

# AI/AN Mental Health Conference 2019

## *Summary*

Los Angeles County Department of Mental Health (LACDMH) American Indian / Alaska Native (AI/AN) Underserved Cultural Communities (UsCC) subcommittee was established in 2014 under the Mental Health Services Act (MHSA). The goal of the AI/AN UsCC subcommittee was to reduce disparities and increase mental health access for the AI/AN community throughout Los Angeles County. This subcommittee works closely with community partners and consumers in order to increase the capacity of the public mental health system to develop culturally relevant recovery oriented services, specific to the AI/AN community, and also to develop capacity building projects.

One of the recommendations of the AI/AN UsCC subcommittee was to plan and coordinate the 2019 American Indian / Alaska Native Mental Health Conference: "Native Health & Resilience." A survey was handed out to all participants at the start of the conference. The purpose of this survey included the following: to inform participants of mental health issues unique to the AI/AN community, to improve participants ability to recognize when to refer an AI/AN community member for mental health services, to provide participants with useful information on available mental health resources for AI/AN community members, and to improve participants ability to provide culturally appropriate mental health treatment to AI/AN consumers. The survey was anonymous and voluntary. In total, 207 individuals attended the conference. Of those, 97 completed surveys.

## *Survey Results*

1. This conference made me more aware about mental health issues unique to the AI/AN community.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
42	51	4	0	0
<b>43%</b>	<b>53%</b>	<b>4%</b>	<b>0%</b>	<b>0%</b>

2. This conference improved my ability to recognize when to refer an AI/AN community member for mental health services.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
33	43	18	3	0
<b>34%</b>	<b>44%</b>	<b>19%</b>	<b>3%</b>	<b>0%</b>

3. I received useful information on mental health resources available for AI/AN community members.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
39	50	8	0	0
<b>40%</b>	<b>52%</b>	<b>8%</b>	<b>0%</b>	<b>0%</b>

**4. This conference improved my ability to provide culturally-appropriate mental health treatment to AI/AN consumers.**

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Did Not Answer
34	48	12	2	0	1
<b>35%</b>	<b>50%</b>	<b>12%</b>	<b>2%</b>	<b>0%</b>	<b>1%</b>

**5. Please provide any additional comments or feedback (quotes from conference attendees):**

Judge White was a very important and powerful speaker. Farrah and Duane are equally powerful speakers. Dynamic duo.
Half of your attendees are non-indigenous people giving time/energy/expertise to all people. To be referred to as "they" or "them" is disrespectful and damaging.
Just love each other no matter how much Native American blood you have
Great workshops and speakers, food was great, timing was off
The chairs are very uncomfortable for people with big hips like me
Very informative, I could not decide which workshop to attend. Maybe make time for 3 sessions.
Conference was very informational
I was uncomfortable with the conflict between the presenters
Really enjoyed representation of cultural practices
More time for the dress show, group drumming would be fun!
Judge White, Andrea Garcia/Monique Castro, Dr. Partida-all these presenters were excellent
It was a good informative conference
Was a great conference
It was good to reconnect with the community
Loved the interactive element of "dandelion" necklace making in DV talk with storytelling, very culturally aware
Less blaming of colonization/white people
No comments-everything is ok
Sorry but the lunch was a disaster. Saw plates and plates of food being thrown out. The vegetables were raw-not thoroughly cooked. The enchiladas were too spicy.
Very good

Session 6-a panel discussion-excellent! Session 1-Integrated Care-excellent!
Thank you
Thank you for the meal/lunch-Delish : )
Great location and speakers
Great conference!
Need CEUs for presentations
From being in the room, it appears music is a strength and coping skill essential when working with AI/AN community
Everything was useful for improving my knowledge to help my clients
Maybe some attention could be paid to educating non-Natives in how to reach out to AI/AN individuals respectfully and effectively
Learned about many different tribes-dress customs, food problems
Heartfelt from beginning to end. Thank you!
This conference was empowering, eye-opening, and I was humbled to be present at such an important conference
Thanks
Sessions could be longer
I loved the panel Session #5-even though different views were voiced, moderator Bernice said we are all valuable with diverse experiences
Diversity of all indigenous continents
This conference should be 2 days in order to attend most of the workshops
Maybe examples of what being taught
Need more time-one day isn't enough
As a follow up, I would enjoy attending a clinical focused training for therapist providers
Good job, awesome speakers!
I would like to see some mentors
Good conference, hope you have more
Nice conference. Loved the ability to meet new people and talk to old friends

Great conference (cold air AC to be turned down)
Please have speakers use mic for people with hearing disability
Thank you for providing this learning experience!
Enjoyed the beadmaking. Would like to have access to all the PowerPoints
Thank you for not making the conference a traditional stuffy professional one. It's a spiritual, real and informal but it's excellent!
Access to PowerPoints/tangible literature should be included, I am lucky to take notes but they were incomplete
Decolonizing education board was great! However, I wish that there was more of a structured presentation & opportunity for questions with regards to decolonial education impact on mental health
Great panels/workshops
Thank you

**6. Please list any topics you would like to be included in future AI/AN Mental Health Conferences (quotes from conference attendees):**

Pointers in doing therapy with indigenous people
Black Native American stories with being accepted today
Youth workshops-song & dance workshops
Strategies for working with Natives in individual therapy
MAT-Medication Assisted Treatment workshop
Mental health for Native American students
Two-Spirit, LGBTQ+ Native communities
Peers in the Native American community
Invite the Lakota Chef-for healthy brain food
Research on Native cultural healing, a seminar on TAY suicide prevention
Severe mental health issues
Two Spirit support

Native comedy-laughter as medicine
Adolescents, suicide causes
Thank you for invitation
I'm a community person, do not know much about mental health
Thank you
Reservations-good & bad
On treating children and families & effectiveness in treating and improving outcomes early
Storytelling and its impact, engagement of Native American population
CEUs and training on how to approach tribal leaders regarding providing services to their community, and training on LGBTQ+ AI/AN
Working with two-spirit folks
Upcoming events & where?
White fragility. It holds us back from reaching out to non-White cultures but no one talks about it
Help with diabetes, food, and weight loss
Spirituality
Discussions of sexism, homelessness, and substance abuse
Transportation issues for community
Women's health-for rights of passage such as puberty, birth, menopause-strong influence of hormonal changes in mental health
Eating disorders and AI/AN, peers working in the AI/AN community
Natives being adopted out-how to reconnect?
How to treat Native clients both spiritually & mentally that's DSM 5 approved
Youth mental health
Suicide prevention for urban Native youth
Integrating culture & spirituality (AI/AN) with mental health
A workshop on gay Native

The arts & cultural heritage
Mental help for people that are urban Native/Mexican but not w/ tribal card, etc.
How to reach out to Natives about their mental health when they may not fully identify as Native
DV & IPV
How to educate for family and community about Native pride when they don't ask
Detention centers, migration issues
Mex-American/Mexican/Xicano identity/decolonial education and mental health
LGBTQ