

**Underserved Cultural Communities (UsCC)**

**Eastern-European & Middle Eastern Population Sub-Committee**

**Date: 6/15/2016 Time: 1:00 PM – 2:30 PM**

**Present: Anna Yaralyan, Arpe Asaturyan, Sarkis Simonian, Arsineh Ararat, Mastaneh Moghadam, George Gharibian.**

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<p><b>Meeting Convened</b> <b>Review of Minutes from Meeting on 2/16/2016</b></p> <p><b>I. Introductions:</b></p> <p><b>II. Meeting Minutes:</b></p> <p><b>III. ICP Updates:</b></p>	<ul style="list-style-type: none"><li>• Introduction of Members</li> <li>• Reviewed and approved the Meeting Minutes from 2/16/2016.</li> <li>• Didi Hirsch, ARMUNITY ICP-ISM Program Coordinator Arpe Asaturyan reported budget increase in the Integrated Care Program/ISM FY 2016-2017 of more than \$250,000, which means that ARMUNITY program could serve more clients. This came because last year ARMUNITY had a big waiting list and had exhausted all of their funding, so this year LACDMH increased their funding. Due to this budget increase, ARMUNITY client enrollment will also increase.</li> <li>• Sarkis Simonian inquired if the budget increase is for all Didi Hirsch’s LACDMH programs.</li> <li>• Arpe Asaturyan responded that the budget increase is for the Didi Hirsch ICP-ISM program only.</li> <li>• George Gharibian asked if the increase in the project is for adults only.</li></ul>

<p><b>IV.</b> Capacity Building Projects Capacity Building Project – FY 2013/2014</p>	<ul style="list-style-type: none"> <li>• Arpe Asaturyan responded that currently Didi Hirsch, ARMUNITY ICP-ISM Program does not serve any children.</li> <li>• Arpe also reported that ARMUNITY is also close to getting a substance abuse person which will be done by the new fiscal year.</li> <li>• Anna Yaralyan expressed a hope that all the outreach conducted to the Armenian Community through the mental health talk shows helped in decreasing stigma and increasing access to mental health within this target population. Anna Yaralyan also reported that calls to the LACDMH Access Hotline increased after conducting the Armenian Mental Health TV shows.</li> <li>• Anna Yaralyan provided updates of the Capacity Building Projects Capacity Building Project – FY 2013/2014:</li> <li>• Overview of the Online/Offline Mental Health Project for the Arabic Speaking Community: <ul style="list-style-type: none"> <li>- This project continued for about 2 years.</li> <li>- Presenters wanted more time to complete the presentations as it was a long process to engage the Arabic speaking community and publically discuss mental health issues, because of the stigma.</li> <li>- External events such as San Bernardino shootings created the need to talk about mental health issues within the community, and stigma attached to Mental Health.</li> <li>- While conducting presentations, presenters found that having meetings in community members’ homes were the most effective. It allowed participants to feel comfortable and willing to be vulnerable about mental health issues and overcome the stigmas related to it. Also, meetings at people’s homes were private and confidential, which allowed individuals to feel more comfortable</li> </ul> </li> </ul>
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<p>V. Capacity Building Projects Capacity Building Project – FY 2014/2015</p>	<p>about receiving mental health information.</p> <ul style="list-style-type: none"> <li>- All participants agreed that the presentations were informative, educational, important for the community, and provided great resources.</li> <li>- This project was completed on March 16, 2016. Presenters completed total of 28 presentations.</li> </ul> <ul style="list-style-type: none"> <li>• Anna Yaralyan provided updates on the Capacity Building Projects for the EE/ME subcommittee for the FY 2014-2015 <ul style="list-style-type: none"> <li>▪ A Radio Campaign for the Farsi speaking community. A total of 22 one-hour talk shows were completed and a summary report was provided from the project Consultant. Community members felt that shows were informative and interesting. One aspect which was highlighted for this project is the mental health topic about LGBTQ issues within the Farsi speaking community. According to the Consultant, community members contacted KRIN radio station asking questions regarding this topic and expressed interest in learning more about it.</li> <li>▪ The Mental Health TV Talk Shows for the Armenian Community. A total of 44 half hour talk shows were completed and a summary report was provided from the project Consultant. Community members expressed interest for the continuation of the shows and reported that the shows were educational and interesting.</li> </ul> </li> <li>- Anna Yaralyan reported that LGBTQ issues within the Armenian Community will be one of the added mental health topics for the Mental Health Talk Shows in FY 2015-2016 as there is also a need within the Armenian Community to discuss this topic.</li> <li>- Arpe Asaturyan added that there has been an increase of the enrollment of the LGBTQ clients at Didi Hirsch ARMUNITY program. This program has two transgender clients.</li> <li>- George Gharibian reported that in Iran there is a severe punishment of the LGBTQ clients; however, transitional sex change operations are permitted. Homosexual individuals are encouraged to do a sex change as it is more permitted to do so,</li> </ul>
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however, after this operation some of them are unhappy with their lives and there is a high suicide rate within the transgender community. Transgender individuals immigrating to United States often come with various mental health issues.

