

## **The Access For All UsCC Subcommittee**

**2022-2023**

**Podcast and YouTube Series**

**Deaf, Hard of Hearing, Blind, Partially Sighted, Visually Impaired, and Physically Disabled  
Capacity Building Project**

### **PROJECT DESCRIPTION**

Cross Cultural Expressions was hired by The Access for All Underserved Cultural Communities (UsCC) subcommittee to develop and implement a series of 6 Podcast segments and 6 YouTube videos, where a variety of guest speakers/panelists will discuss a variety of topics related to the intersection of mental health and physical disabilities. The objective of this series was to reach out and engage people from the deaf, hard of hearing, blind, and physically disabled population in a virtual discussion regarding the mental health needs of these communities in a culturally appropriate and non-intrusive manner. Additionally, the series aimed to reduce the stigma associated with mental health services and increase connections with mental health providers while providing opportunities to address concerns about mental health services in a safe space. This project targeted deaf, hard of hearing, blind, visually impaired and physically disabled community members from the eight (8) service areas across Los Angeles County. This project was conducted in five (5) phases and was set to be completed in a 12-month period, from 7/15/22 to 6/30/23. Below is a detailed description of each phase of this project.

#### **Phase One: Planning and Strategy Development**

During phase one of this project, the program director began working with a disabilities cultural consultant and a program coordinator in order to conduct research and speak to community members in order to identify topics and questions that are applicable and relevant to the needs of the targeted population. Once a preliminary outline of possible topics and related questions was developed, the program director attended two of the monthly Access for All Underserved Cultural Communities (UsCC) subcommittee meetings in order to share topics selected with subcommittee members and receive feedback, recommendations and guidance from them. The subcommittee members provided guidance and feedback and the program director was able to revise and finalize the list of topics and questions per the subcommittees recommendations and with LACDMH approval.

Per the SOW, a total of 6 podcasts that are a minimum of 45-minutes each would be recorded, 2 that addressed topics related to the deaf and hard of hearing communities; 2 that addressed topics related to the blind, partially sighted and visually impaired communities; and 2 that

addressed topics related to the physically disabled communities. And another 6 Youtube videos would be recorded following the same format as the podcasts.

Here is a list of finalized topics, questions and discussion points for the six YouTube videos and six podcast episodes:

## **Deaf and Hard-of-Hearing – Podcasts**

### **1. Episode Title: Access For All: Supporting The Well-Being of Individuals Within The Deaf and Hard of Hearing Communities**

#### **Subtopics/Questions for discussion:**

- Define Ableism & Audism
- What does ableism look like within the deaf community?
  - ask panelists for examples of ableism that they have experienced/encountered
  - steps to making sure that individuals with disabilities are included, valued, and respected? conversation revolving around limiting/creating environments where those with disabilities are accounted for
  - making society more inclusive for those with disabilities
  - In your opinion, what is the first step towards equal opportunity with regard to deaf and hard of hearing individuals?
    - Are discriminatory-free environments possible?
    - Call to Action: How do we reduce such discrimination?
    - Ask panelists for examples of audism that they have experienced/encountered - how did they counteract such discriminatory actions?

### **2. Episode Title: Access For All: Mental Health and Stigma Within the Deaf and Hard of Hearing Communities**

#### **Subtopics**

- Discuss the impacts that are associated with living in a society/community that operates in a way that excludes &/or devalues the Deaf, deaf, and hard of hearing.
- Address the issues/impacts surrounding this topic.
- What are some institutional stigmas that exist?
- Can you speak to the potential effects on your mental health and well-being?
- Create a call to action through conversation with the advocates/interviewees – How can we help?

