

MINUTES

Los Angeles County Department of Mental Health Service Area 3 – SALT Monthly Meeting

Facilitation: SALT 3 Co-Chairs LaVon Robinson and Sophia Rodriguez

April 13, 2023, | 2:00pm – 4:00pm

Introduction / Welcome

Call to Order/Introductions - Co-Chairs: LaVon Robinson and Sophia Rodriguez

Attendees:

Alex Spanish Interpreter	Evelyn Lemus	Lily Castillo	Samantha Wettimuny
Alexis Lopez	Frances Liese	Lindsey Bogan	Sarah Jimenez PHFE WIC (Guest)
Alyssa Miller-Nur	Galvez, Elizabeth	Lisa Frankfort, Ph.D. LMFT (Guest)	Sara Miller
Anonymous	Hosun Kwon	Luis Guzman	Sarah Sullivan
Antonia Rios	Hovermale, Lindsay	Maria A (Guest)	Shawn Kim
Bertha Berumen	Jaime Renteria	Maria Gallardo	Sheila Wu
Blanca Vargas	James Maddox (Guest)	Maria Moreno (CLESGV)	Sophia Rodriguez
Brenda Chavez	Jessica Valdez	Mark Karmatz (Guest)	Stacy Dalgleish. LMFT, LACo MHC (Guest)
Brent Popham (Guest)	Jimmy S. Wu (Guest)	Melissa Martinez (Guest)	Stara Shakti (Guest)
Carey Grier	John Medina	Michael Zelman	Steven Stoltz
Cristal Divas	Judith Tejero	Michelle Majors	Tiffany Granja
Desiree Duar	Julie Matsumoto (Guest)	Natalie Williams	Wayne Hansen
Dr. Lisa	Julie Parker (Guest)	Osbee Sangster (Guest)	Yue Hua Xu
Dwayne Washington	Julio Miranda	Pamela Inaba (Guest)	+1 323-614-3086 – Antonia Ross
Emily Wu Truong	Kristin Gray	Robert Hernandez	+1 323-684-4390
Erendira Garcia	Laura Jurado	Rosalba Trias-Ruiz	+1 626-430-2900 – Osbee Sangster
Erica Hoitsma (Guest)	LaVon (Guest)	Rosario Ramos	+1 626-533-7801 – William Leggiere

- LaVonn Robinson: Co-Chair SALT 3, soon to be stepping down; looking for a new Co-Chair to help Sophia out. If interested, please reach out to get you started.
- Jaime Renteria: A friendly reminder that this meeting was being recorded.

DMH Updates

Reported by Dr. Michelle Majors – Chief, Service Area 3:

- Heartfelt apologies to Ms. Osbee Sangster for the typos and inaccuracies of her comments in the January and February minutes. Will start to do a lot better and hopefully make sure to accurately represent everyone's comments for the future.
- May is Mental Health Month events – 6 events, including SALT. Tentative on May 11th at Arcadia Park in Arcadia, May 18th at Arcadia Mental Health, May 25th at East San Gabriel in Covina. There will be an event that takes some clients to the Dodger Game coming up. There's a SALT event on the 13th. The 6 events in May for May is Mental Health Month is called Take Action for Mental Health, in partnership with a state program called CalMHSA.
- Lastly, Dr. Lisa Wong has been appointed as our permanent Director, the first Asian American woman as director of the Department of Mental Health.

Health Neighborhood Updates, Evelyn Lemus – Health Neighborhood Liaison:

- East San Gabriel Valley virtual meeting on the 2nd Tuesday of the month from 10:30 – 12.
- The El Monte Health neighborhood meets on the 4th Tuesday of every month from 1:00 to 2:30.
- April is Financial Literacy Month. The Community Engagement work group, an extension of the health neighborhood, will be hosting a financial health workshop in collaboration with JP Chase Morgan and also LA Care, El Monte Resource Center. Workshop will be both in English and Spanish. The workshop on Thursday is going to be at the El Monte Resource Center. Flier was shared by Vickie but will also share again.
- Parenting Skills Workshops throughout the month of May. Every Tuesday will be English workshops and they are open to all community members from 5:30 to 7:00 PM.
- There will be workshops on stress management, conscious parenting, bullying, stages of development.
- On Thursdays in May will be alternating from Spanish and Mandarin workshops.
- Free and open to everybody. Contact information will be provided in the chat if anyone has questions.

Reading and Approval of the Minutes

Read and approved minutes:

- Approved by Bertha Berumen, seconded by Erica.

