

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division

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

January 25, 2023

2:00PM – 4:00PM via Teleconference

Present: Dr. Heather Laird, Joann Jaimes (captioner), Mastaneh Moghadam, Avo Soltanian, Seta Haig, Sarkis Simonian, Dr. Haydeh Fakhrbadi, Yue Hua Xu, Dr. Daiya Cunnane, Hyun Lee Kyung, Elaine Waldman, Alex Elliot, Ani Kamali, Peyman Malaz, Vicki Xi.

DMH Admin: Dr. Anna Yaralyan.

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Introductions	<ul style="list-style-type: none"> Everyone introduced themselves.
Meeting Minutes Review and Approval	Reviewed and approved meeting minutes from 11/30/2022. Mastaneh approved and Avo Soltanian Second.
Presentation Dr. Hyun Lee Kyung, Elaine Waldman, Alex Elliot	<p>Interdisciplinary Collaboration and Cultural Transformation</p> <p>This presentation was conducted by the Quality, Outcomes and Training Division. Team members, Alex Elliott, Outcomes form Unit, Dr. Daiya Cunnane from Quality Improvement Unit, Elaine Waldman, from Anti-Racism, Diversity, and Inclusion (ARDI) Division and Dr. Hyun Kyung Lee from ARDI Division reported the following:</p> <p>In 2016, Solano County joined University of California-Davis to create a five-year Mental Health Services Act (MHSA) project called Interdisciplinary Collaboration and Cultural Transformation Model (ICCTM). The focus was on cultural and linguistic needs to support the Hispanic/Latino, Filipino American, and LGBTQ+ communities. Community members were selected by historically low penetration rates. The following was conducted:</p>

- They created a training curriculum based on the National Standards for Culturally and Linguistically Appropriate Services (CLAS).
 - Developed workgroups of consumers, community and organization leaders, advocates, County and contracted behavioral health staff and key community providers.
 - The Results made increases to timely access of care, increases ACCESS line use, improvements in customer satisfaction, and decreases in crisis services as the first point of contact with the mental health system for Filipino American, Hispanic/Latino, and LGBTQ+ communities.
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- CLAS included health equity to ensure that all people can receive the highest level of health. Many are unable to attain health equity due to social determinates of health (socioeconomic status, education level, availability, age, etc.) There is an estimated combined cost of health disparities and deaths due to inadequate and/or inequitable care which is \$1.24 trillion. The CLAS standards are meant to provide structure to organizations' ability to address health disparities.
 - Principal Standard of the CLAS is to provide effective, equitable, understandable, and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy, and other communication needs. It is also to recruit, promote, and support a culturally and linguistically diverse governance, leadership, and workforce that are responsive to the population in the service area. Additionally, to educate and train governance, leadership, and workforce in culturally and linguistically appropriate policies and practices on an ongoing basis.
 - Communication and Language Assistance is given to offer language assistance to individuals who have limited English proficiency and/or other communication needs, at no cost to them, to facilitate timely access to all health care and services.
 - CLAS also wishes for engagement, continuous improvement, and accountability by establishing culturally and linguistically appropriate goals, policies, and management accountability, and infuse them throughout the organization's planning and operations.
 - CLAS wishes to partner with the community to design, implement, and evaluate policies, practices, and services to ensure cultural and linguistic appropriateness. Create conflict and grievance resolution processes that are culturally and linguistically appropriate to identify, prevent, and resolve conflicts or complaints.
 - Additionally, wishes to communicate the organization's progress in implementing and sustaining CLAS to all stakeholders, constituents, and the public.

After the presentation, team members, Alex, Elaine, and Dr. Hyun Kyung Lee conducted brainstorming with EE/ME UsCC subcommittee members to gain feedback with focus group questions. They explained that they are working towards developing ideas about how they can have LACDMH stakeholders involved, which include all the UsCCs, and other community organizations to work together to identify communities issues, challenges and needs and come up with goals and interventions. The questions were the following:

- What comes to mind when transforming the culture of LACDMH?

- What would that look like to make LACDMH changes as it relates to improving the lives of people of various cultures who have mental illness? What recommendations do you have?
- What are some unmet priority needs needed among the community and across the UsCCs and CCC?
- What types of trainings may be needed to increase LACDMH staff understanding and support of the community?
- What are some good ways to have community stakeholders involved in this ICCTM project?
- What community activities, interventions, or supports encourage mental wellness? For example, barber shops, libraries, spiritual events, etc.