## **Deaf & Hard of Hearing - YouTube Videos**

### **1. Episode Title: Access For All: Supporting the Mental Health of the Deaf and Hard of Hearing Communities Episode One**

#### **Subtopics/Questions:**

- Prevalence of mental health issues amongst the Deaf/Hard of Hearing, and maybe share your experiences, if any, with mental health conditions, obstacles, hurdles, etc.
- What is your relationship like with mental health?
- Have you experienced mental health conditions, mental health hurdles or obstacles, etc.?
- Has your disability created isolation and if so, how has that isolation affected or impacted your mental and emotional health?
- Accessibility - more accessible services, accessibility within your community, employment, social media
- In a perfect world, what would true accessibility look like as someone who is Deaf/Hard of Hearing? What is missing?
- For those who are feeling isolated, how can we foster more connection with the Deaf/Hard of Hearing communities?
- What does accessibility truly look like, and how can it be a part of your everyday?
- What are the challenges of navigating a world that isn't necessarily made with your disability in mind?
- What is Ableism and Audism and what does it look like within the Deaf/Hard of Hearing community? Can you give examples of when you have experienced this?
- In your opinion, what is the first step towards equal opportunity with regard to deaf and hard of hearing individuals? How do we help to reduce discrimination?
- What does "living your best life" or living your most fulfilling life look like to you?
- Have you been successful in creating a sense of trust with yourself and your body? If yes, how?
- What are some lifestyle shifts that you have made to support yourselves?
- Have you had success in creating resiliency? If so, how?
- How have you been able to cultivate self-compassion? What does self-compassion look like to you?
- Can you share some wellness practices that you have incorporated into your life? (whether it be your connection to spirituality, grounding within yourself, etc.)
- For anyone who is currently feeling alone, how can they find community?
- What words of support would you give to those within the physically disabled community who may be struggling?
- Do you believe that vulnerability can set you free? Is there power in being vulnerable?
- Subtopics:
  - Practicing resilience
  - Self-compassion
  - Self-identity
  - Discuss health and wellness practices
  - What barriers do you think exist?
    - Advocating for appropriate services when there aren't any
    - Who can you reach out to?
    - Telehealth info

## **2. Episode Title: Access For All: Supporting the Mental Health of the Deaf and Hard of Hearing Communities Episode Two**

### **Subtopics/Questions:**

- What is Trauma (secondary and tertiary trauma) and how have you experienced it in your life?
- What have been the short-term and long-term effects related to trauma that you have experienced in your life?

- What has been the most effective action/tool of self-support that you've employed along your journey?
- What has been an important tool with regard to supporting yourself as a member of this community?
- What do you believe to be the most healing advice that you received with regard to your disability? Most harmful?
- Just to bring awareness to those who are wanting to support you - how can we support you in the best way possible?
- Peer-support - trying to support people in finding their own path. How can we foster more of that? How can we help you support your own wellness routine/patterns?
- How have your loved ones supported you? Very individual, but I believe that it could be helpful for listeners who are looking to support someone in their life.
- Are there services that support your well-being, if so what are they? If there are none, what would you suggest?
- How could we increase accessibility to such services?
- In your opinion - how could we make services that cater to mental wellbeing more accessible for the disabled communities?
- Unhealthy support vs healthy support
- In a perfect world, what would true accessibility look like as someone who is Deaf/hard of hearing? What is missing?
- In a medical setting, how have you been able to best advocate for your personal needs? I know that it can sometimes be challenging to receive the care you need.
- How can medical professional best support you when you are seeking help?
- How can family and friends help advocate for you?
- Concluding thoughts: Anything else that you all would like to share that you feel needs to be said with regard to this discussion - include resources that may be helpful (links to your socials, your website, etc.)

## **Blind, Partially Sighted, and Visually Impaired – Podcasts**

### **1. Episode Title: Access For All: Supporting the Well-Being of Individuals Within the Blind, Partially Sighted, and Visually Impaired Communities in Los Angeles County**

#### **Subtopics:**

- Discussion with parents/caretakers of people with disabilities. What do parents need to know? How do you advocate for your child? How can you advocate for a friend/family member?
- Self-advocacy; how to advocate for your personal needs
- Self-compassion

### **2. Episode Title: Access For All: Living A Fulfilling Life and Being Yourself Within The Blind, Partially Sighted, and Visually Impaired Communities**

#### **Subtopics:**

- Practicing resilience
- Self-compassion
- Self-identity
- Discuss health and wellness practices

## **Blind, Partially Sighted, and Visually Impaired - YouTube Videos**

### **1. Episode Title: Access For All: Supporting the Mental Health of the Blind & Visually Impaired Communities Episode One**

#### **Subtopics:**

- Focus on abilities vs. disabilities
- Knowledge as a form of power
- Establishing self-identity
- Finding a support system/community
- Create a call to action through conversation with the advocates/interviewees – how can we help?
- How can we empower individuals to take meaningful action towards advocating for their personal health and well-being?

