

MINUTES

Los Angeles County Department of Mental Health
Service Area 3 – SALT Monthly Meeting

Facilitation: SALT 3 Co-Chairs LaVon Robinson and Sophia Rodriguez

February 9, 2023, | 2:00pm – 4:00pm

Introduction / Welcome

Call to Order/Introductions - Co-Chairs: LaVon Robinson and Sophia Rodriguez

Attendees:

Jaime Renteria	Shawn Kim	Cristal Divas	Nannette Vazquez
Alex Spanish Interpreter (Guest)	Rosalba Trias-Ruiz	Pamela Inaba (Guest)	Anonymous
Osbee Sangster (Guest)	Dorsey, Norris R	Judith Tejero	Melissa Martinez
CART Captioner Michelle	Brent Popham (Guest)	Emily Wu Truong (Guest)	Judy Tejero
John Medina	Laura Jurado	Robinson, Lakisha	+1 626-533-7801
LaVon Robinson (Guest)	Luis Guzman	Bertha Berumen	+1 323-684-4390
Sophia Rodriguez (Guest)	Evelyn Lemus	Michael Zelman	+1 626-430-2900
Maria Moreno (CLESGV)	SR (Guest)	Kirsten Kuns	+1 626-298-0798
Yue Hua Xu	Melissa Martinez (Guest)	Antonia Rios	
Vanessa Roque	Felipe Ocampo Jr	Jonathan Wicks	

- Sophia Rodriguez: A tragic mass shooting occurred on Saturday, January 21, 2023, during a celebration for Lunar New Year in Monterey Park. The mass shooting occurred in a dance studio where 11 individuals, six women, and five men, lost their lives. This Lunar New Year was supposed to be a celebration of the year of the rabbit, characterized by hopefulness and peace. A moment of silence for the victims - My Nhan, Lilan Li, Xiujuan Yu, Muoi Ung, Hong Jian, Diana Tom, Yu Kao, Chia Yau, Valentino Alvero, Wen Yu, and Ming Ma.

- Filippo Campos: Service Area 3 United Mental Health provides free workshops to the entire San Gabriel Valley.
- Shawn Kim, Program Manager – East San Gabriel Valley Mental Health, filled in for SA3 Chief Dr. Michelle Majors.
- Emily Wutron – one of the past chairs of Asian Coalition chairs; did a lot of free/voluntary work for DMH and to raise awareness in San Gabriel Valley about mental health. The small grants gathered were used to facilitate bilingual English and Chinese programs but could not be sustained to be free. Ms. Wutron is still with NAMI (National Alliance on Mental Health), serving as a support group facilitator, and connect peer-to-peer connections. She wants people to know that they are not alone and wishes that mental health system would promote more support groups, and 988 would use funding to support more peer support groups.

Reading and Approval of the Minutes

Read and approved minutes:

- Capitalize B in Black Los Angeles County Client (BLACC) Coalition
- Brent Popham and another meeting attendee approved the minutes

DMH Updates

Reported by Shawn Kim – Program Manager, East San Gabriel Valley Mental Health Center:

- Service Area 3 participated in a Lunar New Year Festival in the City of San Gabriel, where crowds of people showed up. Dr. Moreno was there, and a resource table for the community. The event was a reminder of how much a sense of together can do for the human spirit and will be looking forward to any event or opportunity possible to connect with the community in Service Area 3 in the future.
- Peer Resource Center, Service Area 3 is slowly building momentum. Open house was launched two weeks ago, which takes place every Tuesday. Peer support group runs every other Thursday. Right now, they are based out of Arcadia Mental Health, but anticipating that by June, they will move into their permanent location in West Covina.
- Dr. Lisa Wong is still the Interim Director of the Department.

