

# **HAYATSK DEPI NERS**

Armenian Mental Health Show

## **Project Summary**

### **Fourth Season**

The fourth season of the Armenian Mental Health TV talk Show, entitled, "*Hayatsk Depi Ners*," was televised on the Armenian-Russian Television Network, ARTN from June 2019 through September 2019. A total of 34 episodes were aired.

There are more than 200,000, Armenians who live in Southern California in cities such as La Canada, Burbank, North Hollywood, Glendale, Pasadena, Los Angeles, and Montebello. As a result, the show was broadcasted in these areas of Los Angeles County. The show focused on education to the Armenian Community about various mental health conditions, the therapeutic process, and how to access these services from LACDMH.

The format of the show included three phases. The first phase was the introduction. The format of the show included opening remarks that lasted 3-5 minutes. This was done by a mental health professional and a host. The second phase was the reenactment of a therapy session and this was facilitated by a mental health professional and it included actors and actresses. This part lasted ten to fifteen (10-15) minutes. The therapy sessions were scripted beforehand. Once again, actors were hired that were known in the community. The third phase included a TV host and a mental health professional, who explained the therapy session and its process to the viewers. This lasted around ten (10) minutes. Overall, the show was produced, directed and edited by ARTN.

The airing schedule of the show was during primetime hours on Saturdays and Sundays, at 3.30 p.m. on ARTN TV channel that has cable, free-to-air, and web broadcasting. Additionally, the show was streamed online, including on [www.artn.tv](http://www.artn.tv), YouTube, and Facebook. This platform allowed the show to also be viewed worldwide where the Armenian diaspora lies.

Since the show focused on the Armenian Community, Armenian-speaking psychologists–therapists and actors were hired. The ARTN administration conducted the recruitment of the actors. It was a challenge to recruit Armenian-

speaking actors who were willing to participate in this show, possibly due to the stigma attached to mental health issues within this community. The fourth season of the show also included Marriage and Family Therapists and a Neuropsychologist.

Overall, the mental health show had great success within the Armenian Community living in Los Angeles County. It was the first and the only one in its kind in the history of Armenian Television in the USA. Based on the feedback provided by T.V. viewers, Armenian Community members felt that the show was interesting, culturally relevant, and overall it increased their knowledge about mental health issues and available resources. It also helped to decrease stigma about mental health within this community. The community expressed gratitude for showing what the process of therapy looked like and requested similar educational shows to be televised for the community.

Due to the collaboration between Los Angeles County Department of Mental Health and ARTN, there has been an increased community awareness and outreach pertaining to the mental health needs of the Armenian Community that resides in Los Angeles County.