

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division

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

February 22, 2023

2:00PM – 4:00PM via Teleconference

Present: Dr. Shushan Kalantarian, Rima Safaryan, Seta Haig, Dr. Heather Laird, Joann Jaimes (captioner), Avo Soltanian, Sarkis Simonian, Dr. Haydeh Fakhrabadi, Yue Hua Xu, Alexandra Nangc, Mariam Nahapetyan, Vicki Xu.

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 1/25/23. Avo Soltanian approved and Sarkis Simonian Second.
Announcements	<p>Fifth Annual Armenian Genocide: Transgenerational Effects & Healing - Mariam Nahapetyan</p> <ul style="list-style-type: none"> • Service Area 2 Presents the Fifth Annual Armenian Genocide: Transgenerational Effects & Healing on April 8, 2023, 10:30 AM – 2:30 PM • Location Name & Address: ACF Beshir Mardirossian Burbank Youth Center 75 E. Santa Anita Ave., Burbank, CA 91502 • The event will be in-person and will include a main speaker providing important information about the transgenerational transference of trauma from the Armenian Genocide and healing aspects and amazing set of panelists, including marriage and family therapists, Armenian political figures, and Chanel 11 News Anchor, Araksya Karapetyan. • The event will also include Armenian Cultural music, singing, dance and appetizing food. • Individuals who are interested in this event may contact Mariam Nahapetyan at mnahapetyan@dmh.lacounty.gov.

<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 2. Mental Health Parenting Seminars for the Armenian Community 3. Sharing Our Stories: Immigrant Journey’s Towards Mental and Emotional Well-being <p>🚦 Anna Yaralyan completed the 3 SOWs and currently they are in the process of review & approval by LACDMH upper management.</p>
<p>Capacity Building Project Updates FY2022-2023</p>	<ol style="list-style-type: none"> 1. The Russian and Farsi speaking Mental Health Film Project – Anna Yaralyan provided updates for Mastaneh Moghadam, as she could not attend this meeting due to the filming of the Russian and Farsi speaking Mental Health Movies. <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. Currently the project is in the filming process. • Film producer has finalized shoot dates for the mental health movies. • Vendor submitted shooting dates/times to LACDMH as it is stated in one of the project deliverables. • The movies will be shot in Tarzana starting Tuesday, February 21 to Friday, March 3rd. • One of the challenges of the project was the recruitment of Russian Actors/Actresses to act in the film. • Vendor completed the recruitment of the actors and the actresses. • Anna Yaralyan will visit the set of the movie on one of identified dates to monitor project implementation. • After the movies are filmed, they will be edited and submitted for approval. 2. The Arabic Healing Through Art Mental Health Outreach Project – Anna Yaralyan provided updates for Dr. Laird, as she was unable to attend this meeting. <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>

- The Arabic Mental Health Art Events are going OK.
- The project is in the second phase of implementation.
- The Vendor is still in the process of finalizing recruitment of participants and identifying venues where the art events will take place.
- 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. Arabic culture is a private type of culture and community members don't want to open up and talk about their own, or their family's mental health issues or personal problems. This is the reason it has been somewhat challenging to get enough participants for this project to complete the recruitment process.
- 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.

3. Armenian PSA Mental Health Project – Anna Yaralyan

- USArmenia TV station completed the recording and editing of the Armenian PSAs and began airing them.
- All the Public Service Announcements, (PSAs) were translated to the Armenian Language.
- There are total of eight (8), 90-second PSAs. Three of the PSAs are both in English and Armenian languages.
- The PSAs will air on TV and be posted on different Social Media Sites, such as Facebook, Instagram, Twitter, and other social networking platforms for a period of 12 months.
- The PSAs included the following Mental Health Topics:
 1. Mental Health Awareness
 2. Depression/Anxiety
 3. Substance Abuse
 4. Domestic Violence
 5. Elder Abuse
 6. Self-Esteem
 7. Anger Management
 8. Stress & Stress Management
- The PSAs included community members suggestions.
- Some of the Armenian Celebrities who completed the PSAs are Actor/Comedian, Ashot Ghazaryan, Actor Ben Avetisyan, Glendale Mayor Ardashes “Ardy” Kassakhian, Chanel 11 News Anchor, Araksya Karapetyan, Singer, Christine Pepelyan, etc.

Future Meetings Times and Dates	❖ Next meeting is on Wednesday 3/29/2023, from 2:00pm – 4:00pm
	<u>Join Microsoft Teams Meeting</u> <ul style="list-style-type: none">• (323) 446-6996 United States, Los Angeles (Toll) Conference ID: 985 297 792#