

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

August 2, 2023

2pm – 4pm via Microsoft TEAMS

Co-Chairs Present: Shannon Rivers, Farrah Ferris
Members Present: Hector Ramirez, Elena Nourrie, Jessica Mosher, Eva Powless, McKenna Belgarde, Azley “Xochitl” Rivera, Sylvia Gonzales-Youngblood, Belinda Najera
DMH Admin Present: Elaine Waldman, Mirtala Parada Ward
Presenters: Jackie Gardner, Mary Valdemar, Veronica Brooks

| Agenda Items | Discussion |
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| Welcome, Prayer & Introductions | Meeting opened with prayer. Members were asked to introduce themselves. |
| Meeting Minutes | July 2023 minutes were reviewed and approved (first – Farrah Ferris, second – Jessica Mosher). |
| Co-Chair Report Out | <ul style="list-style-type: none"> • Co-chairs updated the subcommittee regarding the CalBHBC Training taking place on 8/7 from 9am-11am, specifically for the AI/AN UsCC subcommittee. • Co-chairs also shared regarding the recently developed membership survey. The goal of the survey is to get a baseline of the current membership including demographic information and feedback on wellness needs for the AI/AN community. Survey link: https://forms.office.com/g/5ZqJ5frH9Y • Co-chairs invited anyone from the subcommittee to work on a letter with them to the Board of Supervisors and LACDMH outlining the differences between Indigenous and AI/AN communities as the AI/AN community was recently left off a survey put out by DMH MHS Administration. |
| Traditional Wellness Gatherings - Update | <ul style="list-style-type: none"> • Eva Powless from SSSP updated the subcommittee regarding the Traditional Wellness Gatherings currently taking place. • Upcoming gatherings: <ul style="list-style-type: none"> ○ Intergen Resilience: Plant Medicines Lead Facilitator: Dr. Katya Adachi Serrano MD (Ho-Chunk & White Earth Ojibwe) Discussion of intergenerational trauma, trauma, grief and loss Date: Saturday, August 26, 2023 |

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| | <p>Time: 10:00am - 2:00pm Location: Zoom Registration link: sssp.la/TWG-3</p> <ul style="list-style-type: none"> ○ Modern NDN: Beading and Belonging Lead Facilitator: Birdie Pulskamp (Diné) Discussion of mental health impacts of intergenerational trauma, symptoms of post traumatic stress, anxiety, and depression. Date: Saturday, Sept. 23 Time: 10:00am - 2:00pm Location: South El Monte Community Center (1530 Central Ave, South El Monte, CA 91733) ○ Now What: Release for Healing Lead Facilitator: Jessa Calderon (Tongva/Chumash) Discussion about the impacts of being diagnosed with mental health conditions, centered around de-stigmatizing mental health diagnoses and accessing support. Date: Saturday, Oct. 14 Time: 10:00am - 2:00pm Location: Tia Chucha's Centro Cultural & Bookstore (12677 Glenoaks Blvd, Sylmar, CA 91342) |
| <p>Native Based Curriculum – Presentation</p> | <ul style="list-style-type: none"> • Mary Valdemar and Jackie Gardner presented regarding People Place Phenomena, a climate change curriculum for California 8th graders. • Copy of presentation: People Place Phenomena: A Tale of Two Communities - Google Slides • Questions & resources: <ul style="list-style-type: none"> ○ Contact Mary at mvaldema@valleycollege.edu ○ Follow #OxSamCamp & email ChlCCCAA@gmail.com to join the next caravan in Sept. ○ Tuck and Yang 2012 Decolonization is not a metaphor.pdf - Google Drive ○ Decoloniality and anti-oppressive practices for a more ethical ecology Nature Ecology & Evolution ○ Grow & Let Go: Practices to Decolonize Your Classroom Shared at Exploratorium - Google Docs |
| <p>AI/AN Mental Health Promoters – Update</p> | <ul style="list-style-type: none"> • Mirtala Parada Ward updated the subcommittee regarding the AI/AN Promoters. Currently there are only two individuals in this role and they are interested in hiring more. MENTAL HEALTH PROMOTER / TEMPORARY Job Details tab Career Pages (governmentjobs.com) |
| <p>Community Announcements & Resources</p> | <ul style="list-style-type: none"> • Jessica Mosher shared regarding the Indian Health CalAIM Roundtable coming up (Home - Indian Health CalAIM Roundtable, Meeting Registration - Zoom). • Send any resources to Kelly via email (KeWilkerson@dmh.lacounty.gov) to be sent out to the listserv. |

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| Closing Prayer | Meeting closed with Prayer. |
| Meeting Minutes | 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/ |
| Upcoming Meetings & Links | <p><u>Next Meetings (first Wednesday of the month, all meetings 2-4pm):</u></p> <ul style="list-style-type: none"> • 9/6/23, 10/4/23, 11/1/23, 12/6/23, 1/3/24, 2/7/24, 3/6/24, 4/3/24, 5/1/24, 6/5/24 <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> |