

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division

Eastern-European / Middle Eastern (EE/ME) UsCC Subcommittee Meeting Minutes
6/28/2023

2:00PM – 4:00PM via Teleconference

Present: Rima Safaryan, Dr. Heather Laird, Sarkis Simonian, Mariam Nahapetyan, Mastaneh Moghadam, Dr. Haydeh Fakhrabadi, Chloe, Your Hua Xu, Swavy Alhambra.

DMH Admin: Dr. Anna Yaralyan, Mirtala Parada Ward, PM III, Dr. Darlesh Horn.

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Introductions	<ul style="list-style-type: none"> • Everyone introduced themselves.
Meeting Minutes Review and Approval	EE/ME Subcommittee meeting minutes on 5/31/2023 were approved by Mastaneh Moghadam and Sarkis Simonian second.
Capacity Building Project Updates FY2022-2023	<p>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> <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 film project is completed. • The films are posted on YouTube and submitted to LACDMH final approval. As soon as we receive the approval, the advertising and marketing will start. • Cross Cultural Expressions and LACDMH can share the links, and everybody can watch it. • Vendor will also submit the progress report and invoice⁶ for deliverable #4. This is the Distribution Phase of the project, such as posting the movies online, marketing and advertising the movies, collecting data from viewers, etc. • The films maybe advertised on KRIN Farsi Radio station, and local magazines.

- Vendor would love to have a screening of the films. It will be wonderful to find a local theater who may show at least one of the movies free of charge to community members.

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 having challenges getting enough participants.
- Anna Yaralyan attended the art event on Saturday, June 24th, for monitoring purposes and the event went very well.
- For the Arabic mental health art project, the art events are completed. There were 10 attendees in some art events, and little less in other events, totaling to more 100 people in attendance. This helped to meet project requirements.
- Vendor will submit the dates & times and location, information, and the pre-posttests to LACDMH.
- Vendor reported that they have been continuing their journey by holding events and trying to satisfy requirements and complete the project.
- Phase 3 and 4 of the project deliverables will be submitted to LACDMH with the progress report and the Invoice.
- After this Phase 4, Final Summary Report will be submitted.

3. Armenian PSA Mental Health Project – Anna Yaralyan

- The Armenian mental health PSAs continue to air on USArmenia TV station 10 times a day. This project is going as planned. All the deliverables are completed in a timely manner.
- There are total of eight (8), 90-second PSAs. Three of the PSAs are both in English and Armenian languages.
- All the PSAs include LACDMH's (800) 854-7771 Help Line to ask for resources and referrals.
- The PSAs continue to air on US Armenia TV station and posted on different Social Media Sites, such as Facebook, Instagram, Twitter, and other social networking platforms for a period of 12

	<p>months.</p> <ul style="list-style-type: none"> • Phase 2 of the project has been completed. • Project will be completed on 12/31/2023. • Vendor has been submitting quarterly progress reports and monthly Airing Logs of the PSAs to LACDMH.
<p>Capacity Building Project Updates FY2023-2024</p>	<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 reported these three SOWs are still in LACDMH Procurement Department and awaiting to go out to bid.</p>
<p>DMH Updates</p>	<p>✚ Dr. Darlesh K. Horn provided DMH updates:</p> <ul style="list-style-type: none"> • Community planning process starts on July 11 and there's a kick-off, the kick-off on July 11th is 100% virtual. Email has been sent out to UsCC groups about it and a reminder email will go out today. The reminder email will have the stakeholder meeting dates for the remaining part of the calendar year. There will be dates for these meetings, between July and December. Dr. Horn encouraged EE/ME Subcommittee members to mark their calendars about this community planning process. • Dr. Horn added that LACDMH has also been working with all the UsCC Subocmittees and the SALTs around Capacity Building and discussing group planning and strategic processes within the stakeholder process. • LACDMH has been asking if the UsCC groups would like to have a retreat. LACDMH MHSA unit will support the retreat. The purpose of it is to discuss LACDMH’s Capacity Building process, to discuss their needs and what to work on throughout the year. It is also to see whether DMH can support the UsCC groups in changing or restructuring anything in each group. Dr. Horn reported that she wanted to mention this opportunity and see if anyone is interested in providing information about the Subcommittees’ needs or any questions/concerns they may have. • EE/ME Subcommittee members agreed to email any ideas/questions or any concerns they may have to LACDMH.

Future Meetings Times and Dates	<ul style="list-style-type: none">❖ EE/ME Subcommittee members voted to go DARK in the month of July 2023.❖ Next meeting will be on Wednesday 8/30/2023, 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#