

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH**

**CULTURAL COMPETENCY COMMITTEE MEETING**

**Date:** April 12, 2023

**Participants via Conference Call:**

Aaron Icedo, Guest; DMH; Ann Lee, DMH; Anna Hernandez, DMH; Anne Choe, DMH; Belia Lopez, Comm. Health Worker, DMH; Bernice Mascher, CCC Co-Chair, Cultural Broker; Bruce Wheatley, Wheatley Institute; Chaka Khan Theus, DMH; Christine De La Cruz, DMH ARDI-CCU; Connie Acosta Castaneda, DMH; Darlesh Horn, DMH; Elaine Waldman, DMH; Eugenia Cervantes, DMH; Gabriela Velasquez, SA 8, CCC; Guadalupe Aguilar, DMH, ARDI-CCU; Haydee Faviola-Garcia, DMH; Irma Velasquez, WOW Volunteer, SA 8, CCC; James McEwen, DMH; Johana Lozano, CCC; Johanne Preciado, Didi Hirsch; Kalene Gilbert, DMH; Kara Taguchi, DMH; Kisha Thompson, DMH; Lourdes Rabello, Guest; Luis Ramirez, The Children’s Center, Antelope Valley; Margarita Cabrera, Comm. Health Worker; Maria Moreno, DMH; Mariam Nahapetyan, DMH; Martha Ortiz, Comm. Health Worker, DMH; Martin Almanza, DMH; Mercedes Moreno, CCC Co-Chair; Moses Lim, World Mission Univ.; Pamela Inaba, LACC, LA County ACCESS Ambassador, Cal Voices, CCC; Payal Sawhney, API UsCC; Rosemary Stevens, SCHARP; Ruth Wen, Guest; Sandra, Chang, DMH, ARDI-CCU; Sandra Clayton, Guest; Stacy Dalglish, Commissioner, MHC; Sylvia Gonzales-Youngblood, Community Health Worker, DMH, AI/AN UsCC Co-Chair; Tia Tevaseu, SoCal PICRT; Vanessa Ruiz, Comm. Health Worker, DMH; Wendy Cabil, BAH UsCC, CCC Co-Chair; Young Choi, Comm. Health Worker, DMH; Yue Hua Xu (Vicky), DMH; 949-287-1444

<b>Agenda Items</b>	<b>Comments/Discussion/Recommendations/Conclusions</b>	<b>Action Item</b>	<b>Person(s) Responsible</b>
<b>Welcome Remarks</b>	The CCC Co-chairs welcomed and thanked the membership and participants to the monthly meeting. The co-chairs added that they hope the meeting space feels as safe as possible for everyone to share their points of view. They encouraged the membership who were not able to share their recommendations or comments during the meeting, to send these to Guadalupe at <a href="mailto:GaAguilar@dmh.lacounty.gov">GaAguilar@dmh.lacounty.gov</a>		CCC Co-Chairs
<b>Review of Minutes</b>	Review of CCC March minutes		CCC Co-Chairs

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<p><i>Land Acknowledgement</i></p>	<p>Sylvia Gonzales-Youngblood provided information on the importance of the land acknowledgement. She added that it acknowledges the ancestors who were here before us and the tribes that are still here. It is important to remember their history, culture, legacy and presence so that it does not get erased. She shared that she is an Ohlone Mission Indian. Her grandmother was born into the California Mission system. In her land acknowledgement, Ms. Gonzales-Youngblood thanked and acknowledged the Tongva and Chumash nations. She summarized by honoring ancestors and descendants present today and all relatives past, present and future.</p> <p>She shared the following land acknowledgment, which was created by Julia Bogany, a Tongva elder who has passed on: “We the Indian people, the traditional caretakers of this landscape are the direct descendants of the First People who formed our lands, our worlds during creation time. We have always been here. Our ancestors prepared and became the landscapes and worlds for the coming of humans with order, knowledge, and gifts embedded in the landscape. Our ancestors imbued us, who now live here, with the responsibility and obligations of our original instructions as told to us in our creation stories. We are guided by protocol and etiquette to be part of, take care of, and ensure the welfare of the nature, the extended family and community defined in its most inclusive expression. We pass those teachings and responsibilities onto our children, grandchildren, and many generations to come. “</p>		<p>Sylvia Gonzales-Youngblood, AI/AN UsCC Co-Chair, DMH</p>
<p><b>Feature Presentation # 1: <u>Mental Health Services Act (MHSA) Dashboard for DMH Public Facing website</u></b></p>	<p><b><u>MHSA Dashboard for DMH Public Facing website</u></b></p> <ul style="list-style-type: none"> <li>• Dr. Taguchi introduced herself as the Program Manager for Outcomes and Quality Improvement Division. She and Ms. Kalene Gilbert presented on the MHSA draft dashboard for DMH’s public facing website. Ms. Gilbert stated that the dashboard will give consumers a clear picture of the services being provided such as how many clients are being served, who is being served, and where are clients receiving services.</li> </ul>		<ul style="list-style-type: none"> <li>• Dr. Kara Taguchi, Clinical Program Head, DMH</li> <li>• Kalene Gilbert, LCSW, DMH</li> <li>• Dr. Darlesh Horn, Division Chief, MHSA Administration</li> </ul>