### **2. Episode Title: Access For All: Supporting the Mental Health of the Blind & Visually Impaired Communities Episode Two**

#### **Subtopics:**

- Discuss anxiety and anxiety disorders within these communities
- Discuss loneliness.
- Address the impacts of vision loss and how this may bring about fear, isolation, anxiety, etc.
- Bring awareness to these communities and empower listeners to utilize knowledge as a form of power.
- Depression/Depressive symptoms
- Include institutional stigmas that exist
- How can we reduce the stigmas associated with these communities?

## **Physically Disabled – Podcasts**

### **1. Episode Title: Access For All: Mental Health and Stigma Within the Physically Disabled Communities**

#### **Subtopics/Questions:**

- Include institutional stigmas that exist
- Prevalence of mental health issues amongst the physically disabled
- Bringing awareness to mental health concerns
- Depression and Physical Disabilities
- Physical disabilities found to be related to depressive symptoms; there is a relationship between depression and physical disability(not the disability that leads to depression, perhaps its society's constraints/lack of accessibility)  
-<https://www.abilities.com/community/disabilities-mental-health.html>

### **2. Episode Title: Access For All: Overcoming Trauma And Loss Within The Physically Disabled Communities**

#### **Subtopics/Questions:**

- Intersections of trauma and chronic illness – how trauma can amplify a chronic illness that you're experiencing
- Connection between trauma and chronic illnesses – bringing awareness to this

- Medical gaslighting
- Creating a sense of trust with yourself and your body

## **Physically Disabled - YouTube Videos**

### **1. Episode Title: Access For All: Supporting the Mental Health of the Physically Disabled Community Episode One**

#### **Subtopics/Questions:**

- Discuss individual experiences with mental health obstacles:
- Prevalence of mental health issues amongst the physically disabled, and maybe share your experiences, if any, with mental health conditions, obstacles, hurdles, etc.
- What is your relationship like with mental health?  
Have you experienced mental health conditions, mental health hurdles or obstacles, etc.?
- Has your disability created isolation and if so, how has that isolation affected or impacted your mental and emotional health?  
Accessibility - more accessible services, accessibility within your community, employment, social media
- In a perfect world, what would true accessibility look like as someone who is physically disabled? What is missing?
- For those who are feeling isolated, how can we foster more connection with the physically disabled communities?
- What does accessibility truly look like, and how can it be a part of your everyday?
- What are the challenges of navigating a world that isn't necessarily made with your physical disability in mind?
- What does "living your best life" or living your most fulfilling life look like to you?  
Have you been successful in creating a sense of trust with yourself and your body? If yes, how?
- What are some lifestyle shifts that you have made to support yourselves? Have you had success in creating resiliency? If so, how?
- How have you been able to cultivate self-compassion? What does self-compassion look like to you?
- Can you share some wellness practices that you have incorporated into your life? (whether it be your connection to spirituality, grounding within yourself, etc.)
- For anyone who is currently feeling alone, how can they find community?
- What words of support would you give to those within the physically disabled community who may be struggling?
- Do you believe that vulnerability can set you free? Is there power in being vulnerable?
- Practicing resilience
  - Self-compassion
  - Self-identity
  - Discuss health and wellness practices • What barriers do you think exist?

### **2. Episode Title: Access For All: Supporting the Mental Health of the Physically Disabled Community Episode 2**

#### **Subtopics/Questions:**

- What has been the most effective action/tool of self-support that you've employed along your journey?
- What has been an important tool with regard to supporting yourself as a member of this community?
- What do you believe to be the most healing advice that you received with regard to your disability? Most harmful?
- Just to bring awareness to those who are wanting to support you - how can we support you in the best way possible?
- Peer-support - trying to support people in finding their own path. How can we foster more of that? How can we help you support your own wellness routine/ patterns?
- How have your loved ones supported you? Very individual, but I believe that it could be helpful for listeners who are looking to support someone in their life.
- Are there services that support your well-being, if so what are they? If there are none, what would you suggest?
- How could we increase accessibility to such services?
- In your opinion - how could we make services that cater to mental wellbeing more accessible for the disabled communities? Unhealthy support vs healthy support  
In a perfect world, what would true accessibility look like as someone who is physically disabled? What is missing?  
In a medical setting, how have you been able to best advocate for your personal needs? I know that it can sometimes be challenging to receive the care you need.
- How can medical professional best support you when you are seeking help?
- How can family and friends help advocate for you?  
Concluding thoughts: Anything else that you all would like to share that you feel needs to be said with regard to this discussion - include resources that may be helpful (links to your socials, your website, etc.)