Health Neighborhood Updates, Evelyn Lemus – Health Neighborhood Liaison:

- East San Gabriel Valley virtually meets on the 2nd Tuesday of every month, 10:30 – 12.
- El Monte Health Neighborhood virtually meets on the 4th Tuesday of every month, 1:00-2:30.
- For those who are not already part of the health neighborhood meeting, it's a great place to connect with other providers, those relationship network, and have discussions and some of the challenges in the San Gabriel Valley. Contact information will be placed in chat.
- Currently, community engagement work group is meeting monthly to discuss some of the work to do in San Gabriel Valley for 2023, projects to support and host.

- Maternal mental health work group is also meeting monthly, to discuss and brainstorm on what it's going to look like in 2023, like potentially having support groups in San Gabriel Valley, and a maternal mental health conference. Will keep everybody posted.
- In terms of faith-based, Health Neighborhood will be hosting an event for faith-based leaders – it's crisis response helping people with personality disorders. The event is on February 22, from 10 to 12. This is to try to build relationships with faith leaders, and to educate, bridge the gap between spirituality and mental health. Contact information will be placed in the chat.

Underserved Cultural Communities (USCCs), Dr. Luis Guzman – Liaison for Latino and Youth Mental Health:

- Focus is on communities that have traditionally been underserved or unserved.
- Currently in the middle of brainstorming for new outreach engagement stigma reduction projects for all seven USCCs, which includes the API, Black African Heritage, Latino, people with disabilities, Middle East or Eastern European, and the LGBTQ. Anyone who has any ideas on stigma reduction campaigns or outreach, or educational workshops, or any proposal for any of these seven USCCs may contact the link in the chat.
- Different activities are being done in USCCs, like year-round workshops including some grief groups.
- Currently working on a youth stakeholder engagement or community stakeholder engagement (youth 16 to 25). There will also be a pairing component; about getting schools and parents involved. More updates will be provided next meeting, next month.
- All events, resources, everything done on those seven USCCs can be found on the calendar. It will have information on workshops any groups, resource fairs. All these information will be in the link.
- In the next seven Wednesdays, a series called Culture Heals will be done, which will be in English and Spanish. They will be in virtual one-hour sessions. Link will be provided.

Committee Reports(s)

Sophia Rodriguez

Update on 2023 events:

- May Mental Health Awareness Month – being planned alongside the City of Baldwin Park. A sign-up form will be released for anyone interested in having a booth. And then will start gathering vendors throughout San Gabriel Valley to be part of the event, as well as different organizations, that provide services to the community.
- Juneteenth Celebration – currently looking to form a Juneteenth celebration committee. For those interested to join, please let Sophia know, in order to help figure out the best way to commemorate this day in June.

Update on 2023 events:

- Current SALT 3 budget is 149,000 for all upcoming activities including May Mental Health Awareness Month, and Juneteenth celebration.
- There will be T-shirts to promote SALT3 meetings, and to encourage new participation.

