

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division
American Indian / Alaska Native (AI/AN) UsCC Subcommittee Meeting Minutes
 June 2, 2021
 2:00PM – 4:00PM via Teleconference and Microsoft TEAMS

Present: Sylvia Gonzales-Youngblood, Shannon Rivers, Farrah Ferris, Hector Ramirez, Sunnie Whipple, Robyn Gomez, Gabriel Pimentel, Nikki Crow, April Skinas, Bernice Mascher, Bridget Garcia Vera, Elena Nourrie, Walter Ahhaitty, Patricia Lopez, Mark Parra, Charlotte Lujan

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

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome, Prayer & Introductions	Farrah Ferris lead the meeting with prayer. Members were asked to introduce themselves.
May 2021 Meeting Minutes	May 5, 2021 minutes were reviewed and approved by Hector Ramirez and seconded by Farrah Ferris.
Co-Chair Rounds to UsCCs - Update	<ul style="list-style-type: none"> • Co-chairs Shannon Rivers and Sylvia Gonzales-Youngblood shared regarding their visits to the Access for All and EE/ME subcommittees. • Shannon gave a presentation on the historical experience of Native Americans and Indigenous Erasure. • Shannon shared a little history of the ongoing legacy of poverty and ecological devastation. • Sylvia shared a comment from an EE/ME subcommittee member; “Nobody else’s issues can get addressed until the government does right by Native Americans.” Sylvia thought the comment was very powerful and was happy that he understood what the Native people are trying to communicate. • Sylvia had to address an issue of when you are giving the Native American experience, people want to identify by stating “I have a distant Native relative”, which can be a little disrespectful. • The EE/ME subcommittee Co-Chair Dr. Heather Laird asked how they could help. Sylvia responded “Honoring the rights of Indigenous People”.
Capacity Building Projects – Discussion / Brainstorm	<ul style="list-style-type: none"> • Kelly Wilkerson asked the group to please share any new ideas for Capacity Building Projects for the upcoming Fiscal Year, and talk about the next steps. • Kelly reviewed the Capacity Building Project ideas from last month’s meeting in May 2021. • Kelly informed the group that the California Endowment is still not taking reservations for conferences for November 2021. • Kelly informed the group that the deadline to submit new Capacity Building Project ideas is by July 7, 2021. <p>Ideas Discussed:</p> <ul style="list-style-type: none"> • Virtual Mental Health Symposium/Forum • Media Campaign to inform community about UsCC

	<ul style="list-style-type: none"> ○ Also podcasts/social media campaign, radio interviews, etc. ● Gathering of Nations/Congress ● Virtual Storytelling – Talking Circle ● 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. ● Social Media Pow Wow with a focus on traditional methods of care with a mental health component ● LANGUAGE FORUM/TRIBAL GATHERINGS: Traditional methods and language, prayer, spirituality - educational series, build trust, create safe spaces, connections between reservation and urban Indians, normalize mental health <ul style="list-style-type: none"> ○ Language is vital from a behavioral health aspect, opens up the understanding of history, instills in the child/person that sense of identity - builds purpose and sense of self ○ Develop network of finding out where our language communities are in LA County ○ Sean Sherman from symposium - reclaiming our communities as a form of wellness ○ Language, songs, food - reclaiming these traditions as a way of developing purpose ○ Connect with youth, elders, parents; specifically language around mental health ● Education regarding land acknowledgements <ul style="list-style-type: none"> ○ MOU/MOA – between stakeholder groups ○ Allyship – how to be a good ally
DMH Updates & Other Announcements	<ul style="list-style-type: none"> ● Kelly Wilkerson will work on summarizing today's Capacity Building Project discussion and will send out via email to the subcommittee by the end of the week.
Community Announcements & Resources	<ul style="list-style-type: none"> ● Shannon Rivers shared that he is back in Los Angeles full time, and there are a couple of Summer programs that he would like the Native youth to be involved in. Flyer will be sent out via email. ● Farrah Ferris shared UAll will be having a Budgeting workshop and Positive Parenting classes for Native parents which is court approved and is an 8-week course. ● Farrah also shared UAll will be having a Virtual Stem Workshop put on by L.A. Skins Fest. The 3rd week in June. ● UAll are still doing COVID-19 testing/screenings, and giving out food boxes along with great resources. ● Charlotte Lujan shared May is Mental Health Month and she developed a workshop called “Healing the sacred soul self-help circle” starting June 7th at 3:30pm, it will be for 6 weeks. ● AICC will be going out to Willow Springs with clients and community members to learn about plants and Native medicines. Also there will be a Talking Circle run by Stephanie at AICC once a month. ● Sunnie Whipple inquired about the letter to Dr. Sherin from the Access for All subcommittee. All Co-Chairs were to sign the letter before it was sent to Dr. Sherin. Sunnie states he has not received the letter. ● Sunnie informed the group regarding the DMH Newsletter/Magazine. It has changed dramatically, every UsCC subcommittee will now only have 1 page to share their resources and stories. ● Elena shared that Indigenous Circle of Wellness released a link with upcoming projects with DMH. Link to be emailed to subcommittee. ● Indigenous Circle of Wellness is seeking participants for the Indigenous Wellness cohort.

	<ul style="list-style-type: none"> • Elena stated they need 25 self-identified Indigenous community members from all over Los Angeles County, that can participate in a 8-week cohort to develop a toolkit, a training video, and then host a community Wellness Forum in November 2021. • Participants will receive a \$200 stipend. All cohort meetings will held on ZOOM. • A second project Indigenous Circle of Wellness is doing is a Community Needs Assessment. Focus groups will be hosted in August 2021. There will be a \$50 gift card stipend per participant.
Closing Prayer	Robyn Gomez 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:	<p><u>Next Meetings (first Wednesday of the month, all meetings 2-4pm):</u></p> <ul style="list-style-type: none"> • July 7, 2021 • August 4, 2021 • September 1, 2021 <p>Login information for 2021: Join Microsoft Teams Meeting; 323-776-6996, Conference ID: 806 867 419#</p>