After the episode topics were finalized and approved by LACDMH, we moved forward with the task of researching potential guest speakers/panelists in order to begin the recruitment process. Our goal was to have a minimum of two panelists per episode. In order to achieve this goal we created a recruitment flyer that was sent to LACDMH for approval and distribution. We once again reached out to the Access For All subcommittee members with guidance and assistance in distribution of the flyer. We also welcomed all subcommittee members to become panelists themselves. We then posted the flyer on our social media and emailed the flyer to our email list. We also began reaching out via telephone calls and email to individuals and organizations that are a part of or work with our targeted populations.

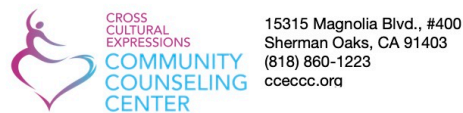
Some of the agencies/organizations that we reached out to included:

1. The Department of Deaf Studies at CSUN,
2. Five Acres, Greater Los Angeles Agency on Deafness,
3. Southern California Association for the Deaf,
4. Peace Over Violence,
5. Braille Institute of Los Angeles,

6. Wayfinder Family Services,
7. Blind Children's Center,
8. ETAA,
9. Through the Looking Glass,
10. Axis Dance Company,
11. LA Mission College - Disable Student Program and
12. Rancho Los Amigos Foundation.

As an incentive, we offered anyone who signed up to be a panelist a \$100 gift card for each podcast and/or YouTube episode that they appeared on.

Below is the recruitment flyer that was created and approved:



Cross Cultural Expressions in Partnership with LACDMH Access for All UsCC is  
**LOOKING FOR PANELISTS FOR A SERIES OF  
 PODCASTS AND YOUTUBE VIDEOS**

**IF YOU ARE A LEADER, ADVOCATE, EXPERT AND/OR MEMBER OF  
 THE DEAF, HARD OF HEARING, BLIND, PARTIALLY SIGHTED, AND/  
 OR PHYSICALLY DISABLED COMMUNITY WE WOULD LOVE TO  
 HEAR FROM YOU!**

Our goal is to increase mental health access, provide mental health information, and create a safe space for open discussion for deaf, hard of hearing, blind, and physically disabled community members.

Our project consists of 6 Youtube videos and 6 podcast episodes with 3 to 4 panelists per video/episode. Each recording session will be approximately 45 minutes, in question and answer form.

**A \$100 gift card will be given to each participating panelist.**

We look forward to hearing from you!

**For more information regarding this project, please contact:**

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Madison Buteyn (Project Coordinator)  
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Phase one of the project was completed on time.

### **Phase Two: Pre-Production**

In Phase two of the project we began to reach out to and finalize agreements with the people who would be filming and editing our YouTube video's and recording our podcasts. We finalized locations for filming videos and recording podcasts and also reached out to ASL interpreters and closed captioning services in order to ensure that all video's included ASL interpreter and closed captioning. Additionally during this phase we worked on finalizing releases and waivers that would be signed by all panelists. We also set up some preliminary dates for filming and recording sessions and continued to work on recruiting guest speakers/panelists as well as finalizing filming and recording dates and times with panelists. We also finalized a distribution plan.

The final distribution plan that we decided on and moved forward with was as follows:

1. We used BuzzSprout as our podcast hosting site.
2. We submitted our podcast content to other major hosting sites as well, including Spotify, Google Podcasts, Amazon, I Heart Radio and Apple.
3. We placed all Youtube episodes on the Cross Cultural Expressions Youtube Channel - CCE Productions.
4. We created posts about all Youtube videos and podcast episodes that we placed on our social media network, including Facebook and Instagram.
5. We boosted all Facebook and Instagram posts for a period of 6 weeks.
6. We created a flyer that promotes the podcasts and YouTube video series, that included all links, and shared it with our email list.
7. We asked LACDMH and the Access For All Subcommittee members to share the flyer and the links with their social media networks and email lists.
8. We requested that all panelists share the social media posts and flyers with their social media networks and email lists.
9. We reached out to organizations and individuals who are members or service providers for our targeted populations and asked them to share the flyers and/or posts with their email lists, clients and on social media.