Hillsides Services – Vanessa Roque, Peer Recovery Support Specialist

- Presenter, Vanessa Roque works for the Youth Moving On Program that help 16 to 25 that are struggling with homelessness.
- The title as Peer Recovery Support Specialist is currently funded by SAMSA, but a new funding from LAHSA has been received, so the title will change to Outreach Specialist.
- Evan – founded by Evelyn Wiley in 1913. She opened a home in Highland Park for 13 neglected and abandoned children. The main campus is still located at the Hillsides center at 940 Avenue 64.
- Youth Moving on Program was founded in 2004, with the support of the Everychild Foundation.
- Core values of Hillsides: quality care, respect, integrity, transparency, compassion, collaboration, and innovation.
- The Peer Resource Center for Youth Moving On is on the cross street of Orange Grove Boulevard and Los Robles Avenue. The address is 456 East Orange Grove Boulevard, Suite 140. The Program empowers youth to find everlasting independence, provide them access to paid internships, and offer a one-stop shop for support services.
- Pictures of the center were shared, which include front desk, support group table, computer labs, kitchen, managers' offices.
- Because of COVID, a temperature check is done upon walk-in. When the youth come in, they can take showers, do support groups, computer lab, get hot meals – breakfast, lunch, dinner. Center hours vary – please see flyer.
- Program Manager – Joshua, and contact information is provided for anybody who would like to find out more about the center's Services. A monthly calendar is sent out by Joshua every month. Anyone interested in receiving the monthly calendar may email him.
- Walk-ins every Tuesday and Thursday – clients can get entered into the coordinated entry system or do a next-step tour. If clients can't make it on Tuesdays and Thursdays, they can call the call center (main number) 626-765-6010 to setup an appointment to get housing.
- When clients do come into our center, we have a welcome form that they fill out.
- Center hours: Tuesdays and Thursdays - open until 8 PM, for any youth that work full time.
- Some of the services provided by the center: transportation (like Metro Pass), food and cooking, computers, employment, laundry services, showers. Also have therapists on hand.
- Medi-Cal is needed to be able to get services. Center can help get Medi-Cal, for those who do not have it.
- When clients sign-up, they get incentives like \$20 gift card, weekly transportation pass.
- Some of the center's budget could actually provide youth with interview clothes, cost of birth certificates, clothing vouchers.
- Youth Moving On Program also has a transitional housing program, with nine apartments – 18 beds total.
- Independent Living Program is for 18-20 yrs; former foster youth (20 and a half yrs old); transitional housing for youth (21-24 yrs old)

- Beds are matched to the coordinated entry system, which is the Homeless Management Information System (HMIS), or known to some people as Clarity. Laura Lunsford is the Program Manager. Her contact information is provided, if anyone has questions on the housing program.
- Career Club for youth, with Employment Specialist Melchor. This is not a temp agency, but a seven-week work employment workshop. This is done about four times a week. It just started on April 7th, so the next one coming up is in the beginning of May.
- Youth get paid internships for 260 hours. They have to attend the seven-week course which meets once a week. They also get \$100 gift card upon completion.
- Another program is the HillsideCares and Bienvenidos located at the main campus on 940 Avenue 64. More information on the website.
- Contact Vanessa Roque for any referral, so she can connect with any of the programs/resources offered by the center.
- PowerPoint of the presentation will be shared.
- The Medi-Cal requirement is only for the therapist part. Support groups and all that stuff are free. All they need to do is walk into the center during open hours and fill-out the welcome form.
- Support Groups are in-person, no virtual.
- For youth 16 and 17, contact Vanessa Roque for any resources available. She also does support groups herself.

Mental Health and the African American Community

- Jonathan Wicks, ACSW, Equity and Social Change Specialist,

Co-chair for the Racial and Social Justice Task Force for the YWCA of San Gabriel Valley

- Mission statement at the YWCA of San Gabriel Valley is to eliminate racism and empower women. The CEO wanted to open up a new position that was going to be dedicated towards the racial and social justice work in the agency.
- As an Equity and Social Change Specialist, lot of work is done around racial and social justice both internally, inside of our agency, but also trying to build community relationships around racial equity.
- The focus here is mental health in the African-American community. It's kind of broken up into two parts. Part one is manifesting Health and racial equity through an integrated care model. Part two is looking at the mental health stigma within the African-American community.
- Agency has connected with NAACP, events that are tied to the black community, some of the divine nine sororities, in the efforts to try to figure out ways to engage and actually connect with the VOC Community, as step one. But even having all of these services, combined into a centralized access point, without that outreach, it could be really difficult to connect people to services.
- African Americans still make up a pretty large chunk of the suicide rate. This data is a little outdated, but it does show more of what's been said as far as even though those numbers are lower from a population standpoint outcome-wise, there's something going on.
- The strategy, at least as far as what's been done at the YWCA, is to join this integrated care model and really focus on collaboration with other organizations, in order to combine all resources and all supportive services and really try to make it easier

for the community to access those. This initiative is called The Healthy San Gabriel Valley Initiative, that started not quite 10 years ago.

