

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division**

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

November 25, 2020

2:00PM – 4:00PM via Teleconference

Present: Sarkis Simonian, Rima Safaryan, Dr. Heather Laird, Seta Haig, Mastaneh Moghadam, Aylin Azizyans, Nakhjaven Tapeh, Waffa Abu-Hajar, Dr. George Gharibian and Haydeh Fakhrabadi

DMH Admin: Dr. Anna Yaralyan, Dr. Sandra Chang, and Connie Acosta Castaneda

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Introductions	Everyone introduced themselves.
8/26/20 Meeting Minutes - Review	Minutes were reviewed and approved by Sarkis Simonian and seconded by Mastaneh Moghadam
Discussion about COVID-19 and other community current events – Sarkis Simonian	<p>(i.e. War in Armenia)</p> <ul style="list-style-type: none"> • Sarkis Simonian shared with the group that the War in Armenia is over momentarily. However, currently the Armenian people are dealing with all the negative consequences steamed from the war, such as unnecessary deaths, psychological damage, and displacement of the refugees from Arstakh, who lost their homes and ancestral homeland. • Rima Safaryan shared that the French Government now recognizes Artsakh as an independent country. • Rima’s son is working on three projects in Armenia to help with the aftermath of the war. His program is collecting monetary donations and providing clothing for the soldiers. It is also providing mental and physical health services for veteran soldiers in Armenia. • The Woman Advancements Organization will be doing a clothing drive and sending cloths to Armenia. • Dr. George Gharibian gave an update on a project Armenian-American Mental Health Association (AAMHA) is currently conducting to assist with the negative mental health consequences of the war in Armenia. There was a cease fire that ended the war around 15 days ago in Armenia, however, people in Artsakh and Armenia are still dealing with the mental health consequences of the War. The project includes collaboration between mental health professionals in

	<p>Armenia and Armenian speaking mental health clinicians in Los Angeles. Mental health professionals in Los Angeles provide consultation groups for the professionals in Armenia surrounding different mental health issues steamed from the war in Armenia, such as Grief & Loss, Depression, Anxiety, Post Traumatic Stress Disorder, (PTSD), etc. Trainings and seminars are also provided surrounding different mental health topics via Zoom. Training sessions and workshops include topics such as PSTD, acute stress, Grief & Loss. This project was conducted to bring awareness about mental health and eliminate the stigma that goes with it.</p>
<p>Presentation by Dr. Sandra Chang</p>	<ul style="list-style-type: none"> ➤ Dr. Chang gave a presentation on Cultural Competency Plan Disparities Data. • The Cultural Competency plan is a report that DMH and all the county departments of mental health are mandated to produce on an annual basis. • The Cultural Competency unit gathers all information from different programs, initiatives pertinent to cultural and linguistic competence and then they organize the information. • The report has eight areas which Department of Health Care Services identify as areas that pursue Cultural Competence. <ol style="list-style-type: none"> 1. Commitment to Cultural Competence 2. Disparity Data 3. Strategies that are being put together to address disparities in health and mental health. 4. Departmental Cultural Competency Committee 5. Cultural Competence Training 6. Workforce Development 7. Language Assistance 8. Adaptation of Services ➤ Dr. Chang shared data regarding the population in Los Angeles County, looking at Ethnicity/Race, Age Group, Gender, and Sexual Orientation. She also shared data from each service area and pointed out the service areas that need the most outreach and mental health services.
<p>Update on the Russian & Farsi Mental Health Theater Project – Mastaneh Moghadam</p>	<p>Mastaneh Moghadam provided an update on the Russian & Farsi Mental Health Theater Project:</p> <ul style="list-style-type: none"> • The Russian and Farsi Mental Health Theater Project presentations have started. • First presentation for the Russian community was on November 2, 2020. Each presentation is the showing of the movie “Wake-Up Sleeping Beauty” in the Russian language. After the presentation there is a Q&A conducted with the Cultural Consultants, Therapists, the Director of the theatrical project, and some of the actors/actresses. There was

	<p>an attendance of 117 people. Voice of America-Russia TV network did a feature story because of all the positive feedback about the theatrical shows from the community members.</p> <ul style="list-style-type: none"> • There are six presentations in total. Within the second and third presentation, attendance was low, with about 20 views. The feedback from the community was that the Russian community members do not like the ZOOM platform and conducting Q&A after presentations. • The Iranian mental health theatrical presentation will be on December 3, 2020 at 7:00pm via ZOOM. It will be in the Farsi language with English subtitles. • At the end of all the presentations, the links will be on the LACDMH website and YouTube.
<p>Discussion whether the EE/ME Subcommittee members would have the EE/ME Subcommittee meeting on 12/30/20 or the Subcommittee will go dark for winter Holidays – Sarkis Simonian</p>	<ul style="list-style-type: none"> • The EE/ME Subcommittee members voted to go dark for December’s meeting. Dr. Heather Laird approved and Sarkis Simonian second.
<p>Future Meeting Dates & Times</p>	<ul style="list-style-type: none"> • Future dates will be discussed in January 2021.
<p>Announcements & Recognitions</p>	<ul style="list-style-type: none"> • Dr. Anna Yaralyan wished EE/ME Subcommittee Members Happy Thanksgiving and gave thanks and recognition to the subcommittee for all their hard work, loyalty, and dedication to the community throughout the year.
	<p><u>Join Microsoft Teams Meeting</u></p> <p>+1 323-776-6996. 107931669# United States, Los Angeles Phone Conference ID: 107 931 669#</p>