This Phase was completed on time.

### **Phase 3: Production/Filming/Recording and Post Production (editing)**

Phase 3 of the project was when we began the task of scheduling dates and times for the podcast and YouTube video recordings. For each recording session we needed to have two guest speakers, an ASL interpreter, a host to moderate the panel discussion and of course the professional recording crew. Unfortunately, this is where we began to run into some serious challenges.

The biggest challenge we had was that the panelists who had agreed to participate in the recordings would either not confirm dates until the very last minute or cancel their appearance at the last minute. This meant that almost every week we would schedule a video or podcast recording date and one or two days before the recording date was to take place either one or several of the guest speakers would cancel on us. On two occasions the ASL interpreter cancelled on us at the last minute, which meant that we had to cancel the recording session. And then there were the weeks that we couldn't schedule any recording sessions because the production team, host, or ASL interpreter was not available. In order to deal with this issue, we continued to do outreach in order to recruit more potential guest speakers. Once

again we also turned to LACDMH and the members of the Access for All UsCC subcommittee for support and guidance.

With our expanded search for panelists, we were finally able to finish recording the podcast sessions. However, it took several more months before we were able to complete the YouTube recordings. We came to find that specifically individuals from the physical disabilities and deaf and hard of hearing communities were having a hard time agreeing to come to recording sessions for the YouTube videos. Upon further inquiry with community members as to why this was the case, it was brought to our attention that the physical hardship of showing up to a recording studio was the main reason for their reluctance to be panelists. Once we shared this information with LACDMH, it was agreed that we would record the YouTube episodes via Zoom. As soon as this decision was made, we were able to get conformation from guest speakers and move forward with the YouTube recording sessions that involved the physical disabilities and deaf/hard of hearing communities. Unfortunately all of this back and forth made it so that we were not able to complete this phase on time. Therefore we reached out to our liaison at LACDMH and requested an extension as we worked through the challenges that we faced.

The following is a list of panelists as well as the recording dates for the podcasts and Youtube videos:

<b>Title of Youtube Video/ Podcast Episode</b>	<b>Name of Panelists</b>	<b>Date of Recording</b>	<b>Link to Recording</b>
Supporting The Well-Being of Individuals Within The Deaf and Hard of Hearing Communities (Podcast Episode)	1. Hector Ramirez 2. Arash Behtash	June 14, 2023	<a href="https://www.buzzsprout.com/2039142/13096591">https:// www.buzzsprout.com/ 2039142/13096591</a>
Mental Health and Stigma Within the Deaf and Hard of Hearing Communities (Podcast Episode)	1. Hector Ramirez 2. Arash Behtash	June 14, 2023	<a href="https://www.buzzsprout.com/2039142/13096537">https:// www.buzzsprout.com/ 2039142/13096537</a>
Supporting the Mental Health of the Deaf and Hard of Hearing Communities Ep. 1 (Youtube Video)	1. Hector Ramirez 2. DeMarco Pittman	June 24, 2023	<a href="https://www.youtube.com/watch?v=Bpo8sbvVK94&amp;t=12s">https:// www.youtube.com/watch? v=Bpo8sbvVK94&amp;t=12s</a>
Supporting the Mental Health of the Deaf and Hard of Hearing Communities Ep. 2 (Youtube Video)	1. Hector Ramirez 2. DeMarco Pittman	June 24, 2023	<a href="https://www.youtube.com/watch?v=cplQjup52sU&amp;t=10s">https:// www.youtube.com/watch? v=cplQjup52sU&amp;t=10s</a>
Supporting the Well-Being of Individuals Within the Blind, Partially Sighted, and Visually Impaired Communities (Podcast Episode)	1. Francesca Mascarenhas 2. Mojgan Rahbar 3. Jessie Wolinsky	March 8, 2023	<a href="https://www.buzzsprout.com/2039142/13039597">https:// www.buzzsprout.com/ 2039142/13039597</a>
Living A Fulfilling Life and Being Yourself Within The Blind, Partially Sighted, and Visually Impaired Communities (Podcast Episode)	1. Mojgan Rahbar 2. Jessie Wolinsky 3. Rusty Thorpe	March 8, 2023	<a href="https://www.buzzsprout.com/2039142/13039623">https:// www.buzzsprout.com/ 2039142/13039623</a>