- The Healthy San Gabriel Valley Initiative - community partners come together to offer services and really collaborate and work on how to make it easier for the community to connect. One of the ways being worked on to perfect this model is a pilot program called All In for Azusa.
- All In for Azusa – teen center offers supportive space for teens to come and talk about behavioral health and mental health topics, go out and be at the recreation center in the community.
- APU Counseling Center does services out of the recreation center as well
- Ashley McGirt-Adair (Ted Talk) – started a therapy fund in her state of Washington, to try to help people of color connect to mental health services. She does want to expand to L.A, and it's a great model for what it could look like to try to increase that engagement level and decrease that stigma of mental health services.
- Some other networks/resources: melaninandmentalhealth.com; innopsych.com; therapyforblackgirls.com; therapyforblackmen.org;
- It's not that they have a stigma towards mental health, they just might have a stigma towards white supremacy and racism, and maybe there is still that distrust that they won't be able to connect to their provider. There are some stories about people of color going to therapy and it being a terrible experience for them, sometimes, because of that cultural difference
- For the teen center, there is a consent form that parents sign off that they know that they're at the recreation center and that they're going to engage with the services.

Unfinished Business and General Orders

- Sophia Rodriguez:
 - Co-chair position for SALT3 is still open, for anyone interested.
 - Speakers for March (Women's History Month) have been arranged, but still looking for speakers in April (Diversity Month along with American and Pacific Islander -- American Asian and Pacific Islander Month)
 - There's no meeting in May because of the main Mental Health Awareness Month, so a speaker will be in April
 - Will be looking for speakers for June (Juneteenth and LGBTQ Pride Month)

Public Comments / Announcements

- Antonia Rios (as a comment to the presentation): Parents Anonymous provides the free parenting support groups to anybody in a parent team role as well as children and youth absolutely free on Zoom on a weekly basis. Email and more info will be in the chat.
- Sophia Rodriguez:
 - In honor of Black History Month, the YWCA is having a free event called Love Yourself Community event in the City of Covina on Saturday. There will be free food jumpers. There'll be music, games, resources. It is alongside with Hilda Solis, the San Gabriel Valley African-American Infant Maternal Mortality Community Action Team

- Emily Truong shared that on the night of the shooting, she was with one of her friends, who was in law enforcement with the San Diego PD. He and his colleague got called to the scene of the crime - to Star Dance Studio, and he saw what happened, after it happened. She feels a connection with Monterey Park, being the last place where she saw her dad alive. She grieves through repurposing wilting flower petals into heart mandalas – believing that art therapy is when you turn pain into beauty. Condolences were offered for Ms. Truong for her loss. Ms. Truong hopes to collaborate with everyone in order to help the ostracized, marginalize, those who feel like their voices don't matter, including the abused.
- Osbee Sangster on behalf of Black Los Angeles County Client Coalition – BLACC can help apply for low-cost internet through affordable connectivity program. He also shared how deep the roots of African American Community has in Southern California and San Gabriel Valley
- Cristal Divas from Spirit Family shared they have mental health services for children with Medi-Cal domestic violence support group in both English and Spanish, and parenting classes as well as in-home visitation programs. Information shared in the chat.
- Aisha Byrd: Service Area 3 Peer Resource Center is open to the community and available for services and resources and a support group every other Thursday.

Adjournment - Meeting adjourn at 4:12pm – Next meeting, March 9, 2023, from 2pm-4pm.

Microsoft Teams meeting
Join on your computer or mobile app
[Click here to join the meeting](#)

Or call in (audio only)
1 323-776-6996, 156219976#
Phone Conference ID: 156 219 976#

SPANISH LINE:
888-204-5987
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SALT 3 CART LINK:
<https://www.streamtext.net/player?event=SALT-3>