

Underserved Cultural Communities (UsCC)

Eastern-European & Middle Eastern Population Sub-Committee

Date: 2/16/2016 Time: 1:00 PM – 2:30 PM

Present: Anna Yaralyan, Arpe Asaturyan, Sarkis Simonian, Arsineh Ararat, Mirtala Parada Ward, Mastaneh Moghadam, Stephanie Mkhlian, George Gharibian, Emma Oshagan, Ana Suarez, Treva Blackwell, Kim Mary.

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<p>Meeting Convened Review of Minutes from Meeting on 11/23/2015</p> <p>I. Introductions:</p> <p>II. Meeting Minutes:</p> <p>III. Presentation - Mental Health Promoters Program; Ana Suarez</p>	<ul style="list-style-type: none">• Introduction of Members • Reviewed and approved the Meeting Minutes from 11/23/2015. • Anna Yaralyan informed EE/ME sub-committee members that there will be a presentation by Ana Suarez about the LACDMH Mental Health Promoters Program. • Mirtala Parada Ward provided a brief introduction about the Mental Health Promoters Program and its success with various underserved populations. • Mirtala introduced Ana Suarez who will be the lead of this program and reported that she will present how LACDMH will implement this program. The purpose of this presentation is to ensure that the program is culturally sensitive to each of the UsCC sub-groups. LACDMH is looking for people in the EE/ME community as well as for other UsCC sub-groups, to develop a culturally

sensitive curriculum for this project.

- Ana Suarez began by thanking everyone for attending the meeting and afterwards introduced LACDMH staff who will assist on the Mental Health Promoters Program; Mary Kim, Treva Blackwell, and Mirtala Parada Ward.
- Ana Suarez provided information on the LACDMH Mental Health Promoters program. This program has been successfully implemented with the Latin Community and LACDMH wants to reach out to other UsCC communities to expand this program. Mental Health Promoters are people who are from the community, who promote MH services and provide basic education and understanding. They are not professionals but have been trained in health services and health resources and reach out to individuals in the community to educate them about health and mental health and link them to services.
- Mirtala reported that since the Mental Health Promoters Program has been successful, LACDMH has been thinking about expanding it to target some of the ethnic groups that have been underserved. LACDMH looked at the MH Promoters' model and at the three year plan, made a motion to continue the project and make it culturally specific to the other groups. To implement this project, UsCC groups will be highly involved in providing with feedback and defining some of the culturally specific strategies and services.
- Ana Suarez reported the following information regarding LACDMH Mental Health Promoters Program:
 - Promoters' project began by targeting the monolingual Latino group as they face various problems such as immigration barriers, stigma barriers, fear of authority, and financial barriers. This project was immensely successful. In 2011 Promoters Project was to operate in Service Area, SA, 7 and in 2014, in Service Area, SA, 8 in LA County.

Within the last couple of years around thousands of presentations have been conducted, targeting about ten thousand people. Presentations took place in schools, churches, YMCA, and childcare centers.

- In 2015, planning process for the implementation of the countywide Mental Health Promoters Program for four UsCC ethnic groups began. These target groups' include African/African American, AAA, American Indian/Alaska Native, Eastern European/Middle Eastern, and LGBTQI2S. Each UsCC group will receive funds to replicate the program with a cultural perspective that fits its community, added the linguistic component.
- Mental Health services provided by Promoters include Mental Health education about Mental Health stigma, anxiety disorders, child abuse, childhood disorders, depressive disorders, grief and loss, domestic violence, drug and alcohol and suicide prevention. Other services include addressing barriers to service accessibility, Outreach & Engagement, O & E, and linkage of community members to diverse resources.
- Mental Health Promoters could include community members, who reside in the neighborhood they serve, speak the language of the ethnic community, have knowledge of their community needs and resources, possess experience working with community members and organization, and have acquired expertise as health educators in the community.
- Mental Health Promoters Program will build individual and community capacity by increasing mental health knowledge, addressing barriers to service accessibility and providing linkage to mental health resources through a range of activities such Outreach & Engagement, linkage to culturally and linguistically appropriate services, MH education, informal counseling/mentoring, and social support and advocacy.

