

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Stakeholder Engagement Unit
American Indian / Alaska Native (AI/AN) UsCC Subcommittee Meeting Minutes
 July 6, 2022
 2pm – 4pm via Microsoft TEAMS

Present: Sylvia Gonzales-Youngblood, Shannon Rivers, Nikki Crow, April Skinas, Farrah Ferris, Iva Maes, Bridget Garcia Vera, Elena Nourrie, Jessica Mosher, Justine Medina, Mark Parra, Yue Hua Xu (Vicky), Juan Cabrera, Stephanie Mushrush, Toni Craigs-Thomas

DMH Admin: Rosario Ribleza

Agenda Items	Discussion
Welcome, Prayer & Introductions	Meeting opened with prayer. Members were asked to introduce themselves.
Meeting Minutes	June 2022 minutes were reviewed and approved (first –Sylvia Gonzales-Youngblood, second – Jessica Mosher).
Co-Chair Report Out	<ul style="list-style-type: none"> • Sylvia provided an update to the subcommittee regarding the letter that was sent to the Mayor of Long Beach regarding the Lincoln Penny Monument that was erected in Downtown Long Beach. The API UsCC co-chair also has contacts in the city of Long Beach and intends to share it as well. • Sylvia and Shannon shared regarding their visits to other stakeholder groups to present the First Nations Fact Sheet. They most recently attended the LGBTQIA2-S UsCC meeting on 6/2/22. • Sylvia provided an update on the last of the Wellness Forums, which she attended this month.
Native Ways to College – Update	<ul style="list-style-type: none"> • Shannon Rivers provided an overview of the services offered through Native Ways to College. • The organization is working on developing an MOU to work with LAUSD and Long Beach Unified School Districts. • If interested in learning more, contact Shannon at srivers@ndgnsla.org.
Capacity Building Projects – Brainstorm	<ul style="list-style-type: none"> • Rosario provided an overview regarding the purpose of the capacity building projects. <p><u>Communities to Target</u></p> <ul style="list-style-type: none"> • Age 0-5

- Elders
- Foster Youth
- Two-Spirit
- Neurodivergent

General Project Ideas

- Nutritional wellness, food insecurity, potential mental health outcomes, indigenous/Native cooking and culinary component
 - Resource fair offering art therapy
- Graphic novel/comic books/anime (utilize Native youth to create content, provide stipends – teaching financial wellness to youth through this process as well)
 - [1119435_F718-19CopyofLatinoYouthMentalHealthComicBook.pdf \(lacounty.gov\)](#)
- PSAs and/or bus advertising/media/social media type campaign (get on local radio stations, on air, etc.) – consider cost/scope – local cable, podcast
 - Tribal traits/identifying factors play into your personality and habits
- Summit (virtual) focused on education, advocacy, disabilities, homelessness, find tribal identity, etc.
- Create a film that provides resources to community members related to understanding your lineage and how to connect with your community (i.e. American Indian 101)
- Data collection, pilot program on grant opportunities (on campuses)
- Many Winters Gathering of Elders (10/6-10/9; Stephanie Mushrush) – possible partnership: contribute to Elder/speaker honorariums, lodging, food, travel, rentals of event tents or port-a-potties, etc.
- Revisit projects presented by API UsCC at past meetings (late 2021)
 - Promoting Mental Health Wellness in South Asian Americans (Saahas for Cause)
 - [AI AN UsCC Subcommittee Meeting-20211006_140948-Meeting Recording - Oct 12th, 2021 \(granicus.com\)](#) (starting at 65 minutes)
 - Supporting Through Recovery (Rocco Cheng) sample: [1119903_EnglishStRBooklet_0728Final .pdf \(lacounty.gov\)](#)

Storytelling Specific Ideas

- Stories through Pictures – narratives, interviews (maybe an intergenerational group – elders and youngers where the youth record the narratives of the elders)
 - Wellness circles
 - Indigenous Pride LA – two-spirit community
 - Youth focused circle
 - Elder focused circle
 - Neurodivergent community and their families circle
 - Individual circles and then a larger circle to all come together

	<ul style="list-style-type: none"> ▪ Weaving style of talking (weaving stories together) • Storytelling (intergenerational and multigenerational): interrupting the trauma, breaking the cycle, highlighting positive role models and mentorship, look at how discovering your history can improve mental health outcomes, also explore genealogy • Listening sessions with youth and elders: what are their pressing issues - from the community directly • Recording narratives - possibly an intergenerational project (youth and elders), tracing your roots/history, may help to get youth more interested in mental health, connect Native youth with their roots to improve mental wellness • Kelly to schedule follow up ad hoc meeting to summarize the ideas for final presentation at the August meeting.
Youth Advisory Council – Update	<ul style="list-style-type: none"> • Dr. Luis Guzman provided an update to the subcommittee regarding the Youth Advisory Council.
Community Announcements & Resources	<ul style="list-style-type: none"> • Send any resources to Kelly via email (KeWilkerson@dmh.lacounty.gov) to be sent out to the listserv.
Closing Prayer	Jessica Mosher ended the meeting with Prayer.
Audio Recording	<p>All meeting audio recordings and minutes are available on the DMH website: https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/american-indian-alaska-native-ai-an-uscc-meeting-minutes/</p>
Next Meetings:	<p><u>Next Meetings (first Wednesday of the month, all meetings 2-4pm):</u></p> <ul style="list-style-type: none"> • 8/3/22, 9/7/22, 10/5/22, 11/2/22 <p>Join Microsoft Teams Meeting; 323-776-6996, Conference ID: 806 867 419# CART is provided for all meetings: www.streamtext.net/player?event=UsCC-AIAN</p>