

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division

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

October 26, 2022

2:00PM – 4:00PM via Teleconference

Present: Tuan D. Nguyen, Rima Safaryan, Dr. Haydeh Fakhrabadi, Joann Jaimes (captioner), Mastaneh Moghadam, Yue Hua Xu, Seta Haig, Sarkis Simonian, Mariam Nahapetyan.

DMH Admin: Anna Yaralyan.

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Introductions	Everyone introduced themselves.
Meeting Minutes Review and Approval	Reviewed and approved meeting minutes from 9/28/2022. Mastaneh approved and Rima Safaryan second.
Co-Chair Election Updates	<ul style="list-style-type: none"> • Anna Yaralyan and EE/ME Subcommittee members congratulations to Sarkis! • Co-chair Seta Haig may not be able to attend all the monthly EE/ME Subcommittee meetings due time constrains. As a result, co-chair, Sarkis Simonian can aid in attending the monthly EE/ME UsCC Subcommittee meetings, UsCC/CCC monthly leadership meetings, and the upcoming month’s Mental Health Community Stakeholders Retreat.
Capacity Building Project Updates FY2021-2022	<p>1. The Russian and Farsi speaking Mental Health Film Project – Mastaneh Moghadam</p> <p>The purpose of this project is to develop and implement Russian and Farsi speaking Mental Health Films. This project will target the Russian and Farsi speaking communities of Los Angeles County at large by promoting mental health services, increasing mental health awareness and education, and reducing stigma. There will be a development of the two 90-minute film productions (one in the Farsi language and one in the Russian language). There will be 6 repeated screenings of Farsi and Russian films, total of 12 film screenings. Each 90-minute</p>

performance will be followed by a 30-minute question and answer segment with the actors, director, writer, and mental health professional.

- This project is on Phase 1 of implementation. This process is going well and on timely manner.
- The Vendor is in the process of interviewing Russian and Farsi community members to identify film topics relevant and important for these two communities.
- Both Russian and Farsi community members identified “Loss & Grief” as one of the topics of interest, given the recent events happenings in Eastern Europe and Iran; the war between Russia & Ukraine, and the mass protests in Iran over the brutal death of young Iranian woman, Mahsa Amini, by the morality police for allegedly failing to meet the requirements of the Islamic dress code laws, and not wearing her head scarf “hijab” appropriately.
- For both Farsi and Russian speaking communities, community members agreed to have the Mental Health Films in English and with Russian and Farsi Subtitles, to include the youth and prevent from losing them. The films will be culturally modified and include actors/actresses from these two target populations.
- Mastaneh inquired if LACDMH will approve of having the films in English, with Russian and Farsi subtitles.
- Anna Yaralyan, agreed to inquire about this from DMH higherup at the weekly UsCC liaisons meeting next week and reply to the Vendor via email.
- Mastaneh reported that the past month was spent on gathering information from Farsi and Russian community members to ensure that the films are culturally relevant and sensitive.
- Mastaneh reported that she is in the process of finalizing the scripts of the two movies. She will submit the scripts to LACDMH for review & approval as soon as it is completed.

2. The Arabic Healing Through Art Mental Health Outreach Project – Anna Yaralyan

This project will consist of ten (10) art events, one (1) time a month, for ten (10) consecutive months, utilizing painting to express thoughts and feelings and open the door for healing. Each event will be conducted in at least one of the eight (8) Los Angeles County Service Areas and will last total of four (4) hours in length. The first hour will introduce the idea of well-being through art, one & half hours will be painting, and the last one & half hours will include expression of thoughts, feelings, and mental health discussions.

- This project is on Phase 1 of implementation.
- The Vendor is in the process of identifying the venues for the project and preparing flyers for the art events.
- The Vendor is also in the process of participant recruitment to ensure good participant turn out at art events. This process has had certain challenges but is going along.

	<p>3. Armenian PSA Mental Health Project – Anna Yaralyan</p> <p>This project is in the process of going out to solicitation again soon.</p>
<p>EE/ME Subcommittee Group Discussions</p>	<p>EE/ME Subcommittee members had group discussions regarding the current events in Armenia, Russia and Iran which could impact our communities emotional and mental wellbeing.</p> <ul style="list-style-type: none"> • Mastaneh Moghadam provided information about the current regime in Iran and its government’s suppression of people. She talked about the mass protests in Iran over the brutal death of young Iranian woman, 22-year-old Mahsa Amini, by the morality police for not wearing her hijab properly in accordance with the Islamic dress code. Since 1979 Revolution, Iranian women have been forced to wear a hijab in accordance with the Islamic dress code. Mastaneh reported that it is common for morality police to walk around in Iran and ensure that the dress code is maintained. If someone is not wearing their hijab appropriately or if they're wearing too much makeup, they will be notified of the law or even be called to court by the police. Mahsa Amini might have opposed the morality police and fought back, and for this reason they went a step further and touched her and physically hurt her to the point where she died. Currently, Iranian people are protesting, and videos are coming out where women are taking off their head scarfs, and cutting off their hair, as a form of protest. The men are protecting women from the police and the guards. Protestors are asking for moral support and want their voices to be heard in Iran and around the world. They want people to know that they are sick and tired of all the restrictions. The youth have especially been impacted by this. • Anna and Rima talked about the recent attacks by Azerbaijan on the sovereign and peaceful Armenian territories of Jermuk, Syunik, Goris, and a few other regions. The importance of maintaining peace and security at this region was discussed, as the 44-Day War by Azerbaijan against Armenia created a great deal of trauma, loss, and pain for the Armenians living in Armenia and Diaspora.
<p>Future Meetings Times and Dates</p>	<p>❖ Next meeting is on Wednesday 10/26/2022, from 2:00pm – 4:00pm</p>

Join Microsoft Teams Meeting

- (323) 446-6996 United States, Los Angeles (Toll)
Conference ID: 985 297 792#