

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division

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

March 29, 2023

2:00PM – 4:00PM via Teleconference

Present: Dr. Shushan Kalantarian, Rima Safaryan, Seta Haig, Dr. Heather Laird, Joann Jaimes (captioner), Sarkis Simonian, Dr. Haydeh Fakhrabadi, Mariam Nahapetyan, Monique Salvizian, Mastaneh Moghadam.

DMH Admin: Dr. Anna Yaralyan.

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Introductions	<ul style="list-style-type: none">• Everyone introduced themselves.• New member Monique Salvizian introduced herself to the EE/ME UsCC Subcommittee members. Monique reported she has done work in leadership and conducted executive coach work for the last decade. She has been specializing in women's empowerment networking with Fortune 500 companies, doing executive coaching, and corporate training. Additionally, Monique reported that she is an author of a book called "Leading Gracefully" which is a book specific for women in leadership and women in business who want to build more self-confidence and leadership skills. Monique also shared that she is of Armenian background. Recently she has been working voluntarily in the elementary schools in Glendale, California, to teach children some of the leadership skills she has been teaching adults. As a result, she is really interested in figuring out how to create programs in diverse communities within Los Angeles County. This is the reason she attended this meeting, to learn about ways of working together and potentially collaborate on helping kids learn social/emotional and life skills.
Meeting Minutes Review and Approval	EE/ME Subcommittee meeting minutes on 2/22/23 were approved after the meeting via email, by Dr. Shushan Kalantarian.

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.
Capacity Building Project Updates FY2023-2024	<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>
Capacity Building Project Updates FY2022-2023	<ol style="list-style-type: none"> 1. The Russian and Farsi speaking Mental Health Film Project – Project Vendor, Mastaneh Moghadam provided updates for 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 movies are in the process of editing and postproduction phase. The editing process might take a while. • The film producer had about 10 days of filming from February into March, and it went very well. • Anna Yaralyan visited the set during filming for the purpose of project monitoring. • Vendor reported that she is open to having the movie finished and posted on YouTube channel for everyone to see by June 1, 2023. This is what she is aiming for.

2. The Arabic Healing Through Art Mental Health Outreach Project – Project Vendor, Dr. Heather Laird provided updates for this project.

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.

- The Arabic Mental Health Art Event project has been somewhat slow moving and continues to be in the second phase of implementation.
- Vendor thought that the Arabic speaking community would embrace and enjoy the art events, but it has been going slowly. There were art events where only four or five people showed up. As a result, Vendor had to reschedule the events a few times. This has been the process.
- Currently, Ramadan has begun. Ramadan is the ninth month of the Islamic calendar and is observed by Muslims worldwide as a month of fasting, prayer, reflection, and community. This year Ramadan began on Wednesday, March 22 and will end on Thursday, April 20. The Arabic speaking Muslim community members are about a week into Ramadan and might not want to do the art events during this time, so the events will ones again be rescheduled. Despite these challenges, Vendor is optimistic that there will be increased participation in the future weeks and the art events will be completed.
- The vendor also shared other reasons for low participation in the events. Not many people in the Arabic community want to participate in the events due to stigma attached to mental health, not wanting to discuss personal information, and lack of trust towards government.
- Vendor also stated that within the Arabic speaking community, younger people are more open to receiving mental health services and resources, versus the older generation. For capacity and trust factors, Vendor would like to have some community members, especially the youth, to reach out and recruit participants, but this has been difficult to do as well. Vendor has been reaching out to the Arabic speaking community herself to inform them about the art events. She has built rapport and connection with the Arabic speaking seniors and one of the events will be online, with Arabic speaking older adults. Vendor is hoping for high turnout from older adults for this online art event.
- Overall, the project is in the process of implementation. Vendor continues to do grassroots work to increase capacity for the art events, despite challenges in participant recruitment.

3. Armenian PSA Mental Health Project – Anna Yaralyan

	<ul style="list-style-type: none"> • The Armenian mental health PSAs continue to air on USArmenia TV station 10 times a day. This project is going well and as planned. • There are total of eight (8), 90-second PSAs. Three of the PSAs are both in English and Armenian languages. • The PSAs will continue to air on TV and 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: <ol style="list-style-type: none"> 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 • Vendor reported that the TV station has been receiving positive feedback from community members, who stated that the PSAs are educational and powerful. • Vendor agreed to submit LACDMH the Airing Logs of the PSAs for the months of February 2023, and March 2023 on 4/1/2023.
Future Meetings Times and Dates	❖ Next meeting is on Wednesday 4/26/2023, from 2:00pm – 4:00pm
	<p><u>Join Microsoft Teams Meeting</u></p> <ul style="list-style-type: none"> • (323) 446-6996 United States, Los Angeles (Toll) Conference ID: 985 297 792#