Holiday Season, especially in December due to Holidays. Volunteers did not want to present during the month of December as they were too busy. They were not willing to start the trainings until the 2nd week of January 2017.

- Be mindful of the time needed to effectively train the volunteers. Additional time may be needed to train the volunteers for future projects.
- Time management is important as it became challenging to conduct 60 presentations in 2 months.
- Arsineh Ararat inquired if each volunteer conducted presentations at different locations, or at one location.
- Mastaneh responded that each volunteer conducted 5 presentations at the same location.
- Mastaneh also reported that community members expressed a desire to engage in therapy and learn more about mental health after attending one of the presentations.
- Mastaneh also reported that in the Farsi speaking community, it is hard for people to talk about anything in general. During presentations, a safe space was created for the individuals to discuss their feelings and issues. The presenters also discussed confidentiality issues and this helped for the individuals attending to open up and begin a dialogue.
- Mastaneh also reported that after the presentations were completed, the community members talked about their experiences with other community members who later also showed interest in attending the presentations.
- Sarkis Simonian inquired whether any of the presentations were placed on

YouTube and/or Facebook.

- Mastaneh responded that it is proposed for the new Capacity Building Projects to be on social media, but this project was not placed on YouTube and/or Facebook.
- Anna Yaralyan thanked Mastaneh for presenting the project.

2. Mental Health Education and Stigma Reduction Project for Arabic Speaking College Students:

- Heather Laird and Mastaneh Moghadam provided updates on this project as it was also awarded to Cross Cultural Expressions. The following information was given:
 - In total sixteen (16), one (1) hour mental health presentations were conducted at local colleges and universities across LA County with the goal to increase awareness and educate Arabic speaking college students about Mental Health.
 - Eight (8) Arabic speaking college students were recruited and trained to present about mental health to college students at different colleges and universities. The training was about 6 hours.
 - The presentations took place at University of Southern California, USC, Cal Poly Pomona, University of California, Los Angeles, UCLA, and Glendale Community College. There were also presentations conducted at a local mosque.
 - Glendale Community College administration was interested in making the mental health presentations part of their training curriculum for their employees; they wanted to have mental health presentations, in an ESL

format.

- The presentations included a pre-posttest. The results of the tests indicated a positive shift in the attitude toward receiving psychotherapy.
- One important finding from the pre-posttest was that if community members are educated about mental health their attitude toward mental health changes for the better. For example, they would feel more comfortable about living next door to a person suffering from mental illness, after attending a mental health presentation.
- Some of the topics presented in the project were the following:
 - Anxiety
 - Depression – Including Suicide
 - Mental Health Awareness - Basic education about mental health issues/conditions that affect Arabic speaking college students
 - Stigma to Mental Health
- List of available mental health community resources and information on free of charge and confidential services were given at the each presentation. In addition, participants were informed that the services are confidential.
- Some of the students who conducted the presentations wanted to become clinicians; others were just interested in learning about mental health.
- Anna Yaralyan reported that from her own observations in watching one of the presentations at UCLA, it appeared that the students were interested in learning about mental health issues and some of them also discussed their own problems and issues.
- Heather agreed with Anna and further reported that at times, after the

<p>IV. Capacity Building Project updates FY 2014/2015</p>	<p>presentations, the students went up to her and shared their own personal struggles. One of the students had Bipolar Disorder. Heather added that in general UCLA is more of a unique campus as they have interest in mental health and behavioral issues.</p> <ul style="list-style-type: none"> • Anna Yaralyan reported that the Summary Outcome Report has been submitted for this project and is in the process of review and approval. <p>IV. Capacity Building Project for FY 2014/2015:</p> <ul style="list-style-type: none"> ▪ Mental Health Awareness Project for the Law Enforcement Departments for the Arabic Speaking Community. Project Consultant Heather Laird, provided updates on this project: <ul style="list-style-type: none"> • Phase one (1) of the project has been completed. Project Consultant submitted the following information: <ul style="list-style-type: none"> - PowerPoint presentation - UsCC Curriculum Guide for Law Enforcement Trainings - Pre Test & Post Test - Resource Guide - Project Status Report • Heather also reported that she met with Chief Frank and Mike Aberdeen, who work for the Sheriff's Department to organize the scheduling of the presentations. They had the following suggestions: <ul style="list-style-type: none"> - Arabic speaking individuals live in various parts of Los Angeles County, not just Service Area 3. There is a large Arabic speaking population in Orange County. - The next big city of larger concentration of Arabs is in San Bernardino.
--	---