	<ul style="list-style-type: none">○ Mental Health Promoters Program implementation timeline is the following:<ol style="list-style-type: none">1. In January, 2016, DMH administrative meetings will occur to develop RFS and the program’s curriculum.2. In June, 2016, translation of all materials, including the program’s curriculum in the identified preferred languages will happen.3. In October, 2016, LACDMH will complete the solicitation process and the contract will be awarded.4. In January 2017, the program’s implementation process will begin. ○ According to LACDMH Promoters Program Support Bureau–Quality Improvement Division, (PSB-QID), data report, Armenian language constitutes 63%, Arabic 6.4%, Farsi 24.3% and Russian 6.0%. Based on this data primary language of consumers in LA County for the Eastern European/Middle Eastern group is the Armenian language served in outpatient clinics. ○ One of the goals of this meeting is to identify a target ethnic community for the Mental Health Promoters program for fiscal year (FY) 16-17. Each UsCC ethnic group will be funded \$100,000 and there will be one ethnic community per UsCC group countywide. It is important to identify the preferred ethnic community and language of the chosen ethnic community and identify essential cultural considerations that need to be incorporated in the program’s curriculum through focus groups.
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<p>IV. Updates for Capacity Building Project FY 2015-2016</p>	<ul style="list-style-type: none"> ○ Ana Suarez concluded that the next steps for the LACDMH Mental Health Promoters Program will include the following: <ol style="list-style-type: none"> 1. Organize focus groups per each of the UsCC to elicit cultural considerations. 2. Service Area 7 Administration and PSB-QID will develop a “Request for Services” (RFS) 3. Service Area 7 Administration will complete salivation process. • EE/ME sub-committee members thanked Ana Suarez for the informative presentation and expressed that MH Promoters Program will be effective in providing MH education, Outreach & Engagement, social support and prevention of mental illness within our communities. • After some deliberation, and subcommittee vote, EE/ME sub-committee members determined that this program will target the Armenian Community and all the presentations will be done in the Armenian language. • Anna Yaralyan, Dr. Emma Oshagan, Sarkis Simonian, Arsineh Ararat and George Gharibian agreed to take part on the upcoming focus groups for the MH Promoters program to identify essential cultural considerations that need to be incorporated in the program’s curriculum. • Anna Yaralyan provided updates on the capacity building projects for the EE/ME subcommittee for the FY 2015-2016. <ol style="list-style-type: none"> 1. For the Armenian community for FY 2015-2016 EE/ME committee members decided to continue the Armenian Media Campaign. The first draft of this project has been submitted for review and feedback. 2. For the Farsi speaking community for FY (2015-2016), EE/ME committee members decided to set up a telephone help-line that is run by trained
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<p>V. Updates for Capacity Building Project FY 2014-2015</p>	<p>volunteer peer counselors who are Farsi speaking. The telephone help-lines will assist Farsi speaking community members who need mental health services but are unable or unwilling to take advantage of professional mental health services, either due to cultural stigmas associated with the use of mental health services or due to the lack of information, and/or language barriers that prevent community members from accessing such services. The project ultimately seeks to increase penetration and utilization of mental health services, and help decrease stigmas attached to mental illness within the Farsi speaking community. The first draft of this project will be submitted next week for review and feedback.</p> <p>3. For the Arabic speaking community for FY (2015-2016), EE/ME committee members decided to have a project which will include various presentations in different colleges/universities with larger concentration of Arabic speaking students about Stigma to Mental Health. The first draft of this project will be submitted next week for review and feedback.</p> <ul style="list-style-type: none"> • Anna Yaralyan provided updates on the capacity building projects for the EE/ME subcommittee for the FY 2014-2015 • The Mental Health TV Talk Shows began airing on September 26th, 2015. There has 20 Mental Health Programs completed since the beginning of project implementation. The following shows have been completed: <ul style="list-style-type: none"> ○ Program # 17, ADHD/ADD ○ Program #18, Substance Abuse Part 1. ○ Program # 19, Substance Abuse Part 2. ○ Program # 20, Domestic Violence Part 1. • Anna Yaralyan reported that the next two recordings will include:
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<p>VI. Next Meeting</p>	<ul style="list-style-type: none">○ Program # 21, Domestic Violence Part 2○ Program closing session ● For the Arabic speaking community, there will be basic Mental Health Trainings for different Law Enforcement Departments in the community. A mental health professional has been working on developing the curriculum for the presentations. The starting date of this project was January 4, 2016. ● Anna Yaralyan thanked EE/ME members for attending this meeting. She informed members that an email notification will be provided within the upcoming weeks to schedule the first MH Promoters focus group meeting. ● EE/ME subcommittee decided that the next quarterly meeting date and time will be set.....
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