

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH  
Strategic Communications Division**

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

June 29, 2022

2:00PM – 4:00PM via Teleconference

**Present:** Sarkis Simonian, Dr. Heather Laird, Rima Safaryan, Avo Soltanian, Dr. Haydeh Fakhrabadi, Seta Haig, Mariam Nahapetyan, Mastaneh Moghadam, Hoover (Captioner), Armine Stepanyan, Yue Hua Xu.

**DMH Admin:** Anna Yaralyan, Destiny Walker, Rosario Ribleza, Dr. Sandra Chang, Alan Chung Chiu Wu, Angel Baker.

<b>Agenda Items</b>	<b>Comments/Discussion/Recommendations/Conclusions</b>
<b>Introductions</b>	Everyone introduced themselves.
<b>Meeting Minutes Review and Approval</b>	Reviewed and approved meeting minutes from 5/25/2022. Sarkis approved and Mastaneh second.
<b>LACDMH Updates</b>	<p>❖ Angel Baker provided a general timeline for Capacity Building Project, CBP. The general timeline for capacity building projects is as follows:</p> <ul style="list-style-type: none"> <li>• October – December: UsCC Subcommittee members brainstorming during monthly subcommittee meetings, proposal submissions, proposal presentations</li> <li>• January – February: Voting members vote on proposals, UsCC Liaison prepares SOWs and obtains quotes</li> <li>• March – June: UsCC Liaison submits SOWs to Procurement, SOWs are processed by Procurement and sent to ISD for solicitation</li> <li>• June – July: ISD awards solicitations, UsCC Liaison meets with vendor for initial meeting and to develop project timeline</li> </ul> <p>Angel reported that CBPs for the Fiscal Year, FY 2022 – 2023 will start in July, as a result, we must begin brainstorming about new CBP ideas as soon as possible to follow USCC CBP timeline guidelines.</p> <p>❖ Dr. Sandra Chang reported the following:</p>

- SAVE THE DATE! 2022 Speakers Bureau Virtual Multicultural Community Conference will take place on December 7 and 8, 2022, 9 AM – 5 PM. Please share the flyer of the event to your respective communities.
- Please let us know if any mental health professionals with community mental health knowledge maybe interested to present.
- EE/ME UsCC Subcommittee members, please provide titles and topics for presentations relevant for this community to be presented on at the next Speakers Bureau Virtual Multicultural Community Conference.
- Some of the mental health topics identified by the subcommittee members for the following:
  - Trauma
  - Mental Health effects of the COVID-19 Pandemic
  - Parenting challenges
  - Elderly issues - specifically addressing isolation, hopelessness.
  - Abortion issues
  - Grief & Loss
  - Resilience: Given that a great deal occurred during the pandemic and people survived. Discuss the topic of “hope” for the future.
  - Mental Health Access & Resources, especially for immigrant community members.
- Dr. Chang also reported that the last Speakers Bureau Virtual Multicultural Community Conference occurred during COVID-19 Pandemic and George Floyd protests. This conference was virtual as well and had over 700 participants. There were participants from all different ethnicities and age groups. Most of the feedback was in excellent range. There was also a lot of positive feedback regarding the key concepts of the presented topics.

**Capacity Building  
Project Updates  
FY2020-2021**

❖ **Russian Mental Health Media Virtual Outreach Campaign – Mastaneh Moghadam**

- The Russian mental health virtual media continues to go well. Each month there are more viewers, more positive comments and likes, and more overall feedback.
- The Russian PSAs are still airing 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 Russian PSAs are scheduled to be completed on July 31, 2022. Afterwards the summary report will be completed and submitted to LACDMH, along with the final invoice.
- 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.

