

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 Faumana Saba

Agenda Items	Comments/Discussion/Recommendations/Conclusions
I. Introductions:	<ul style="list-style-type: none">- Introduction of Members
II. Meeting Minutes:	<ul style="list-style-type: none">- Reviewed and approved meeting minutes from 1/12/ 2017.
III. Capacity Building Project updates FY 2015/2016	III. Capacity Building Project updates for FY 2015/2016: <ul style="list-style-type: none">- Project Consultant Mastaneh Moghadam Executive Director of Cross Cultural Expressions, provided updates of the Farsi Peer-Run Outreach Project for the Farsi speaking community. Project was awarded to. reported the following information:
IV. Capacity Building Projects for FY 2017/2018	<ul style="list-style-type: none">o Just completed the project, it was very succesdulo 12 Farsi speaking volunteers were recruited and trained on mental health issues.o During the 1st phase of the project, 20 hours of training was provided to the volunteers, and developed the Resource Guide and the Pre-Posttest.o During phase 2 of the project, they recruited the volunteers. 12 volunteers completed the training.o Art therapy component was added to the presentations. The presentations were called “Exploring Mental Health through Creative Arts.”

- When the presentations were ready and everyone was ready to go. It was difficult to produce 60 presentations in two months, but it was completed and it was very fulfilling.
 - KRIN 670 radio station who were advertised PSAs just letting the community know about the mental health presentations.
 - They also partnered with different organizations, PARS equality center which works with Farsi speaking refugees, adult day healthcare called Golden Age, presentations were conducted at UCLA, Senegog. Majority of the presentations were conducted at Cross Cultural Expressions located in Encino. **Jewish Queers international in West Hollywood which gave them space to conduct the presentations.**
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 - The training was conducted in January and February and it went very well. Everyone was very excited about it, they felt that they became a family while conducting the trainings. They met on Saturdays for 5 hours. The goal of it was to let the volunteers do presentations that will ultimately result in reducing stigma in mental health. The last training date is set for February 4, 2017.
- Mastaneh reported there have been some challenges with having to match the individual schedules of some of the volunteers with the trainings.
1. Mental Health Education and Stigma Reduction Project for Arabic Speaking College Students. Project was awarded to Cross Cultural Expressions. Heather Laird reported the following information:
 - There are 8 confirmed volunteer college students both male and female recruited for this project.
 - There will be a 4 hour mental health training on Sunday, January 15, 2017 from 8 am to 1pm.
 - After completing this training, the college students will present to other college students who speak Arabic or are of an Arabic heritage at different colleges/universities.

- Colleges/universities where the presentations will take place include USC and other smaller Community Colleges around Los Angeles County.
- Mastaneh reported that despite of the challenges reported surrounding scheduling; both of the projects have been going well.

IV. Capacity Building Project Proposals for FY 2017/2018:

- Anna Yaralyan reviewed the suggestions that were emailed for Capacity Building Project Proposals for FY 2017/2018. Dr. Emma Oshagan made the following suggestions:
 - Join Russian, Farsi Speaking, and Arabic speaking communities in creating multilingual Mental Health Public Service Announcements PSAs.
 - Conduct parent training or a number of presentations on parenting in Armenian organizations, Armenian private schools, public schools (elementary, middle school or high school).
 - Sarkis reminded the group that we already recorded PSAs. The PSAs were in the Russian and Armenian languages.
 - Anna Yaralyan reported that overall 8 PSAs, 4 in Armenian and 4 in Russian pertaining to domestic violence, substance abuse, mental health stigma, and depression/anxiety were recorded and aired.

1. Mental Health Public Service Announcements (PSAs) for the Arab, Persian (Farsi Speaking), and Russian Communities:

- Mastaneh proposed the following information:
 - The PSAs will be on different topics and she is proposing for them to air for 6 – 8 months. There will be a different topic each week.
 - The project aims to produce 40-44, 90 second Public Service

Announcements that will be aired via YouTube in Arabic, Persian (Farsi), and Russian languages. It could also be recommended in English.

- The PSAs will air roughly once a week, for about 6 months.
- All the PSAs will include the same mental health topics, although the languages will be different.
- All the PSAs 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 outlets.

- Other options for advertisements suggested during the previous EE/ME Subcommittee meeting include advertisements on the Farsi Speaking Radio Station to discuss the PSAs or using TV as a form of advertisement.
- EE/ME members voted unanimously for the PSAs project to be implemented for the Russian, Arabic, and Farsi speaking communities during the previous meeting. Dr. Emma Oshagan, who was not present, voted for the project via email.

2. The Armenian Mental Health Show – Therapy Sessions:

- Sarkis Simonian reported that each mental health topic can air 3 – 5 weeks showing the process and progress of the therapy sessions. People in the community do not know what occurs in mental health treatment and its process. Whatever they know is from the movies, which may even include a “strait jacket.” They do not know how talk therapy occurs. When community members see that this is about talking about feelings and expressing oneself, they will have a different, more realistic view on what therapy looks like. The idea for this project is to have theatrical therapy sessions where the entire process of therapy is exhibited.