Some of the EE/ME Subcommittee members responses members were the following:

- Dr. Heather Laird stated the following. In working with the Arabic community in LA County, it's really about the community members having knowledge and understanding on what the LA County Department of Mental Health is. They still haven't saturated an understanding of public versus private therapy. Just knowing that there are resources available is not enough.
- Dr. Laird stated that the second part is that it has been a real blessing to learn from this subcommittee as it includes various cultures, and each one is in a different stage or state in terms of their development. And there's an arc that we can see in terms of that development and where it's going, some commonalities, some intersectionality. Therefore, sometimes one size doesn't fit all, and we must recognize each piece of the puzzle in place. Within the EE/ME Subcommittee, we also learn from each other and get ideas on what type of different mental health Capacity Building Projects to create, to decrease stigma about mental health within our communities.
- Sarkis Simonian stated the following. LA County resources are often distributed based on population size and this determines where services go most. As a result, sometimes there are more emphasis about other communities and cultures just because of the sheer number. It is important to include other, smaller minority communities and provide them with similar attention and resources. This is difficult to do at times as LACDMH has to cater to the larger communities, but it would be nice to have more emphasis on the smaller communities as well.
- Seta Haig reported that within the EE/ME Subcommittee, great deal of work is done to understand the needs of different minority populations, like the Armenian population. For example, Didi Hirsch Mental Health Clinic received a grant for a mental health program for the Armenian population and it was great, but not enough. More funds are needed to provide mental health knowledge, information, training and culturally sensitive mental health treatment to this community.

	<p>EE/ME Subcommittee members thanked the presenters for the presentation. Everyone agreed that this was a fruitful presentation and brainstorming session and helped identify EE/ME subcommittee communities various mental health and social needs. Subcommittee members requested for such presentations and brainstorming sessions to occur again in the future.</p>
<p>Capacity Building Project Updates FY2023-2024</p>	<p>Capacity Building Projects selected for the EE/ME Subcommittee, UsCC FY 2023-2024 – Anna Yaralyan</p> <ol style="list-style-type: none"> 1. The Arabic Speaking Poetry Night Mental Health Outreach Project – Dr. Heather Laird 2. Mental Health Parenting Seminars for the Armenian Community – Avo Soltanian 3. Sharing Our Stories: Immigrant Journey’s Towards Mental and Emotional Well-being – Mastaneh Moghadam <p>✚ Anna Yaralyan sent an email to EE/ME UsCC Subcommittee members informing them of this selection and announced it this meeting.</p> <p>✚ Anna Yaralyan is in the process of completing the SOWs. After completion, SOWs will be submitted for approval.</p>
<p>Capacity Building Project Updates FY2022-2023</p>	<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. There will be a development of the two 90-minute film productions in English language, with one of the films Farsi and the other in Russian subtitles.</p> <ul style="list-style-type: none"> • This project is going well in general, however, there have been a few barriers. • One of the barriers is that it has been difficult for the Film Producer to find Russian Actors/Actresses. • Film producer has finalized shoot dates for the mental health movies. • The films will be shooting in Tarzana starting Tuesday, Feb. 21. • Vendor will send LACDMH shooting dates/times for project monitoring reasons. • After the movies are filmed, they will be edited and submitted for approval.

	<p>2. The Arabic Healing Through Art Mental Health Outreach Project – Dr. Laird</p> <p>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.</p> <ul style="list-style-type: none"> • The Arabic Mental Health art is still in the first phase of implementation. • The Vendor is still in the process of recruiting participants and identifying venues for the art events. • Some of the challenges of the project continues to be stigma attached to mental health and community members declining to open up about their personal and mental health issues. They also don't want to share information about themselves or their families in a group setting. Arabic culture is a private type of culture and stigma to Mental Health is high. • Vendor continues to come up with other, nontraditional ways of reaching this community. Mental health art events will be a place where participants will feel comfortable enough to share their personal issues through art. • The first phase of the project is taking a little longer to be completed due to these challenges. <p>3. Armenian PSA Mental Health Project – Anna Yaralyan</p> <ul style="list-style-type: none"> • USArmenia TV station completed the writing of the PSAs and it has been accepted and approved by LACDMH and community members. • The PSAs are being translated to Armenian Language. • Vendor is already in the process of recruiting celebrities and community leaders. • Some of the next steps will include but not be limited to filming and editing of the Armenian PSAs in English and Armenian languages and airing the PSAs.
<p>Future Meetings Times and Dates</p>	<p>❖ Next meeting is on Wednesday 2/22/2023, from 2:00pm – 4:00pm</p>

Join Microsoft Teams Meeting

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