

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division

Eastern-European / Middle Eastern (EE/ME) UsCC Subcommittee Meeting Minutes

June 30, 2021

2:00PM – 4:00PM via Teleconference

Present: Sarkis Simonian, Mastaneh Moghadam, Dr. Heather Laird, Rima Safaryan, Dr. George Gharibian, Dr. Shushan Kalantaryan, Haydeh Fakhrabadi, Seta Haig, Stacy Dalglish, Sofia Jackson and Mariam Nahapetyan

DMH Admin: Anna Yaralayan, Connie Acosta Castaneda, Pinki Mehta, Dr. Sandra Chang and Rosario Ribleza

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Introductions	Everyone introduced themselves.
Meeting Minutes - Review	May 26, 2021 minutes have been reviewed and approved by Dr. Heather Laird and seconded by Mastaneh Moghadam .
Brainstorming Ideas for new Capacity Building Projects	<ul style="list-style-type: none"> ❖ Dr. Shushan Kalantaryan – Capacity Building Ideas Presentation <ul style="list-style-type: none"> • The proposed project from Dr. Kalantaryan is for the Armenian community. • This project relates to Armenian single parents, Mothers and Fathers. • Per Dr. Kalantaryan as to date there has been no research done on Armenian single parents. • Dr. Kalantaryan gave a few examples of what issues single parents are going through; <ol style="list-style-type: none"> 1. Sleep deprivation 2. Inadequate self-care 3. Lack of support for single parents 4. Not able to find resources for single parents • Dr. Kalantaryan stated that the project will include a two-part Wellbeing workshop: <ol style="list-style-type: none"> 1. Psychotherapy Education Workshop 2. Connection through Physical Activities workshop; (i.e., Yoga, Armenian dances, Meditation). 3. Me time, to connect in one place.

	<ul style="list-style-type: none"> ❖ Dr. Heather Laird – Capacity Building Ideas Presentation <ul style="list-style-type: none"> • The proposed project from Dr. Laird is for the Arabic speaking population. • The Capacity Building Project will be conducted via virtual focus groups for the Arabic speaking population. • Focusing on two main subjects; 1. Trauma – Not wanting to learn their language. Have classes on how to speak in Arabic. 2. Trauma of September 11th – Not wanting to identify as Arabic. • The goal for this project is the promotion of Mental Health Wellness through Arts and Art Therapy. • Dr. Laird shared that she hopes to increase capacity to our EE/ME subcommittee meetings and get rid of the Mental Health stigma. ❖ Sarkis Simonian stated that the deadline to submit a proposal is until the end of August 2021.
<p>Co-Chair Selection – Sarkis Simonian</p>	<ul style="list-style-type: none"> • Sarkis Simonian presented to the group a current situation with the voting process for the EE/ME subcommittee. • Currently both EE/MEE Co-Chairs were awarded Capacity Building Projects for their subcommittee. • Sarkis Simonian and Anna Yaralyan consulted with Pinki Mehta on how to move forward with the voting process. • Pinki stated that since it is the first time of a UsCC subcommittee is having difficulties having an additional co-chair, it is suggested lowering the attendance percentage to 25%. • Another suggestion was having a service area Promoter be Co-Chair, since they are part of the community by being Community Ambassadors, Promoters and Mental Health Advocates. • Sarkis stated that he does not know if DMH has accepted any Arabic, Armenian or Farsi speaking Promoters, because there is no data. • Seta Haig asked Sarkis what are the duties for the Co-Chairs? • Sarkis stated the following: <ol style="list-style-type: none"> 1. Help conduct EE/ME subcommittee meeting with fellow Co-Chair. 2. Attend the UsCC Leadership meeting once a month. 3. Attend quarterly CLT meetings, which is a combination of the UsCC's and Service Areas.

	<p>4. In addition, when business is once again conducted in-person, the Co-Chairs should try and attend the Service Area meetings to represent the EE/ME subcommittee.</p> <ul style="list-style-type: none"> ✚ Seta Haig volunteered to take on a Co-Chair position for the EE/ME Subcommittee and subcommittee members agreed to vote for Seta. ✚ Seta Haig will begin her position as the EE/ME Subcommittee Co-Chair on 8/1/2021. Anna Yaralyan, Sarkis Simonian, Dr. Heather Laird and a few other Subcommittee members congratulated Seta on her new position as a EE/ME Subcommittee Co-Chair.
<p>LACDMH Newsletter “Cultural Traditions and Connections” – Update</p>	<ul style="list-style-type: none"> • Dr. Sandra Chang shared with the group, that the newsletter will continue to be featured on the Connecting our County newsletter. • Dr. Chang sent a virtual on-line copy to the Liaison Anna Yaralyan to be sent out to each subcommittee members. • The newsletter has received positive feedback and people are appreciative of the content shared. • Dr. Chang stated, the newsletter Cultural Traditions and Connections has helped us all learn about different cultures. • Dr. Change stated that there are 36,000 subscribed members. • The newsletter will be released monthly not quarterly. • Dr. Chang stated that each UsCC subcommittee has contributed content for the newsletter. • The next issue will be released on July 1, 2021, and the topic will be on Trauma.
<p>Capacity Building Project Updates – FY 2020 – 2021- Anna Yaralyan</p>	<p>The Virtual Armenian Community Symposiums MH Project:</p> <ul style="list-style-type: none"> • This project was awarded to Sarkis Simonian. • There will be 3 Virtual Community Symposiums which will target of at least 210 unique attendees in total. These will be Mental Health education symposiums. • Each symposium will be 4 to 5-hrs long.

	<p>Farsi Poetry Night Mental Health Virtual Outreach Project:</p> <ul style="list-style-type: none"> • This project was awarded to Mastaneh Moghadam - Cross Cultural Expressions. • Mastaneh stated that this project was originally designed to be conducted in person, but due to COVID-19 it was changed to a Virtual Poetry Night. • Mastaneh stated that this project was targeted and outreached for the older adult Iranian or Farsi speaking community. • Poetry is very popular in Iranian culture, so this project will bring up mental health issues via poetry to reduce stigma of mental health within the Farsi speaking community, especially among elders. • There will be 12 to 14 virtual sessions that are 2-hours long and will be led by someone well versed in Persian Poetry. • After the session a mental health expert will be available to talk about mental health and well-being. <p>Four different MH Project have been awarded for the Armenian, Arabic, Farsi speaking and Russian communities and are in the process of beginning the implementation process.</p>
<p>Future Meeting Date & Times</p>	<p>Next meeting will be on Wednesday August 25, 2021, from 2:00pm – 4:00pm</p> <ul style="list-style-type: none"> • Subcommittee voted on going Dark for the Month of July 2021, Motioned by Dr. Heather Laird.
	<p><u>Join Microsoft Teams Meeting</u></p> <ul style="list-style-type: none"> • (323) 446-6996 United States, Los Angeles (Toll) Conference ID: 985 297 792#