- Sarkis Simonian also reported that this will be an opportunity to educate the community about MH and the process to follow, in order to heal. This can help decrease the stigma and people will be more open to seeking help. The shows can be recorded at LACDMH contracted facilities.
- George Gharibian suggested that the Theatrical Therapy Sessions do not only have to be filmed in DMH contracted facilities. We should not limit ourselves to these facilities. There are private therapy offices, schools where we can shoot the scripts as well. Students can be recruited to play out the actual therapy. Some of the topics covered will be individual issues, life problems and disorders such as anxiety, depression, and schizophrenia. This way when people send their loved ones to therapy, they will have a sense of what to expect. The Theatrical Therapy Sessions can help demystify and reduce the stigma about Mental Health.
- Arsine Ararat added that this can also be comprehensive because it shows the different phases of therapy.
 - George Gharibian added that depending on the design of the show and the number of sessions, we can plan each episode accordingly. For example, we can spend half an hour role playing a mock therapy session including a client and a therapist working on clients' depressive symptoms. The client can act out his/her symptoms. We can show parts of clients' life as well.
 - Arsineh Ararat inquired who will be directing the shows.
 - Mirtala Parada Ward reported that we must do a great deal of research about theatrical work and media. For example, for the Latino Project, there are 5 different theater groups in LA County where they are doing theater production and their talking about mental illness and giving testimonies about mental health conditions. However, these are not televised, script writers needed to be hired to write the script and who are also connected to

	<p>the theater group.</p> <ul style="list-style-type: none">- Mirtala reported that budgeting limitations need to be considered.- George reported that for this show we don't need a big set with lights. Student actors can be hired to reduce the cost.- Sarkis reported that the TV station maybe able to provide the set, the lighting, producer and the sounds. All we need are the actors and the script and it would not be difficult to find acting students who will be thankful to act when receiving stipends. They might even act for free to be on TV and receive recognition.- Mirtala inquired if the Armenian TV stations have the ability to produce and air Theatrical MH Shows.- Sarkis responded that the TV station provides the set, lighting, microphone and the sound. We will need the MH professional, the script and actors of the show. All we need is the story, the script, and the people.- George reported that there are many MH clinical vignettes which we can get ideas for the script from.- Sarkis reported that ARTN-Shant has a theater next to the TV station and has actors who can play out some of the roles. The shows can be recorded there as well.- Mirtala reported that whichever Armenian TV station gets the bid, they must aid recruit the actors.- Sarkis reported that he believes it is will be much easier for the TV stations to find actors vs. mental health professionals as they often have actors often times coming in to do the shows. Sarkis also reported that he knows couple of
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	<p>Armenian Theaters from whom he may be able to recruit actors from.</p> <ul style="list-style-type: none"> - George added that no theatrical performance is necessary; the actors/actresses could discuss their life issues and mental health symptoms in a natural way. - Anna Yaralyan reported that it may also help to have fewer shows and provide stipends to the actors. Stipends could help provide an incentive and commitment for them to continue with the number of recordings needed per mental health topic. - Arsineh suggested that we can recruit students from different high schools, specifically from the Armenian Student Association. - Mirtala reported that the main concern of the shows maybe the cost of the production. As a result, we might do less than 44 mental health shows. Certain amount of funds is also needed to pay the actors stipends. <ul style="list-style-type: none"> • EE/ME members voted unanimously for the Armenian TV Mental Health Educational Shows – Therapy Sessions project to be implemented for the Armenian community. <ul style="list-style-type: none"> - Dr. Emma Oshagan, a long term active member, who was not present at this EE/ME meeting will vote via email as well. - Anna Yaralyan reviewed type of theatrical mental health sessions chosen by EE/ME members to be conducted: four (4) individual therapy methods, one (1) couple’s therapy or one family therapy (1) and one (1) teenagers group. - Arsineh Ararat and George Gharibian reported that individual therapy sessions would include different topics, including LGBTQ issues. - EE/ME members decided to finalize the mental health topics and the number
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<p>V. Capacity Building Project Proposals FY 2014/2015:</p> <p>VI. Next Meeting: TBD.</p>	<p>of sessions after the EE/ME meeting.</p> <p>V. Mirtala provided an update on the 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: <ul style="list-style-type: none"> o The project was awarded to Medical Network Devoted to Service, MINDS, and it includes providing Presentations to various Law Enforcement Departments. o Projected end date of the project will be on January 6th, 2017. o This project is removed from the Consultant due to breach of contract. It might be once again given out to bid or the funds may be lost. If funds are not used the year a certain project is approved, it may not be accessible for the following years. o The project can be provided out to bid in the future years. <p>VI. Anna Yaralyan thanked EE/ME meeting participants for their project ideas and their votes.</p> <ul style="list-style-type: none"> - EE/ME subcommittee decided that the next quarterly meeting date and time will be scheduled at a later date.
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