Committee Reports(s)

Sophia Rodriguez (Mental Health Month & Juneteenth)

- Baldwin Park is helping coordinate an event – a flier was sent for the vendor application. Please submit by next week.

- Tuesday, May 30th – a conference on alternative treatment in the Latino community, cultural healing and wellness. This is an in-person training in City of San Gabriel from 8:45 to 12:15. SALT was given 10 tickets. If interested in participating and representing SALT 3, please send Jaime an email. They will be given to the first people that identified they are interested in attending.
- Juneteenth tentatively scheduled for Thursday, June 15th at 2:30 at the Jackie Robinson Center. There will be food, entertainment, and a speaker. This will be in addition to the regular June meeting. This is tentative. Once everything is finalized, a flier will be sent out.

Presentations

Trauma and Intersectionality in Women of Color – Tara (“Stara”) Shakti, M.A., LMFT

- Trauma is a physical, psychological and/or emotional response to a deeply disturbing or distressing event or series of events.
- Big T trauma often involves, like life threatening events or situations, natural disasters we all have heard about the school shootings in the news, things like that, death of a family member. Little T trauma usually does not involve violence or disaster, but it does create significant distress. This could be like. Someone going through a breakup or losing a job or something like that.
- There are different levels of trauma – from acute, to complex, to systemic. Trauma can happen at the individual level and then also very broad systemic level in the forms of racism, sexism, homophobia, discrimination, etcetera.
- Intersectionality is a framework for understanding the interconnected nature of social categorizations. It's like all the different factors that make up who a person is, especially when there are marginalizing factors when they intersect.
- Minority Stress Model - The more multiple marginalizing identities that people have the greater their distress and the greater their chances are for discrimination, stigma, and the greater the health disparities are and poor health outcomes and greater need for self-care.
- Women of color are often caregivers - giving so much to others sometimes forgetting to prioritize themselves, which is really important to do in order to be there to help for others, whether people from work, families, or strangers. It's always time for a mental health self-care checkup.
- Women of color have little representation in general, fewer mentors and need a lot more support on all levels.
- Horizontal hostility is when marginalized groups fight each other rather than facing and confronting white supremacy, which is all very unconscious.
- LA-CAMFT – a support group for therapists of color. See flier or check out LA-CAMFT website.
- The Nap Ministry is an anti-capitalist movement. They explore the liberating power of naps and believe that rest is a form of resistance, reparations, and a revolutionary way to push back against the white supremacy model, the capitalistic explications of productivity.

Finding Healing After Tragedy: Transforming Pain into Beauty – Emily Wu Truong

- Personal sharing on how to cope with grief and overcoming the odds.
- NAMI Walk – visit namiglac.org
- Check out naapien.org for Asian American Pacific Islander Mental Health events

Unfinished Business and General Orders

N/A

Public Comments / Announcements

- Mark Karmatz - April 25th, Senate Bill 43 will be heard before the judiciary committee. This changes the definition for both disability to environmental treatments and hospitalization. Please go or write to Sacramento or organize something to go up there to fight this bill.
- Tiffany Granja – DMH Enhanced Care Management. Services provided in the ECM program are all based on the 7 core Service Areas, engagement by maintaining regular contact with members, comprehensive assessment and care management planning, etc. One of the criteria for ECM services: high risk for institutionalization, substance abuse, overdose and suicide, youth crisis services, emergency room, urgent care or inpatient stay as a sole source of care, experiencing 2 or more emergency department or inpatient hospitalization due to severe mental illness, substance use disorder within the last 12 months, or pregnant and postpartum 12 months from the delivery. Part of the ECM team consists primarily of community health workers, certified peer specialists.
- Professor - There's a free webinar for tenant rights about the low-income housing tax credit. Information share in the chat. Reviewers are from SAMHSA. Meeting on Friday, April 21 (3rd Friday of the month) in person 12:30 – 3:30 pm. See chat for all details.
- Cristal Davis – SPA 3 collaborative meeting next Wednesday, contact information in chat for any questions. This is open to anyone.
- Osbee Sangster – Acknowledgment of a long day at the Mental Health Commission and gratitude for the presentations.

Adjournment - Meeting adjourns at 4:02pm – Next meeting, June 8, 2023, from 2pm-4pm.

Microsoft Teams meeting
Join on your computer or mobile app
[Click here to join the meeting](#)

Or call in (audio only)
1 323-776-6996, 156219976#
Phone Conference ID: 156 219 976#

SPANISH LINE:
888-204-5987
[Access Code 9639884#](#)

SALT 3 CART LINK:
<https://www.streamtext.net/player?event=SALT-3>