

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

Strategic Communications Division

American Indian / Alaska Native (AI/AN) UsCC Subcommittee Meeting Minutes

May 5, 2021; 2:00PM – 4:00PM via Microsoft Teams

Present: Amparo Ostijoc, Bernice Mascher, Bridget Garcia Vera, Charlotte Lujan, Farrah Ferris, Hector Ramirez, Nikki Crow, Shannon Rivers, Sunnie Whipple, Sylvia Gonzalez-Youngblood, Gabriel Pimentel and Walter Ahhaitty

DMH Admin: Kelly Wilkerson, Pinki Mehta, Connie Acosta Castaneda and Rosario Ribleza

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome, Prayer & Introductions	Shannon Rivers lead the meeting with prayer. Members were asked to introduce themselves.
Meeting Minutes – Review	April 7, 2021 minutes were reviewed and approved by Sunnie Whipple and seconded by Bernice Mascher.
Capacity Building Projects – Discussion / Brainstorming	<ul style="list-style-type: none"> • Kelly Wilkerson shared with the group the Capacity Building Project process. • The County operates its Fiscal Year from July 1st to June 30th. • Kelly encouraged the subcommittee that now is a good time to start brainstorming ideas. Proposals can be submitted by using a Capacity Building Project form giving a brief description of the project, or submitting a brief summary of ideas. • Sunnie Whipple expressed the need for more organizations and entities that are Native based. • Bernice Mascher shared with the group the importance of including the involvement of the UsCC members to ensure positive, correct feedback. • Sylvia Gonzalez-Youngblood expressed concerns regarding the Promoters program for the AI/AN subcommittee never developing. Sylvia shared that would be a great way to bring in Native people. • Pinki Mehta encouraged the subcommittee to continue to push forward on the interest of this group to become Promoters. • Hector Ramirez suggested the group take the initiative directly contact the tribal councils. • Farrah Ferris recommended connecting with the education system, schools and colleges, and reaching out to students and educators for support. • Farrah shared there might be a higher attendance count if the UsCC subcommittee meetings were held on the weekends, and if the time of the meetings where shorter. <p align="center"><u>American Indian/Alaska Native UsCC Capacity Building Project Ideas</u></p> <ol style="list-style-type: none"> 1. Virtual MH “Conference” 2. Gathering of Nations/Congress <ol style="list-style-type: none"> a. October/November 2021 b. Connections between agencies c. Hosted by local tribes/organizations 3. Virtual Storytelling – Talking Circle: One with elders, one with youth, one joint.

	<ol style="list-style-type: none"> 4. Youth Academy – Teach the youth how to engage with the Elders, spend time with them, run errands for them, overall, a daily or weekly check in with them. <ol style="list-style-type: none"> a. Incorporate body wellness sessions for the Youth, like wellness hikes in small teams. It has been shown that being outdoors is really helpful for youth. 5. Social Media Pow Wow with a focus on traditional methods of care with a mental health component – if possible, consider open outdoor activities/gatherings, drumming sessions, dancing and archery lessons. 6. Native community website – ease path to services (Kelly to follow up) <ol style="list-style-type: none"> a. Publications sub-link
Co-Chair Rounds & Community Check In	<ul style="list-style-type: none"> • Shannon Rivers shared today May 5th is Missing and Murdered Indigenous Women’s Day. Please keep the women, girls and two-spirit individuals in your prayers. • Sylvia Gonzalez-Youngblood checked-in with the group, on things that are going on in the world, to make sure we are supporting our fellow Brothers and Sisters in their causes. • Sylvia stated that she feels that Native American causes always set aside. • Co-chairs Sylvia and Shannon are making the rounds to each of the other UsCCs to give a short presentation on the historical experience of Native Americans, to help bridge the gap between UsCCs and increase awareness.
DMH Updates & Other Announcements	<ul style="list-style-type: none"> • Pinki Mehta provided information on the L.A. County DMH “We Rise” project. • May is Mental Health Month. Please refer to your DMH Event Calendar for upcoming events. • Kelly Wilkerson will send out via email a summarized list of ideas shared at today’s meeting, along with any resources to be shared with the subcommittee.
Community Announcements & Resources	<ul style="list-style-type: none"> • Amparo Ostojic is a Peer Crisis Counselor for CalHope. Their warm line is (833) 371-4673. This warm line is for anything related to COVID-19 nonclinical crisis. www.Calhope.org • Charlotte Lujan shared with the group, American Indian Counseling Center will be having in the month of May, virtual workshops, cultural interventions. Elders will be giving a presentation on the lifespan of development of children from zero to five years old. • Sylvia Gonzalez-Youngblood shared, on May 6, 2021 UAI will be hosting a special event for Children’s Mental Health Day. There will be activities such as beading and workshops on educational communication, budgeting and finance classes.
Closing Prayer	Walter Ahhaitty ended the meeting with Prayer.
Audio Recording	All meeting audio recordings are available on the DMH website: https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/american-indian-alaska-native-ai-an-uscc-meeting-minutes/
Next Meetings:	<u>Next Meetings (first Wednesday of the month, all meetings 2-4pm):</u> 6/2/21, 7/7/21, 8/4/21 New login information for 2021: Join Microsoft Teams Meeting ; 323-776-6996, Conference ID: 806 867 419#