Supporting the Mental Health of the Blind & Visually Impaired Communities Ep. 1 (YouTube Video)	1. Jessie Wolinsky 2. Mojgan Rahbar	March 17, 2023	<a href="https://www.youtube.com/watch?v=KisutOrcBpw&amp;t=12s">https://www.youtube.com/watch?v=KisutOrcBpw&amp;t=12s</a>
Supporting the Mental Health of the Blind & Visually Impaired Communities Ep. 2 (YouTube Video)	1. Jessie Wolinsky 2. Fred Wolinsky 3. Marsha Wolinsky	March 17, 2023	<a href="https://www.youtube.com/watch?v=gdBgve8OdrM">https://www.youtube.com/watch?v=gdBgve8OdrM</a>
Mental Health and Stigma Within the Physically Disabled Communities (Podcast Episode)	1. Kelsey Ledezma 2. Alex Elliot 3. Minou Michlin	March 7, 2023	<a href="https://www.buzzsprout.com/2039142/13039618">https://www.buzzsprout.com/2039142/13039618</a>
Overcoming Trauma And Loss Within The Physically Disabled Communities (Podcast Episode)	1. Kelsey Ledezma 2. Orion Queer	March 7, 2023	<a href="https://www.buzzsprout.com/2039142/13039617">https://www.buzzsprout.com/2039142/13039617</a>
Supporting the Mental Health of the Physically Disabled Community Ep. 1 (YouTube Video)	1. Minou Michlin 2. Kim Hudson 3. Shoreh Noori 4. Ray Pizarro 5. Carlos Benavides	May 8, 2023	<a href="https://www.youtube.com/watch?v=KfudhpnIK4U&amp;t=38s">https://www.youtube.com/watch?v=KfudhpnIK4U&amp;t=38s</a>
Supporting the Mental Health of the Physically Disabled Community Ep. 2 (YouTube Video)	1. Minou Michlin 2. Kim Hudson 3. Shoreh Noori 4. Ray Pizarro 5. Carlos Benavides	May 8, 2023	<a href="https://www.youtube.com/watch?v=vNiUwKEI_98">https://www.youtube.com/watch?v=vNiUwKEI_98</a>

Due to the various complications mentioned above with recruitment. This phase was completed two months after the scheduled time.

#### **Phase 4: Implementation/Airing**

During this phase, all Youtube videos were placed on Youtube and podcasts were placed on Buzzsprout and linked to the other popular servers mentioned above. Our promotional plan as outlined above was implemented. All series episodes went live on their intended platforms between the dates of June 1, 2023 and June 30, 2023.

One again, due to the complications during phase 3, this phase was completed 2 months after scheduled time.

#### **Phase 5: Final Summary Report**

All available data and metrics was collected and reported.

### **PROJECT RESULTS**

The Result of the Deaf, Hard of Hearing, Blind, Partially Sighted, Visually Impaired, and Physically Disabled is that now there exists a total of six (6), Youtube videos and six (6) Podcast episodes (each a minimum of 45 minutes in length), that include a panel of guest speakers who are deaf, hard of hearing, blind, partially sighted, visually impaired and physically disabled or family members of the people with mentioned disabilities. In each video and podcast, the panelists discuss various topics related to the intersection of the aforementioned disability and mental health, thus, providing valuable information and insight into the challenges, thoughts, feelings

and accomplishments of the targeted populations. The Access for All series of Podcasts and Youtube videos provides information and discussions that help in decreasing stigma associated with the receiving of mental health services as well as providing information on mental health resources through the promotion of the LACDMH Access Help-line.

Additionally, these Youtube videos and podcasts have been placed on a variety of servers and advertised to community members through social media as well as through grass roots outreach. These Access For ALL series of programs will continue to exist on these platforms and will continue to be accessible for all those in search of such resources for years and years to come.

