

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division

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

February 24, 2022

2:00PM – 4:00PM via Teleconference

Present: Sarkis Simonian, Dr. Heather Laird, Rima Safaryan, Dr. George Gharibian, Dr. Shushan Kalantarian, Maria Tan, Dr. Haydeh Fakhrabadi, Seta Haig, Mariam Nahapetyan, Mastaneh Moghadam, Joann James, Armineh Stepanyan, Avo Soltanian.

DMH Admin: Anna Yaralyan, Pinki Mehta, Dr. Luis Guzman

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Introductions	Everyone introduced themselves.
Meeting Minutes from 1/26/2022	Reviewed and approved meeting minutes. Sarkis approved and Dr. Laird second.
Capacity Building Project Updates FY2020-2021	<p>❖ Russian Mental Health Media Virtual Outreach Campaign – Mastaneh Moghadam</p> <ul style="list-style-type: none"> • The Russian mental health virtual media is in progress and is going well. • Mastaneh reported that the PSAs continue to air on Armenian-Russian TV Network, ARTN, 4 times a day and on Russian TV, RTV, 2 times a day. • The actual airing started on August 1, 2021 and is scheduled to be completed on July 31, 2022. • The PSAs are airing during prime-time hours, seven days a week. • The Russian PSAs are also posted on social media such as Facebook, Instagram, Twitter, and YouTube. • PSAs have been boosted on Facebook as a form advertisement by the Vendor. • Vendor agreed to share PSA links with EE/ME Subcommittee members as needed.

	<ul style="list-style-type: none"> ❖ Virtual Poetry Night Mental Health Outreach Groups for the Farsi Speaking Community Project – Mastaneh Moghadam <ul style="list-style-type: none"> • Vendor reported that the Virtual Poetry Night MH Outreach groups for the Farsi speaking community have been going well. • There was an advertisement of the poetry workshops on a local Farsi speaking Radio station, KIRN 670AM. • Young people have been participating with parents and grandparents to Virtual Poetry Night Classes. • Vendor continues to follow the schedule at hand and various topics have already been covered. • Flyers and all outreach materials continue to be utilized by the Vendor for advertisement purposes to overall increase participant attendance. ❖ Virtual Armenian Community Symposiums Project – Sarkis Simonian <ul style="list-style-type: none"> • Sarkis informed the group that the second Symposium was successfully completed on January 27, 2022, 2pm – 6pm. It was advertised on social media (i.e., on Facebook) and other outlets. The Symposium covered topics such as LGBTQ issues, Armenian family dynamics, etc. This project was educational and informative. There was positive feedback from the community members about the project. • Sarkis announced that the third Symposium will be on March 6, 2022, 2pm – 6pm. The Symposium is titled, “Helping soldiers and their Families with PTSD.” It will include PTSD treatment, including breathing techniques. It will be via Zoom. ❖ Mental Health Needs Assessment for the Arabic Speaking Community Through Virtual Focus Groups – Dr. Heather Laird. <ul style="list-style-type: none"> • Dr. Laird stated that the implementation of the project continues to move along. • The confidential interview process has been completed. After the interviews are completed there will be a public group meeting. • Dr. Laird stated they are excited to begin the engagement of the focus groups.
<p>Presentation for Capacity Building Projects FY2021-2022</p>	<ul style="list-style-type: none"> 🌈 Russian and Farsi Mental Health Feature Film Project – Mastaneh Moghadam <ul style="list-style-type: none"> • Mastaneh continued to provide a summary and answer questions about the Russian and Farsi Mental Health Film Project. • It is two 90-minute small budget films for Russian and Farsi speaking communities. • Mastaneh stated that this film will be entertaining, engaging, and culturally sensitive. • Mastaneh described the project as one main script and will be translated into Farsi and Russian languages and specifically tailored for each cultural community.

- The Vendor is excited to use a featured film to reduce stigma about mental health within the Russian and Farsi speaking communities.
- SOW for the Russian and Farsi Mental Health Feature Film Project has been completed and is pending approval.

✚ Healing Through Arts Project for the Arabic speaking Community – Dr. Heather Laird

- Dr. Laird continued to provide a summary and answer questions about the Healing Through Arts Project for the Arabic speaking Community.
- Vendor reported that this project will include eight art therapy events utilizing painting to express thoughts and feelings within the Arabic speaking community to open the door for healing.
- Over the years different types of art forms such as painting & drawing, music, theater, poetry have been utilized within the Middle Eastern Communities to express emotions and have emotional healing. As a result, this project will be helpful and relevant to provide information and help lower stigma about mental health within the Arabic speaking community.
- SOW for the Healing Through Arts Project for the Arabic speaking Community is in the process for being completed.

✚ Armenian Mental Health PSAs – Sarkis Simonian

- Sarkis continued to provide a summary and answer questions about the Armenian Mental Health PSA Project.
- Sarkis gave a general overview on PSA's that discuss different subjects of mental health.
- The idea is to help the Armenian Community members seek mental health services.
- Sarkis suggested that the PSA's should be done with local officials that have influence and that people trust.
- SOW for the Armenian Mental Health PSA Project has been completed and is pending approval.

Future Meetings Times and Dates

❖ **Next meeting is on Wednesday 3/30/2022, from 2:00pm – 4:00pm**

Join Microsoft Teams Meeting
 (323) 446-6996 United States, Los Angeles (Toll)
 Conference ID: 985 297 792#