

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

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

May 25, 2022

2:00PM – 4:00PM via Teleconference

**Present:** Sarkis Simonian, Dr. Heather Laird, Rima Safaryan, Dr. Haydeh Fakhrabadi, Seta Haig, Mariam Nahapetyan, Mastaneh Moghadam, Juline Bajada (Captioner), Armine Stepanyan.

**DMH Admin:** Anna Yaralyan, Destiny Walker, Rosario Ribleza

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<b>Introductions</b>	Everyone introduced themselves.
<b>Meeting Minutes Review and Approval</b>	Reviewed and approved meeting minutes from 4/27/2022. Mastaneh approved and Sarkis second.
<b>Capacity Building Project Updates FY2020-2021</b>	<ul style="list-style-type: none"> <li>❖ <b>Virtual Poetry Night Mental Health Outreach Groups for the Farsi Speaking Community Project</b> – Mastaneh Moghadam <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>• Recent mental health and poetry topics included LGBTQ identity. Dr. Houman Sarshar presented and did a great job.</li> <li>• Next month’s topic will be on love and gaining strength through love.</li> <li>• Vendor continues to follow the schedule at hand and various topics have already been covered.</li> <li>• Poetry classes will come to close in the month of July, then the final summary report will be submitted.</li> </ul> </li>   <li>❖ <b>Russian Mental Health Media Virtual Outreach Campaign</b> – Mastaneh Moghadam <ul style="list-style-type: none"> <li>• The Russian mental health virtual media is in progress and is going well. Each month there are more viewers, more positive comments and likes, and more overall feedback.</li> </ul> </li> </ul>

- 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 Russian PSAs are 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.

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

- This project has been completed.
- All three virtual Symposiums have been completed successfully. All three Symposiums included different mental health professionals who added different perspectives.
- Symposiums were conducted via Zoom.
- Final summary report has been submitted to LACDMH and was approved.
- All three Symposiums have been posted online and continue to be renewed on Facebook and more people are watching due to it.
- Vendor reported that there have been more than 900 views of the symposiums on social media and will continue to run on as long as possible.

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

- Dr. Laird stated that the project implementation is completed; this includes the confidential interviews and a public group meeting.
- Vendor has been working on the final summary report and will submit it by middle of June.
- Vendor agreed to present the final findings of the final summary report at the EE/ME Subcommittee meeting on 6/29/2022.
- Subcommittee members expressed excitement and interest to hear about the outcome of the project.

**Presentation for Capacity Building Projects FY2021-2022**

❖ **Updates on Capacity Building Project FY 2021 – 2022: Anna Yaralyan**

- 🚩 **Armenian Mental Health PSAs** – SOW has been completed, approved, and submitted to the DMH Procurement Division.
- 🚩 **Healing Through Arts Project for the Arabic speaking Community** – SOW has been completed, approved, and submitted to the DMH Procurement Division.
- 🚩 **Russian and Farsi Mental Health Feature Film Project** – SOW has been completed, approved, and submitted to the DMH procurement Division.

<b>EE/ME Subcommittee Discussions</b>	<ul style="list-style-type: none"> <li>❖ There was a group discussion on the COVID-19 Pandemic and its mental health effects on our community members. There have been various mental health issues, such as anxiety, sadness/depression, stress, and loss &amp; grief due to the pandemic.</li> <li>❖ Mastaneh Moghadam talked about “Yaran,” a peer counseling center, at Cross Cultural Expressions Community Counseling Center. It is an emotional support hotline which aids Farsi speaking community members. Persian-Armenian and Afghan community members who speak Farsi have also been calling this helpline for assistance, during the pandemic and after.</li> <li>❖ Dr. Haydeh Fakhrabadi talked about people experiencing loss and grief and stated that the capacity building mental health projects can help our communities, especially during these times. It will be good to expand the EE/ME subcommittee.</li> <li>❖ Dr. Haydeh Fakhrabadi also talked about LACDMH “WE RISE 2022” initiative. It is a series of community-led events that support health and healing across Los Angeles County. There are various mental health programs for children and families in person and virtually. Throughout Mental Health Awareness Month in May, community partners provide access to resources and opportunities for connection through art installations, cultural experiences, and other community engagement projects. For more information on WE RISE programs which will take place throughout May, visit <a href="https://werise.la">https://werise.la</a>.</li> </ul>
<b>Future Meetings Times and Dates</b>	<ul style="list-style-type: none"> <li>❖ <b>Next meeting is on Wednesday 6/29/2022, from 2:00pm – 4:00pm</b></li> <li>❖ EE/ME Subcommittee will go <b>Dark</b> for the month of <b>July 2022</b>.</li> </ul>
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