Here is a breakdown of number of views/downloads and social media engagements each video has received to date:

<b>Title of Youtube Video/Podcast Episode</b>	<b>Date Placed on Youtube/ BuzzSprout</b>	<b>Number of Youtube Views/BuzzSprout Downloads to Date</b>	<b>Numbers Engaged via Facebook</b>	<b>Numbers Engaged via Instagram</b>
Supporting The Well-Being of Individuals Within The Deaf and Hard of Hearing Communities (Podcast Episode)	June 24, 2023	39	1,334 - Reached 9 - Clicks	362 - Reached 8 - Clicks
Mental Health and Stigma Within the Deaf and Hard of Hearing Communities (Podcast Episode)	June 24, 2023	35	1,312 - Reached 8 - Clicks	378 - Reached 7 - Clicks
Supporting the Mental Health of the Deaf and Hard of Hearing Communities Ep. 1 (Youtube Video)	June 30, 2023	63	1, 509 - Reached 6 - Clicks	416 - Reached 9 - Clicks
Supporting the Mental Health of the Deaf and Hard of Hearing Communities Ep. 2 (Youtube Video)	June 30, 2023	46	1,202 - Reached 6 - Clicks	433 - Reached 6 - Clicks
Supporting the Well-Being of Individuals Within the Blind, Partially Sighted, and Visually Impaired Communities (Podcast Episode)	June 14, 2023	41	1,313 - Reached 9 - Clicks	551 - Reached 10 - Clicks

Living A Fulfilling Life and Being Yourself Within The Blind, Partially Sighted, and Visually Impaired Communities (Podcast Episode)	June 14, 2023	38	1,526 - Reached 8 - Clicks	419 - Reached 11 - Clicks
Supporting the Mental Health of the Blind & Visually Impaired Communities Ep. 1 (YouTube Video)	June 1, 2023	52	1,667 - Reached 9 - Clicks	531 - Reached 9 - Clicks
Supporting the Mental Health of the Blind & Visually Impaired Communities Ep. 2 (YouTube Video)	June 1, 2023	50	1,917 - Reached 11 - Clicks	523 - Reached 12 - Clicks
Mental Health and Stigma Within the Physically Disabled Communities (Podcast Episode)	June 14, 2023	33	1,302 - Reached 6 - Clicks	222 - Reached 4 - Clicks
Overcoming Trauma And Loss Within The Physically Disabled Communities (Podcast Episode)	June 14, 2023	37	1,028 - Reached 8 - Clicks	418 - Reached 8 - Clicks
Supporting the Mental Health of the Physically Disabled Community Ep. 1 (YouTube Video)	June 7, 2023	76	1,006 - Reached 4 - Clicks	562 - Reached 10 - Clicks
Supporting the Mental Health of the Physically Disabled Community Ep. 2 (YouTube Video)	June 7, 2023	47	900 - Reached 7 - Clicks	547 - Reached 6 - Clicks
		<b>Total Views/Downloads: 557</b>	<b>Total Reached: 16,016 Total Clicks: 91</b>	<b>Total Reached: 5,362 Total Clicks: 100</b>

## **OUTCOMES**

A summary of outcomes includes:

1. Development of concept, topics and guide questions that revolve around the mental health needs, accessibility, accommodations and connection to mental health resources needed by the deaf, hard of hearing, blind, partially sighted, visually impaired, and individuals with physical disabilities.
2. Recruitment of guest speakers/panelists from the targeted populations who will speak to the topics developed.
3. The recording/editing and production of a total of six (6) 45-minute podcast series and six (6) 45-minute YouTube videos. Each with topics that are appropriate to each targeted community:

A. Podcast:

- Deaf and hard of hearing – 2 episodes
- Blind, partially sighted and visually impaired– 2 episodes
- Physically disabled – 2 episodes

B. YouTube Video:

- Deaf and hard of hearing – 2 episodes
- Blind, partially sighted and visually impaired– 2 episodes
- Physically disabled – 2 episodes