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	<p>DMH wants all of this information available for all stakeholders. She is excited to roll this dashboard out and particularly to hear from the CCC any questions about the dashboard, or any comments about it. This is a great opportunity to receive feedback from the community who are seeing the dashboard for the first time</p> <ul style="list-style-type: none"> <li>• The data dashboards presented today included: MHSA Clients served by Race/Ethnicity, Specific Racial/Ethnic Group, Age Group, Service Area, and Supervisorial District</li> </ul> <p>Presentation highlights:</p> <ul style="list-style-type: none"> <li>• How to access the dashboard content <ul style="list-style-type: none"> <li>○ When you click into the dashboard, there is data that will be displayed which will allow you to narrow your search.</li> <li>○ The data will be presented by by Service Area (SA) Supervisorial District, MHSA plan as it relates to direct service billing, including Prevention and Early Intervention (PEI).</li> <li>○ Each dashboard will also display the number of clients DMH has served by CY For instance, in 2021, DMH served 197,697 clients of which 58,719 clients were new. the dashboard information can also be accessed by quarter. For example, one can compare quarter one of FY 2021 to quarter one of FY 21-22 and compare that to FY 22-23.</li> </ul> </li> <li>• Other tabs included in the dashboard includes race and ethnicity</li> <li>• Dr. Taguchi referenced the presentation to the CCC by Dr. Lisa Benson on the cultural competence dashboards created by the Clinical Informatics Team in collaboration with the ESM, QID, QA, and PIO among others. Race and ethnicity, age group, gender, language, primary diagnosis, number of consumers served info has been included. <ul style="list-style-type: none"> <li>○ For example, the largest ethnicity served under MHSA is the Hispanic, Latino community. Dr. Taguchi clicked on FY 22-23 and showed that</li> </ul> </li> </ul>		

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	<p>17% of consumers served were of Mexican descent, 16.3% were other Hispanic Latino.</p> <ul style="list-style-type: none"> <li>○ She clicked on the age group tab revealing that the majority of the clients served by DMH are adults, which is no surprise. This information can be found from a countywide perspective.</li> <li>○ The search can be changed to SA and Supervisorial district</li> <li>● The next dashboard shown was the MHSA Community Services and Supports (CSS) Plan, which displayed data pertinent to outpatient care services, specifically the number of clients and what percentage were new.</li> <li>○ Outpatient care services has the largest percentage than those that are new clients or clients in alternative services. In terms of Full-Service Partnership (FSP) clients, when the data shows that the client is new, it refers to a new client to MHSA.</li> <li>○ Searches can be done for race and ethnicity. If someone is searching under the FSP tab, they will also find data on race and ethnicity, the specific groups, as well as the age groups. Under the FSP tab, there are only two age categories, child, and adult. This tab will have data on prevention and early intervention. Here, one can only find information on early intervention. There is no information on prevention in that this category focuses on outreach, single contact, no treatment services.</li> </ul> <p>The dashboards are not ready to be published yet pending feedback being gathered from various stakeholder groups. Once available, the MHSA Dashboards will show a disclaimer explaining that the source of information is based on consumer information as listed in DMH's Integrated Behavioral Information Systems (IBHIS)</p>		