	<ul style="list-style-type: none">- Most Arabs in LA County are Christian; as a result it will be more beneficial to conduct presentations all over LA County.- Presentations can reach 300 people.- It is also easier to do presentations within the LAPD vs. Sheriff's Department. LAPD will allow for the presentations to occur and they have divisions all over LA County where the presentations could be conducted. <ul style="list-style-type: none">• In order to mitigate these concerns certain aspects of the PowerPoint Presentation can be modified. The Law Enforcement proposed for the following changes to occur on the presentations:<ul style="list-style-type: none">- Remove the demographic information out of the presentation as it can reinforce stereotypes.- It is important to ensure that the presentations do not reinforce implicit bias.- It will be important to discuss how certain attitudes or stereotypes can affect a person's understanding, actions, and decisions in an unconscious manner.- Include vignettes in the PowerPoint presentation, which could help the police officers understand the experiences of the Arab Community members.• Seta Haig recommended to have the initial presentation in front of a small group of police officers and receive feedback from them and then present it to a large crowd with the new feedback.• Mastaneh asked whether the main concern of the Law Enforcement is that the mental health presentations are putting the Arabic speaking people under a negative light and its making them appear mentally ill.• Heather responded that in general, it is difficult for Law Enforcement to state
--	---

<p>V. Capacity Building Projects for FY 2017/2018</p>	<p>that Arabs may have mental health issues. It is important to build rapport with the police officers in order for them to be open to learn about mental health issues among Arabs.</p> <ul style="list-style-type: none"> • Mastaneh reported that in general the presentations are trying to minimize the stigma associated with mental health. • Heather and Anna responded that the Stigma towards mental health is very high in these underserved groups. • Sarkis Simonian reported that when educating about mental health issues to underserved communities, there might be initial resistance, however, it is still important to educate and provide facts about mental health. When conducting the Armenian Mental Health Shows, certain subjects were a taboo in the culture but the shows covered these topics without sugar quoting it. Overall, community appreciated the honesty. • Heather Laird agreed to conduct suggested modifications to the PowerPoint and submit it to LACDMH for review and approval. <p>V. Capacity Building Project Proposals 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. Multilingual Mental Health Public Service Announcements Project (PSAs) for the Arab, Farsi and Russian Speaking Communities: <ul style="list-style-type: none"> - The project aims to produce 40-44, 90 second Public Service Announcements in Arabic, Persian (Farsi), Russian and possibly English languages.
--	--

- All the PSA's will inform the community about different MH issues and resources available for the community.
- Each PSA will air on YouTube on a weekly basis and will be advertised via Facebook, Twitter, and other social networking media.
- The PSAs will air roughly once a week, for about 6 months.
- All the PSAs will include different mental health topics and these topics will be publicized on social media in Arabic, Persian (Farsi), Russian and possibly English languages.
- Third Draft of the Statement of Work (SOW) of this project has been completed and is in the process of review and approval.

2. The Armenian Mental Health Show for the Armenian Community:

- The idea for this project is to have theatrical therapy sessions where the entire process of therapy is exhibited.
- This will be an opportunity to educate the community about the mental health process so they have a better idea of what it entails.
- The shows will include three (3) Mental Health topics:
 - i. Depression: Individual Therapy, four (4) episodes. It will include one (1) actor/actress and one (1) mental health professional
 - ii. Domestic Violence: Family Therapy, four (4) episodes. It will include one (1) actor, and one (1) actress, and one (1) mental health professional

	<p>iii. Intergenerational Conflict: A Teen Group, six (6) episodes. There will five (5) teen actors and/or actresses and one (1) mental health professional.</p> <ul style="list-style-type: none"> - A local Armenian television station must be contracted to produce, direct, host, edit and broadcast an Armenian Mental Health TV show that will consist of half-hour episodes. - Each episode must air one time per week, for two consecutive days. The TV show must be aired during primetime hours, (7pm to 10 pm, and/or weekends from 2pm to 8pm). - Each episode will include fifteen (15) minutes of a session which will be between a mental health professional and an actor/actress acting as a client, and fifteen (15) minutes of an interview between a TV host and a mental health professional discussing about the process of therapy, the symptoms, the techniques used in therapy, treatment options in order for the community to have a better understanding of what is going on. - George Gharibian reported the process of therapy on the Armenian Mental Health TV shows might include role-playing of expressing emotions, reflecting and challenging clients maladaptive thoughts. - Seta Haig suggested that the actor and actress could also participate in the interview process after role playing. - George Gharibian also reported that in regards to media projects, when a UsCC DMH staff participates in an episode of the show, a representative from the Armenian UsCC committee (voting member) should be involved to approve the edits and provide feedback. This is to ensure that the fidelity of each episode is culturally sensitive. - George Gharibian added that when a UsCC DMH staff is not involved in an
--	---

<p>VI. Next Meeting: TBD.</p>	<p>episode, DMH staff and/or an Armenian subcommittee (voting member) should be available to provide feedback and recommendations. All shows should be approved by the UsCC LACDMH staff or one of the representatives from the Armenian UsCC members. It was suggested to develop “accountability measures” for this project.</p> <ul style="list-style-type: none"> - EE/ME subcommittee members shared some feedback and group members agreed that further discussion is needed to talk about all elements of the project. <ul style="list-style-type: none"> • Anna Yaralyan will schedule a follow-up meeting to further discuss the elements of the project. • Anna Yaralyan encouraged members to think of new project ideas and new project proposals to present during next meeting for FY 2017-2018. • Anna Yaralyan thanked EE/ME meeting participants for their project ideas and their votes. <p>VI. EE/ME subcommittee decided that the next quarterly meeting date and time will be scheduled at a later date.</p>
--------------------------------------	--

--	--

--	--

--	--