4. All Youtube videos have ASL interpreters, CART & closed captioning and all podcasts come with transcripts.
5. A distribution strategy for all podcast and video episodes was developed and implemented.
6. Social media reach and engagement was tracked for Facebook and Instagram and reported and the information was used to establish efficacy.
7. Community feedback was also tracked and reported.
8. CCE worked closely with LACDMH and the Access For All Subcommittee group in order to ensure approval of materials at each step and to incorporate any assistance and/or feedback offered.
9. To date, the Youtube videos and podcasts have received a total of 557 views/downloads; with 16,016 people reached through our Facebook ads and 5,362 people reached via our Instagram ads (numbers reached represents the number of unique users who have stopped and looked at the post but not necessarily engaged with it by clicking on it or leaving “likes” or comments). Facebook and Instagram ads have also received a combined total of 191 clicks (meaning number of people who clicked on the posts in order to receive more information).
10. We have also received 47 messages/emails from community members who sent verbal feedback in regards to the podcasts/videos. Most messages where words of gratitude for us having created these recordings and praise for the guest speakers/panelists who shared their experiences and stories. We received 11 messages asking us for referrals to therapy services who work with the deaf/hard of hearing individuals through ASL. We provided each of those people with the number for the LACDMH Access Help-line. We received one message that stated, “I recently began to loose my eye sight and have been beside myself with anger and depression. A friend of mine shared the link to the YouTube videos and podcasts with me and for the first time I felt a sense of hope that if these people could get through this, so can I.” Another viewer stated, “I lost the use of my legs due to illness from the time I was 7 years old. I could really relate to what the panelists were saying and the discussions really made me think.” Another community member wrote to us asking for a referral to a therapist and also stated, “As a person with hearing impairment since birth, I never thought how much surviving and managing in a world full of hearing people has impacted my mental health. It occurred to me that maybe getting therapy can be helpful to me.” Another person wrote to us saying, “As a parent of a disabled child I could really relate to the parents who were on the panel. I really connected to the idea that there is some pain that I just won’t be able to fix for my child and that I will just have to accept that instead of beating myself up for it. Please thank the parents for sharing their experiences.” The verbal feedback from community members further displayed how much the podcasts and YouTube videos have impacted the lives of individuals and families.

## **LEASONS LEARNED**

The biggest challenge with this project was encountered during the recruitment of guest speakers/panelists phase and subsequently, with the recording of the podcasts and YouTube videos. At the beginning, we believed that we had a very good list of possible guests/panelists and even as we began to reach out to them, we were not discouraged because an adequate number of individuals were responsive to our request to be panelists and did initially confirm recording dates with us.

It was after a number of people began to cancel their appearances, sometimes 24 hours before the scheduled recording time, that we began to realize we have an issue. Our response to this was to double our recruitment efforts and also to reach out to our liaisons at LACDMH as well as to the Access For All subcommittee group in order to seek assistance and guidance with recruitment. We also asked community members what we can do to make this easier on them and more willing to attend recording sessions. We were already offering a gift card of \$100 to each panelist per episode that they appeared on as an incentive, so initially we thought if we increase that gift card amount or offer to pay for their transportation to the recording studio that would make a difference. However, feedback from community members was that the thing that would make the greatest difference is not having to travel at all and to conduct the recordings virtually. So we reported our finding to our liaisons at LACDMH and with their approval moved forward with recording podcasts and YouTube videos via zoom.

Additionally, the linkage that the Access For All subcommittee group as well as our LACDMH liaison offered to other agencies and individuals that we had not yet approached, also proved to be very successful in getting us panelists. Unfortunately, by the time we identified the issues and offered alternatives, a great deal of time had lapsed, which meant that the project was completed later than expected. But we feel overjoyed that we were ultimately able to complete the project and as a result have a series of informative and impactful audio and video recordings that community members in need can access for years and years to come.

## **RECOMMENDATIONS**

As a result of doing this project it became overtly clear that the disabilities communities of Los Angeles County are in need of programs and resources that support them with their unique mental health needs and challenges. Though our hope is that through the development and implementation of this project we have helped provide one such resource, it is our recommendation that mental health resources for this population continue to be expanded.

Specifically, there appears to be a great need for mental health professionals that are able to communicate through ASL. So perhaps incentives should be offered to students who can communicate with ASL to become mental health professionals and/or for mental health students to learn ASL. Also, attention needs to be paid to accessibility of services for the blind and visually impaired as well as other members of the physically disabled communities of Los Angeles County.