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	<p><b><u>CCC Feedback</u></b></p> <ul style="list-style-type: none"> <li>• A member asked if there is information on the number of consumers who requested services that were not given services? She asked this question because she often hears comments from underserved communities, that it may take three (3) to six (6) months, sometimes one year to see a psychologist or psychiatrist.</li> <li>• Another question was regarding the Latino population, does the dashboard include a breakdown of the number of Latinos that are indigenous? Her foundation works and provides outreach to Latino Indigenous communities. <ul style="list-style-type: none"> <li>○ Dr. Taguchi said they can take a look at the current data collected. Within the Hispanic/Latino population, there is a category for “other Hispanic, other Latino.”</li> <li>○ Ms. Gilbert shared that the data shows who was served, but it does not include who requested mental health services and did not receive any. Currently this is not part of the dashboard, but it is an area that the county tracks. DMH has access to care obligation, which is to look at the data, track the requests for services and then track the amount of time it takes for a consumer to receive the services requested. She shared that the data includes consumers who had an appointment but did not show up to the appointment. Consumers who are requesting services, have to be served within ten (10) days and if a provider cannot provide the appointment within the ten days, the provider must help the consumer get an appointment within ten days.</li> </ul> </li> <li>• Another member asked what does “not reported” mean on the last column of the dashboard? <ul style="list-style-type: none"> <li>• Dr. Taguchi replied that despite their best efforts, there is data that is still missing on the client record, specifically in terms of race and ethnicity. When clients who are treated and are in crisis, a clinician’s</li> </ul> </li> </ul>		

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	<p>priority is to assist the client and not guess the race or ethnicity of the client.</p> <ul style="list-style-type: none"> <li>• A member asked if the data shows information on the new 9-8-8 crisis number in terms of whether Latinos are using the toll-free number <ul style="list-style-type: none"> <li>• Dr. Taguchi said that the current MHSA dashboard, 988 calls are not part of those services included, but this does not mean that MHSA does not have that data or that the data would not be available. She welcomed the question and said this is the feedback they will be taking back in terms of looking to add information on the new 988 lifeline</li> </ul> </li> <li>• A member commented that she is grateful to see this data and to have access to it. Her recommendation is to add data for the LGBTQIA2-S community. Another recommendation for the dashboard is to include information on how much MHSA money is going to each SA and each Supervisorial District. <ul style="list-style-type: none"> <li>○ Commissioner Dalglish thanked the member for the great recommendation. MHSA will have to look at reporting the data based on a budget per SA. In many cases, budgets are done by programs or projects which are across all SAs. She added that this is great feedback that they will also be taking back <ul style="list-style-type: none"> <li>• In her role as ESM, Dr. Chang recommended that the MHSA dashboard be constructed using as many of the same data elements to ensure that it followed all the suggestions and requests made for the cultural competence consumer served dashboard.</li> </ul> </li> </ul> </li> </ul>		
<b>Break:</b>	<p><b><u>Song: “Carry It On” – Buffy Sainte-Marie</u></b></p> <ul style="list-style-type: none"> <li>• In commemoration of Earth Day, this song was selected by CCC Co-chair Bernice Mascher. Comments from the membership included: The song</li> </ul>		Guadalupe Aguilar, DMH

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	<p>and video were a reminder of the importance of taking care of our planet as well as practices everyone can incorporate towards saving the planet for tomorrow's generations.</p>		
<p><b><u>Feature presentation # 2: Intergovernmental Panel on Climate Change (IPCC)</u></b></p>	<p><b><u>– Presentation highlights: Ways to manage anxiety that comes with facing climate change</u></b></p> <ul style="list-style-type: none"> <li>• Ms. Lozano began her presentation by sharing that she began her advocacy on environmentalism and environmental access since the age of 12. She added that she was the CCC Co-chair for CY 2022. She shared some of the terms she used during her presentation: <ul style="list-style-type: none"> <li>➤ Ego-Grief – feelings of sadness or despair caused by learning about climate change</li> <li>➤ Empathy – The ability to understand and share another person's feelings</li> <li>➤ Negative bias – The tendency to focus on only the bad things that are happening</li> <li>➤ Overgeneralization – Coming to a big conclusion based on little to no evidence.</li> <li>➤ Window of Tolerance – The emotional range in which you are your best self</li> </ul> </li> <li>• The good news – Climate change is reversible. The IPCC report was completed in 2014. Scientists from different governments collaborated to get the latest on climate change and its advancements. According to the IPCC report, the planet will be uninhabitable when we reach 2°C. The most impacted by climate change will be those who are poor and First people around the world. This includes the elderly and youth. <ul style="list-style-type: none"> <li>○ Asian countries are the most affected by climate change. These countries are exposed to pollution and socioeconomic damages that have been the result of colonization and consumerism.</li> <li>○ Ms. Lozano shared one technique that anyone can use to feel better when it comes to facing ego grief. One of those techniques is 10,000 joys and 10,000 sorrows. There are many negative aspects of climate</li> </ul> </li> </ul>		<p>Johana Lozano, CCC member</p>

