

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division

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

January 26, 2022

2:00PM – 4:00PM via Teleconference

Present: Sarkis Simonian, Dr. Heather Laird, Rima Safaryan, Dr. George Gharibian, Haydeh Fakhrabadi, Seta Haig, Mariam Nahapetyan, Mastaneh Moghadam, Stacy Dalgeish, Yua Hua Xu, Lee Joan James, Armineh Stepanyan.

DMH Admin: Anna Yaralyan, Pinki Mehta

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Introductions	Everyone introduced themselves.
Capacity Building Project Updates FY2020-2021	<ul style="list-style-type: none"> ❖ Russian Mental Health Media Virtual Outreach Campaign – Mastaneh Moghadam <ul style="list-style-type: none"> • Mastaneh shared with the group that 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 PSAs are airing during prime-time hours, seven days a week. • The actual airing started on August 1, 2021. • The Russian PSAs are also posted on social media such as Facebook, Instagram, Twitter, and YouTube. • Vendor has also been using Facebook to boost the advertisements of the PSAs. ❖ Virtual Poetry Night Mental Health Outreach Groups for the Farsi Speaking Community Project – Mastaneh Moghadam <ul style="list-style-type: none"> • Mastaneh shared with the group that the Virtual Poetry Night MH Outreach groups for the Farsi speaking community have been going well. • Poetry classes are conducted in the Farsi language and at times in English as well. • There was a poetry class this morning, 1/26/2022, 10am – 12pm and it went well. • The schedule has been created, the topics are set and there are dates & times for the groups.

- Flyers and all outreach materials are completed and are being utilized by the Vendor for advertisement purposes to overall increase participant attendance.
- There will be an advertisement of the poetry workshops on a local Farsi speaking Radio station, KIRN 670AM.

❖ **Virtual Armenian Community Symposiums Project – Sarkis Simonian**

- Sarkis informed the group that the first Symposium was successfully completed on December 5, 2021. It included topics such as depression/anxiety, substance abuse and domestic violence within the Armenian Community. The project was educational and informative. There was positive feedback from the community members about the project. There was also music during half time for break and relaxation. The songs addressed Armenian losses, love for the country, connection to the Armenian homeland and collective healing.
- The second Symposium will be on January 27, 2022, 2pm – 6pm. It is advertised on social media (i.e., on Facebook) and other outlets. It will cover topics such as LGBTQ issues, Armenian family dynamics, etc.

❖ **Mental Health Needs Assessment for the Arabic Speaking Community Through Virtual Focus Groups – Dr. Heather Laird.**

- Dr. Laird stated that the implementation of the project has been moving along with a little difficulty.
- The Vendor is conducting individual interviews for this project. The individual interviews are confidential. 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.

Presentation for Capacity Building Projects FY2021-2022

❖ **Russian and Farsi Mental Health Feature Film Project – Mastaneh Moghadam**

- Mastaneh presented to the group a Virtual Theater Project that is a 90-minute theater piece for Russian and Farsi speaking communities.
- Mastaneh stated that this film will be entertaining, engaging, and culturally sensitive.
- Mastaneh stated that mental health is universal but translated in the correct language makes it more culturally relevant.
- Mastaneh described the project as one main script and will be translated into Farsi and Russian languages and specifically tailored for each cultural community.
- After the film is over, there will be a 20-minute closing session with competent participants reviewing main topics and possible questions to understand better.
- The Vendor is excited to use a featured film to reduce stigma about mental health within the Russian and Farsi speaking communities.

	<ul style="list-style-type: none"> ❖ Healing Through Arts Project for the Arabic speaking Community – Dr. Heather Laird <ul style="list-style-type: none"> • Dr. Laird 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. • Throughout years, art through painting & drawing, music, theater, poetry, and other forms of arts 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. ❖ Armenian Mental Health PSA's – Sarkis Simonian <ul style="list-style-type: none"> • 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.
Future Meetings Times and Dates	<ul style="list-style-type: none"> ❖ Next meeting is on Wednesday February 24, 2022, from 2:00pm – 4:00pm
	<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#