- Sarkis Simonian stated that media capacity building projects were educational; however, it is difficult to reach large populations with the limited amount of funds available for this project, \$25,000.
- Mastaneh Moghadam responded that the media projects reached many people, however, it would have been great to continue the projects for another year, total of three (3) years, as it appears that it takes this amount of time to make a real impact when outreaching to communities. However, for one-time funds, if the goal is to reach people, the media projects have certainly reached many people.
- For the Arabic speaking community, Mental Health Trainings for different Law Enforcement Departments in the community. This project is still in the process of implementation. A conference call was scheduled with the Project Consult Dr. Taif who introduced Heather Laird, a Doctoral student of Psychology, who will develop a mental health curriculum, and coordinate and facilitate presentations to inform and educate law enforcement personnel about common mental health topics and issues pertaining to the Arabic speaking community, including the psychological effects of racial profiling. LACDMH will meet with Heather to discuss project deliverables in the month of July.
- Anna Yaralyan provided copies of the summary reports of all completed Capacity Building Projects to EE/ME subcommittee members.
- Arsineh Ararat inquired if there will be any Mental Health Capacity Building Projects for the Russian Community for FY 2014/2015 or FY 2015/2016.
- Anna Yaralyan stated that no Capacity Building Project Proposals were submitted for the Russian Community.

V. Capacity Building Projects Capacity Building Project – FY 2015/2016

- Sarkis Simonian stated that two years ago EE/ME members decided to allocate the \$100,000 equally between four (4) EE/ME sub-groups, Armenian, Russian, Farsi speaking and Arabic speaking communities. For the FY 2014/2015 or FY 2015/2016, the EE/ME subgroup had difficulties coming up with Capacity Building Project Proposals for the Russian community which left their \$25,000 unused. Sarkis Simonian suggested that for future projects in case any group is not capable for any reason, to devise a Capacity Building Project for their community, their share of the \$100,000 should be divided equally between the remaining three (3) EE/ME sub-groups. This will allow the remaining 3 groups to extend their reach and provide further assistance to their communities. Sarkis called for a vote either in person or by email to make this amendment official. Sarkis agreed to email Program Head Mirtala Parada Ward and inquire if this maybe a possibility.
- Mastaneh reported that 2 Russian speaking clinicians work at her agency, Cross Cultural Expressions Community Counseling Center who would love to attend EE/ME sub-committee meetings and have Capacity Building Project Proposals for the Russian Community.
- Arpe Asaturyan inquired if the remaining unused \$25,000 maybe be added to the Capacity Building Projects for Arabic Speaking, Farsi Speaking, and Armenian Communities for the year FY 2015-2016.
- Anna Yaralyan responded that she will consult with Program Head Mirtala Parada Ward and inquire if this maybe a possibility.
- Anna Yaralyan provided updates on the capacity building projects for the EE/ME subcommittee for the FY 2015-2016.
  - Mental Health Education and Stigma Reduction Project for Arabic Speaking College Students. Solicitation for this project was closed on June 14, 2016; we do not know

which Consultant or Agency received this project yet.

- Farsi Peer-Run Outreach Project. Solicitation for this project was closed on June 14, 2016; we do not know which Consultant or Agency received the project yet.
- A Media Outreach campaign for the Armenian Community. Solicitation for this project will be closed on June 23<sup>rd</sup>, 2016; we don't know which Armenian TV station will get the project yet.
  - Arsineh Ararat inquired if any changes can be made on the structure of the Armenian Mental Health TV shows for FY 2015-2016 in recruitment and scheduling of the mental health professionals to make the implementation of this project easier. Arsineh also inquired if another TV station, such as Pan-Armenia maybe a better TV station to work with.
  - Mastaneh reported that the TV station receiving the bid should hire a producer to conduct the recruitment of the Mental Health experts.
  - Sarkis Simonian reported that an Armenian speaking TV producer can bid on the Armenian Mental Health Project and he/she must work with an Armenian TV station to implement the project.
  - Anna Yaralyan reported that given the budget at hand, \$25,000, it is the most feasible monetarily to hire a television station to produce, implement, host, and broadcast forty-four (44) Armenian mental health TV talk shows. There are not enough funds to hire a producer who in turn may contract with a local Armenian Television Station.
  - Arpe stated that during project implementation it was a challenge finding mental health experts who were Armenian speaking and were willing to volunteer their time to participate on the mental health TV shows.

<p><b>VI. Next Meeting</b></p>	<ul style="list-style-type: none"> <li>- Anna Yaralyan and Sarkis Simonian added that at times scheduling of the mental health professionals was a challenge as well.</li> <li>- Mastaneh Moghadam reported that it may be more feasible to hire a producer who may do all the work in terms of recruitment of the mental health professionals, scheduling, etc. Mastaneh suggested possibly having fewer shows if the budget does not permit, but include a producer who may implement the project accordingly.</li> <li>- Anna Yaralyan stated that whoever conducts the Armenian Media project must also have knowledge about common mental health topics and issues pertaining to the Armenian Community.</li> <li>- Arpe Asaturyan suggested possibly hiring an intern who may work at lesser cost or possibly volunteer his/her time to find and recruit mental health professionals and schedule appointments with the TV station, as a way of learning and gaining experience.</li> <li>- Sarkis Simonian suggested waiting to see which agency gets the bid first, and based on this, proper steps will be taken to help implement the project.</li> <li>- EE/ME sub-committee members agreed with Serkis's suggestion.</li> <li>• Anna Yaralyan thanked EE/ME members for attending this meeting and informed group members that once the bids are awarded, all group members will be notified.</li> <li>• EE/ME subcommittee decided that the next quarterly meeting date and time will be set.....</li> </ul>
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