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	<p>change, they are very painful and are considered sorrows. There is a quote that says there are 10,000 joys and 10,000 sorrows. This quote means that whenever we put our attention on our feelings, or on any type of data, emotions will follow. For example, the IPCC report states that our planet will reach 2 degrees Celsius by 2050. This information can be overwhelming and can cause feelings of sorrow and grief. What is important to remember is that we are resilient, and part of that resiliency is to remember that there are 10,000 joys to focus on as well. She asked the membership to take a few minutes and write in the chat box some of the joys that are happening in their lives. This is a good practice to utilize when one is feeling overwhelmed when it comes to the climate crisis. She gave the membership 20 seconds to share on the chat box. Some of the comments in the chat box included: Nature brings a member joy, such as birds, and her cats. Another member mentioned that the sound of ocean waves brings her joy. A member shared that spending time with her grandchildren brings her joy.</p> <ul style="list-style-type: none"> <li>• What does the IPCC report say about mental health? Climate change has adversely affected physical health of people globally (very high confidence) and mental health of people in the assessed regions (very high confidence). Very high confidence means it is very likely to happen, medium confidence means it can happen. It is important to note that mental health is stated after physical health. Therefore, everyone who is here today is crucial to the wellbeing of Los Angeles County residents. She commended the membership for being part of the healing process in terms of what lies ahead for providers and consumers. <ul style="list-style-type: none"> <li>○ The IPCC reports that deaths will occur due to mental health at a global level as well as a physical health level. Climate change will cause many people trauma from having their environments being destroyed. This includes the loss of livelihood and culture. For example, looking back at the COVID-19 pandemic, it was very difficult for everyone around the world. Humans have a limited capacity to adapt to extreme</li> </ul> </li> </ul>		



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	<p>climate changes and could result in more suicides. However, as providers and consumers there are already tools and resources available to help others who are going through rough patches. We were able to get through the COVID-19 pandemic which included removing much of the red tape as it relates to legislation. She is very hopeful that the city of Los Angeles will be equipped to face future calamities</p> <ul style="list-style-type: none"> <li>Ms. Lozano showed a diagram to the membership that is not part of the IPCC report. The diagram showed how physical health and mental health are co-related. The diagram shows factors such as damage to landscape and agriculture that can cause problems with physical and mental health and in turn how it affects communities. Strong cultural practices as well as strong economic and social developments, are the key to surviving future pandemics and climate change. Ms. Lozano went on to share another technique to help with the stress of climate change. This technique is called the doggy shake. First you stand with your feet shoulder apart. Next, you shake your head gently side to side, and up and down for 10 seconds. Now, rest your head and shake your shoulders. Now, rest your shoulders and shake your arms and hands as if your flickering water off your fingers. Repeat with hips, torso, for up to six times increasing the speed. Finally, pause, take a deep breath in slowly and exhale completely. The reason she shared the “doggy shake” technique is to help anyone cope when hearing about climate change which can be very upsetting. There are various techniques that anyone can learn to cope, for example through animals and even through insects. Animals in the wild show they release stress by shaking it off after a brief scare. Animals shake for a brief time and do a deep slow exhale and then continue their way</li> <li>Sea levels are rising fastest along the East Coast and Gulf of Mexico. In Los Angeles the sea level has gone up 2.5 inches higher (see PP slide). Temperatures around the world are changing and the earth is getting warmer faster than expected. Increased temperatures will lead to more</li> </ul>		

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	<p>bacteria in food and water which will mean there will be a shortage of both. She paused and recognized that this information can be overwhelming to take in. Ms. Lozano commented that there is a silver lining During the pandemic, shipments were halted, less gas was used, everyone learned to get by on basic needs. scientists discovered that the earth was healing itself. This new data again shows that there is a narrow window for all of us to do our part to reverse climate change. Now part of that process is to look at mental health and experts state that mental health plans be developed focusing on treatment and prevention so that all communities can adapt to the impacts of climate change</p> <p><b><u>CCC Feedback</u></b></p> <ul style="list-style-type: none"> <li>• A member thanked Ms. Lozano for her presentation and added that she tries not to buy things she does not need. She is conscious of doing her part in terms of global warming and its effects on the ocean, especially how climate change affects the animals in the ocean.</li> <li>• Another member thanked Ms. Lozano for demonstrating how anyone can make simple life changes that can really help and impact the environment</li> <li>• Another member stated that this is a great topic of conversation as it opens the door for everyone to begin to do their part to saving the planet for the generations to come</li> <li>• A member commented that Native Americans and Indigenous people across the continent did not build, did not have houses but with colonization, there are areas that are being built on where there should not be allowed to build. These are areas affected by tornadoes or natural disasters. Then after the disaster, the first thing stated is “we are going to rebuild.” What happens to all of the debris and trash, where does it go? Instead, communities need to begin to adapt to a way of life or try to make a way of life that is in balance with the lands one lives on. Instead, it is the opposite, people keep trying to force something that is not natural, and this keeps disrupting the ecosystem. This includes the age of invention, the</li> </ul>		