	<ul style="list-style-type: none"> <li>❖ <b>Virtual Poetry Night Mental Health Outreach Groups for the Farsi Speaking Community Project – Mastaneh Moghadam</b> <ul style="list-style-type: none"> <li>• Vendor reported that the Virtual Poetry Night MH Outreach groups for the Farsi speaking community continues to go well.</li> <li>• The project was able to target the Iranian older adults. At times their children and grandchildren participate in the events as well, as they assist elderly on accessing technology (Zoom meeting.)</li> <li>• Next month’s topic will be on forgiveness.</li> <li>• Poetry classes will come to close in the month of July, then the final summary report will be submitted.</li> <li>• Vendor agreed to present the final findings of the final summary report at the EE/ME Subcommittee meeting on 8/31/2022.</li> <li>• Subcommittee members expressed excitement and interest to hear about the outcome of the project.</li> </ul> </li>   <li>❖ <b>Mental Health Needs Assessment for the Arabic Speaking Community Through Virtual Focus Groups – Dr. Heather Laird.</b> <ul style="list-style-type: none"> <li>• The project implementation is completed, and the final summary report has been submitted to LACDMH.</li> <li>• Some of the aspects that were highlighted during the outcome were the following. Generationally, 60 years old and above, there might be some resistance towards receiving mental health services, but 18-30 years old and younger are open to getting services. When we look at the national statistics vs. Arabic population, there’s high level of child abuse rates, sexual abuse, rape, and greater maltreatment of women.</li> <li>• There’s a collective vs. individual aspects and within the Arabic culture, collective aspects are slowly disseminating.</li> </ul> </li> </ul>
<p><b>therePresentation for Capacity Building Projects FY2021-2022</b></p>	<ul style="list-style-type: none"> <li>❖ <b>Updates on Capacity Building Project FY 2021 – 2022: Anna Yaralyan</b> <ul style="list-style-type: none"> <li>🚩 <b>Armenian Mental Health PSAs</b> – There was a delay on processing this project in the LACDMH Procurement Division. This project will go out to solicitation soon.</li> <li>🚩 <b>Healing Through Arts Project for the Arabic speaking Community</b> – went out for solicitation.</li> <li>🚩 <b>Russian and Farsi Mental Health Feature Film Project</b> – went out for solicitation.</li> </ul> </li> </ul>
<p><b>EE/ME Subcommittee Discussions</b></p>	<ul style="list-style-type: none"> <li>❖ There was a group discussion about how community members may find out about the EE/ME UsCC Subcommittee monthly meetings and the mental health Capacity Building Projects.</li> <li>❖ There is commitment issue as members come for the proposal and voting and do not attend the rest of the meetings for the year.</li> <li>❖ Additionally, people attend meetings the first couple of times and because the department is slow in getting projects approved, they lose interest in following through.</li> <li>❖ We must start from the basics and educate our communities about the culturally relevant mental health projects we have and distribute flyers and brochures on ongoing basis.</li> </ul>

	<ul style="list-style-type: none"> <li>❖ There is distract from the EE/ME community towards the government and that is the reason they shun away from participating in meetings. For example, when mental health outreach was conducted during an Armenian Community Festival, individuals took the flyers but did not show for the subcommittee meetings. There is also still stigma attached to mental health within EE/ME communities.</li> <li>❖ We must educate our communities about the purpose of the EE/ME UsCC Subcommittee, as there is lack of understanding about its work</li> <li>❖ Language matters: we must be cognizant about what type of language we use about mental health when engaging Eastern European/Middle Eastern community members.</li> </ul>
<b>Future Meetings Times and Dates</b>	<ul style="list-style-type: none"> <li>❖ <b>Next meeting is on Wednesday 8/31/2022, from 2:00pm – 4:00pm</b></li> <li>❖ EE/ME Subcommittee will go <b><u>Dark</u></b> for the month of <b><u>July 2022</u></b>.</li> </ul>
	<p><b><u>Join Microsoft Teams Meeting</u></b></p> <ul style="list-style-type: none"> <li>• (323) 446-6996 United States, Los Angeles (Toll) Conference ID: 985 297 792#</li> </ul>