

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
American Indian / Alaska Native (AI/AN) UsCC Subcommittee Meeting Minutes

June 7, 2023

2pm – 4pm via Microsoft TEAMS

Present: Shannon Rivers, Farrah Ferris, Hector Ramirez, Bridget Garcia Vera, Jessica Mosher, Wildflower Ontiveros, Eva Powless, Dria Yellowhair, Lilly Garcia, Jean Harris, Charlotte Lujan, Sylvia Gonzales-Youngblood, Yue Hua Xu (Vicky), Stephanie Mushrush, Belinda Najera

DMH Admin: Kelly Wilkerson, Mirtala Parada Ward, Robert Byrd

Agenda Items	Discussion
Welcome, Prayer & Introductions	Meeting opened with prayer. Members were asked to introduce themselves.
Meeting Minutes	May 2023 minutes were reviewed and approved (first – Farrah Ferris, second – Shannon Rivers).
Co-Chair Report Out	<ul style="list-style-type: none"> • Co-chairs updated the subcommittee regarding the Mending the Hoop event (one of the subcommittee’s capacity building projects). The first event will be postponed until July or August so that more community members from local tribes can attend and participate. More details to follow. • Update that at a future meeting, a training will be provided regarding how to create capacity building project proposals. • ICCTM Learning Collaborative update from Charlotte Lujan and Hector Ramirez.
Native Ways 2 College – Presentation	<ul style="list-style-type: none"> • Shannon Rivers presented regarding Native Ways to College. • For more information, contact Shannon at srivers@ndgnsia.org or visit https://www.nw2c-la.org/.
DMH Updates	<ul style="list-style-type: none"> • July meeting will be rescheduled to Wednesday, 7/12/23 from 2-4pm. • Mirtala Parada Ward, LCSW, Program Manager III for ARDI Division introduced herself to the subcommittee. • Kelly provided updates regarding the current and upcoming Capacity Building Projects. Top four projects for upcoming fiscal year based on survey results: <ul style="list-style-type: none"> ○ Elder Mental Health Support project

	<ul style="list-style-type: none"> ○ Project focused on suicide in Native communities; include history of mental health, bring in a Native MH perspective on how to approach it, include our ideas/journey, end is necessary, rebirth, life springs forth (look at Healing the Soul Wound book)MMIWG2-S ○ Food/Garden Project: Sustainability/community garden; food as medicine (sage, herbs, sweetgrass, etc.) – traditional foods; series of community fairs related to food/garden/etc. ○ Project focused on MMIWG2-S
<p>Summit Planning – Brainstorming</p>	<ul style="list-style-type: none"> ● Kelly to send out an email to the subcommittee to schedule the first Summit planning ad hoc meeting. <p><u>Summit Planning Brainstorm Notes</u></p> <ul style="list-style-type: none"> ● Laughter is medicine ● Roundtable conversations ● Health and wellness ● Running is medicine, is sacred – not competition but prosperity ● Cooking contest ● Movement ● Elders being involved ● Celebrating and reclaiming for healing ● Decolonize mental health ● Include two-spirit community ● Arts and crafts ● Traditional dress show – fashion show, indigenous ● Representation is wellness ● Tonia Jo Hall (comedian) ● Create an ad hoc ● Indigenous cuisine, - corn, elk, fish, native health food, ● Invite guest chef? ● Name idea: Indigenous Wellness Warrior Conference ● What does healing look like, what does wellness look like ● Dancing
<p>Community Announcements & Resources</p>	<ul style="list-style-type: none"> ● Send any resources to Kelly via email (KeWilkerson@dmh.lacounty.gov) to be sent out to the listserv.

Closing Prayer	Meeting closed with Prayer.
Audio Recording	All meeting minutes are available on the DMH website: https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/american-indian-alaska-native-ai-an-uscc-meeting-minutes/
Next Meetings:	<p><u>Next Meetings (first Wednesday of the month, all meetings 2-4pm):</u></p> <ul style="list-style-type: none"> • 7/12/23, 8/2/23, 9/6/23, 10/4/23, 11/1/23, 12/6/23 <p>Join Microsoft Teams Meeting; 323-776-6996, Conference ID: 806 867 419# CART is provided for all meetings: www.streamtext.net/player?event=UsCC-AIAN</p>