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	<p>age of industry, the age of technology, and the building of this government. It is all taking a toll and it has all happened in a short amount of time, not even 200 years to destroy the earth.</p> <ul style="list-style-type: none"> <li>• A member expressed deep appreciation to the presenter, for bringing this information up. It is very important to highlight all the things that are going on that we need to deal with, with climate change. We forget that the planet is ours if we embrace it, that we must nurture it because it is ours. If we do not take care of it, nobody else is going to do that. Anyone can make a difference.</li> </ul>		
<p><b>ARDI-CCC Women's Empowerment Event</b></p>	<ul style="list-style-type: none"> <li>• Dr. Chang updated the membership regarding the ARDI-CCC Women's Empowerment collaborative in-person event. She invited the membership to sign up for the event, which is scheduled for Tuesday, April 25, 2023, at DMH Headquarters, 510 S. Vermont Avenue, Los Angeles, CA 90020. The flyer for the event has been distributed to all the stakeholder groups. CCC Co-chair Ms. Mascher said this will be an opportunity to see each other in person, to hear great information, to celebrate women and what women have done locally and globally. She invited participants who will be attending to be a part of the fashion show for anyone who would like to volunteer to wear a special outfit, regalia, a special item that holds special significance. This is another great opportunity for the CCC to collaborate on highlighting communities that are less visible. The event recognizes the contributions of women in society in both professional, familial, community, and in daily life. This is a very exciting event for the CCC which advocates for the needs of all communities. She invited the membership to sign up and participate in the event. She added that lunch will be provided for the event. Again, she invited the membership to register for the event.</li> </ul>		<ul style="list-style-type: none"> <li>• Dr. Sandra Chang, ESM, ARDI-CCU, DMH</li> <li>• Bernice Mascher, CCC Co-Chair</li> </ul>

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Labor Acknowledgement	<p><b>We must acknowledge</b> that much of what we know of this country today, including its culture, economic growth and development throughout history and across time has been made possible by the labor of enslaved Africans and their descendants who suffered the horror of transatlantic trafficking of their people, chattel slavery and Jim Crow.</p> <p><b>We are indebted</b> to their labor and their sacrifice, and we must acknowledge the tremors of violence throughout the generations and the resulting impact that can be felt and witnessed today.</p> <p><b>Source: Diverse Issues in Higher Education</b>  <a href="http://www.diverseeducation.com">www.diverseeducation.com</a></p>		<ul style="list-style-type: none"> <li>•Wendy Cabil, CCC Co-Chair</li> </ul>
Announcements	<ul style="list-style-type: none"> <li>• Los Angeles Client Coalition (LACCC) General meeting, Friday, April 14, 2023, 12:30-3:30 pm, in person meeting. There will be a potluck and the meeting will be at California Independent Living Center, 634 S. Spring St., Mezzanine level. There will be an option to join the meeting virtually from 1:00-3:00 pm</li> <li>• Lived Experience, Advocacy and Diversity (LEAD) is a program of the California Association of Mental Health Peer-Run Organizations (CAMHPRO), will be hosting a free in-person conference on Monday, May 8, 2023, from 10:00-4:00 pm at the California Endowment, 1000 N. Alameda Street, Los Angeles, CA 90012. For more information go to: <a href="http://www.camhpro.org/lead/summits">www.camhpro.org/lead/summits</a> or by email at: <a href="mailto:leadproject@paintedbrain.org">leadproject@paintedbrain.org</a></li> </ul>		Membership

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*Sandra T. Chang, Ph.D.*

Los Angeles County Department of Mental Health  
Prevention Division

Cultural Competency Unit Program Manager  
LACDMH Ethnic Services Manager