

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH**  
**Stakeholder Engagement Unit**  
**American Indian / Alaska Native (AI/AN) UsCC Subcommittee Meeting Minutes**  
 August 3, 2022  
 2pm – 4pm via Microsoft TEAMS

**Present:** Sylvia Gonzales-Youngblood, Shannon Rivers, Hector Ramirez, Gabriel Pimentel, April Skinas, Jessica Mosher, Ravena Soto, Justine Medina, Amor O’Daniel, Yue Hua Xu (Vicky)  
**DMH Admin:** Kelly Wilkerson

Agenda Items	Discussion
<b>Welcome, Prayer &amp; Introductions</b>	Meeting opened with prayer. Members were asked to introduce themselves.
<b>Meeting Minutes</b>	July 2022 minutes were reviewed and approved (first –Sylvia Gonzales-Youngblood, second – Shannon Rivers).
<b>Co-Chair Report Out</b>	<ul style="list-style-type: none"> <li>• Sylvia and Shannon shared regarding their attendance at various other stakeholder meetings including the CCC/UsCC Leadership meetings, the Mental Health Commission meetings, and the Community Leadership Team (CLT) meetings.</li> <li>• Shannon and Sylvia intend on also attending the SALT meetings to present the First Nations Fact Sheet.</li> <li>• Sylvia and Shannon also shared regarding other groups they attend including California Native Vote, Indigenous Education Coalition, and Native American Experience with Mass Incarceration.</li> </ul>
<b>Capacity Building Projects – Brainstorm</b>	<ul style="list-style-type: none"> <li>• WELLNESS WORKSHOPS                             <ul style="list-style-type: none"> <li>○ Focused on nutritional wellness, food insecurity, potential mental health outcomes, indigenous/Native cooking and culinary component, art therapy</li> <li>○ What does wellness look like? What does a workshop focused on wellness look like?                                     <ul style="list-style-type: none"> <li>▪ Weekly/bi-weekly cooking class, healthy living – virtual?   <ul style="list-style-type: none"> <li>• local chef (Pyet DeSpain)</li> <li>• Sean Sherman</li> <li>• Indigenous farms, growers, grocers</li> <li>• Utilize raffles for cooking supplies, require vendor to give grocery gift cards</li> <li>• Nourishing, maternal health, breastfeeding (formula shortage)</li> </ul> </li> </ul> </li> </ul> </li> </ul>

- Incarceration and how it impacts families
  - Language preservation is wellness
- GRAPHIC NOVEL (COMIC BOOKS/ANIME)
  - Utilize Native youth to create content, provide stipends/incentivize – teaching financial wellness to youth through this process as well
  - Impart meaningful information to youth
  - Community art exhibition at end of project
  - Native Con
  - Create a digital video of graphic novel, include traditional languages
- RADIO/SOCIAL MEDIA CAMPAIGN AND/OR PODCAST
  - Get on local radio stations, on air, etc. – consider cost/scope – local cable, podcast
    - Recorded podcast that could be uploaded to DMH website, social media, YouTube, etc. – may save costs
    - More conversation based – dialogue, increase visibility
    - Topics – share information re: UsCC, tribal traits/identifying factors and how they play into your personality and habits, tribal languages, DMH services available for AI/AN community, suicide awareness (trigger warning), new suicide hotline (988), Reservation Dogs (cultural event)
- ONE-DAY VIRTUAL SUMMIT (maybe in person?)
  - Focused on education, advocacy, disabilities, homelessness, find tribal identity (finding your roots/narrative, social determinants of health, benefits to mental health, trauma of the past), incarceration impacts, etc.
  - Knowing your history/story
- STORYTELLING PROJECT
  - 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
    - Weaving style of talking (weaving stories together)
- Kelly to send out survey for voting members to rank. Discussion regarding two options for current fiscal due to increase in funds - subcommittee can either focus on 3 larger scope projects and roll the other ideas over to the next fiscal year or move forward with all 5 ideas. Will be included as a question in the survey sent to voting members.

<b>Training Recommendations – Discussion</b>	<ul style="list-style-type: none"> <li>Send any AI/AN specific training recommendations to Kelly via email to be shared with the DMH Training Division (<a href="mailto:KeWilkerson@dmh.lacounty.gov">KeWilkerson@dmh.lacounty.gov</a>).</li> </ul>
<b>Community Announcements &amp; Resources</b>	<ul style="list-style-type: none"> <li>Send any resources to Kelly via email (<a href="mailto:KeWilkerson@dmh.lacounty.gov">KeWilkerson@dmh.lacounty.gov</a>) to be sent out to the listserv.</li> </ul>
<b>Closing Prayer</b>	<p>Jessica Mosher ended the meeting with Prayer.</p>
<b>Audio Recording</b>	<p><b>All meeting audio recordings and minutes are available on the DMH website:</b>  <a href="https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/american-indian-alaska-native-ai-an-uscc-meeting-minutes/">https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/american-indian-alaska-native-ai-an-uscc-meeting-minutes/</a></p>
<b>Next Meetings:</b>	<p><b><u>Next Meetings (first Wednesday of the month, all meetings 2-4pm):</u></b></p> <ul style="list-style-type: none"> <li>10/5/22, 11/2/22, no meeting in December 2022, 1/4/23, 2/1/23, 3/1/23</li> </ul> <p><a href="#">Join Microsoft Teams Meeting</a>; 323-776-6996, Conference ID: 806 867 419#  CART is provided for all meetings: <a href="http://www.streamtext.net/player?event=UsCC-AIAN">www.streamtext.net/player?event=UsCC-AIAN</a></p>