

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

Access for All UsCC Minutes

February 8, 2023

10:00AM – 12:00PM

Microsoft Teams Meeting

Attendees: Stacy Dagleish, Tina Erwall, Erik Escareno, Alison Freeman, Sylvia Gonzales Youngblood, Cody Hanable, Pam Inaba, Carol K., Amy Kay, Mastaneh Moghadam, Hector Ramirez, Sade Richardson, and Rosy Tellez

DMH: Angel Baker, Alex Elliott, Laura Kerr, Julio Miranda, Belinda Najera, Jenny Nguyen, Martha Ortiz, Jorge Partida, Rosario Ribleza, Suyapa Umanzor, and Elaine Waldman

Interpreters: Jill Lamoreaux, Adria
Captioner: Joann

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome & Introductions -	Everyone was welcomed. The meeting honored Black History Month.
Meeting Norms/Review of Code of Conduct – Co- Chairs	Hector Ramirez facilitated the review of the Code of Conduct and Meeting Norms.
Meeting Minutes: Review and Approval	Approval of Meeting Minutes of January 11 2022 –Dr. Alison Freeman moved to approve, and Sylvia Gonzales-Youngblood seconded the motion.

Community Resources

Alex Elliott, MSW

Alex Elliott presented a plethora of vital community resources; the DMH Access for All UsCC website features the complete listing of his monthly updates.

- **First Aid Kit For Your Mind - Listos**

<https://www.listocalifornia.org/community-projects/mental-health/>

Natural disasters can negatively impact mental health. To help Californians better understand what we each can do to strengthen ourselves, our loved ones and our communities, Listos California has created a First Aid Kit for Your Mind with five simple steps for protecting your mental well-being and helping others do the same, along with resources for when you need more support.

We know Californians from diverse backgrounds may experience different or disproportionate stressors, or encounter stigmatization when seeking mental health care. Find a list of resources geared specifically for your community.

- **Mental Health America - Black History Month**

<https://mhanational.org/black-history-month>

"We are highlighting Black and African American contributions to the mental health movement because they are oftentimes overlooked. Without recognizing the lack of representation of Black and African American people in the mental health movement, we do a disservice and continue to inflict harm.

Learning about the history of systemic racism during Black History Month* - and all year - in the mental health system and movement and how it harms Black communities in the US and around the world is key for creating a mentally healthier world.

This is a non-exhaustive list of Black and African American mental health resources."

- **Digital Library – LA County**

<https://lacountylibrary.org/digital-library/>

With your LA County Library card, access FREE library resources on your computer or device. Download or stream eBooks, audiobooks, magazines, movies, and more! You can also get help with your homework, learn a language, or take an online class!

- **988 – Resources for people who are Deaf, Hard of Hearing, or have Hearing Loss**

<https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/>

If you are hard of hearing, you can chat with a Lifeline counselor 24/7 by:

For TTY Users: Use your preferred relay service or dial 711 then 988.

Online chat

If you are a Veteran or service member with hearing loss, or any person concerned about someone who is, there are several ways to contact the Veterans Crisis Line:

Text with a Veterans Crisis Line responder – Send a text message to 838255

Online chat with a Veterans Crisis Line responder

- **CalHHS Emergency Resource Guide**

<https://www.chhs.ca.gov/blog/2023/01/04/calhhs-emergency-resource-guide/>

Spanish - <https://www.chhs.ca.gov/blog/2023/01/10/guia-de-recursos-de-emergencia-del-calhhs/>

Resources curated by the California Health and Human Services Agency to support Californians in preparing for an Emergency

- **PBS SoCal– Tips & Resources**

<https://www.pbssocal.org/education/tips-resources>

PBS SoCal’s educational content is developed specifically to build knowledge, critical thinking, imagination, and curiosity. We bring this content to the community — for free — through educational tools and workshops for families and teachers, as well as through partnerships and events in neighborhoods across the region.

- **KCET – Disability Media**

<https://www.kcet.org/search?q=disability>

Articles, Shows and Videos curated by KCET highlighting people with disabilities. For example, "**Students with disabilities innovate ways to navigate**

	<p>spaces": https://www.kcet.org/shows/newshour/clip/students-with-disabilities-innovate-ways-to-navigate-spaces-1666825998</p>
Capacity-Building Projects Update	<p>Rosario Ribleza shared that the FY 20-21 projects are in progress; the FY 22-23 scopes of work are being reviewed; and the FY 23-24 projects were voted on and scopes of work will be formulated shortly.</p>
DMH Update	<p>Angel Baker shared that she is transitioning away from her work with the UsCCs. Alex Elliott will be providing DMH updates in future meetings. Angel will continue to oversee the Department's ADA program. Rosario accepted a promotional opportunity, and Elaine Waldman will be taking on her role as Access for All liaison. Meeting participants congratulated and thanked Rosario for her dedicated service over the years, and welcomed Elaine to the group.</p> <p>Jorge Partida gave an update on DMH's plan to hire ASL providers. He shared that the Department's Human Resources manager has asked questions that must be responded to. Meeting participants, including Alison Freeman and Amy Kay urged the Department to understand that deaf clinicians are needed, and one position is inadequate. More than one position is needed to coordinate ASL interpretation and to provide clinical services in ASL. Erik Escareno shared that he is proposing a pipeline program to connect Deaf Studies and MSW students at Cal State Northridge with clinics to increase the pool of qualified and available deaf mental health interpreters.</p>
Honoring African American Heritage	<p>Sade Richardson, Co-Chair of the Black, African Heritage UsCC presented powerful videos in honor of Black History Month. Meeting participants learned about Bradley Lomax and Chuck Jackson, African American disability rights activists who worked with the Black Panter Party to create Section 504 federal protections for people with disabilities. Participants also learned that abolitionist Harriet Tubman had a traumatic brain injury. Alison Freeman shared about Black Disability Activists Andrew Foster, the first deaf African American to earn a bachelor's degree from Gallaudet University, and Johnnie Lacy, a leader in the Independent Living Movement who fought against ableism and racism. Hector Ramirez emphasized the work of feminist and civil rights activist Audre Lorde, and her message of the intersectionality that is inherent in our shared struggles for liberation.</p>
Announcements and Discussion	<p>Masteneh Moghadam shared that her project of six podcasts and 6 Youtube shows features 45-minute episodes where panels of speakers address living with disabilities. Participating speakers receive an honorarium in the form of a gift card, and filming</p>

	<p>begins on March 6. Thus far, she has eight confirmed speakers. Amy Kay recommended engaging students in the project by reaching out to colleges and community colleges with disability resource centers. Alison Freeman further suggested identifying former students and extending the deadline for registering them to participate.</p> <p>Hector Ramirez, Cody Hanable, and Sylvia Gonzales Youngblood suggested doing an educational campaign to reach young people with disabilities, to decrease stigma and increase self-advocacy skills. Meeting participants agreed that social media and video can be powerful methods to reach youth and that perhaps an additional capacity-building project could be developed in this area.</p>
Next Meeting	Next meeting is on March 8, 2023 – 10:00 AM – 12:00 PM