

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

October 4, 2023

2pm – 4pm via Microsoft TEAMS

**Co-Chairs Present:** Shannon Rivers, Farrah Ferris  
**Members Present:** Elena Nourrie, Jessica Mosher, Eva Powless, McKenna Belgarde, Bernice Mascher, Jennifer Yates, Giovanna Lara, Taylor Pulsifer, Priscilla Ortega, Stacey Dalglish, Sylvia Gonzales-Youngblood, Vicky Xu, Belinda Najera, Stephanie Mushrush, Toni Craigs-Thomas  
**DMH Admin Present:** Kelly Wilkerson, Darlesh Horn, Mirtala Parada Ward

Agenda Items	Discussion
<b>Welcome, Prayer, Land Acknowledgment &amp; Introductions</b>	Meeting opened with prayer. Members were asked to introduce themselves in the chat. Farrah Ferris provided a land acknowledgment.
<b>Meeting Minutes</b>	September 2023 minutes were reviewed and approved (first – Jessica Mosher, second – Priscilla Ortega).
<b>Co-Chair Report Out &amp; Workgroup Report Outs</b>	<ul style="list-style-type: none"> <li>• Co-chairs updated the subcommittee regarding the monthly CCC/UsCC Leadership meetings where the bylaws are being reviewed. Once that is completed, they will be presented to the subcommittee as a whole for feedback. Also at the recent leadership meeting, the MHSA leadership team presented regarding SB326, a recent bill proposed to amend MHSA. <ul style="list-style-type: none"> <li>○ Mirtala provided an update that the County and the Board of Supervisor have not taken a position regarding SB 326 at this point. Mirtala shared regarding some of the potential impacts of the bill including Suicide Prevention services being centralized at the state level.</li> </ul> </li> <li>• Reminder to complete 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: <a href="https://forms.office.com/g/K12ZwecCZZ">https://forms.office.com/g/K12ZwecCZZ</a></li> <li>• No updates regarding the ICCTM Learning Collaborative meetings for this month.</li> <li>• Subcommittee discussed whether to hold a shorter meeting in December and agreed to do a 1-hour meeting.</li> </ul>

<p><b>MHSA Proposals for AI/AN Community</b></p>	<ul style="list-style-type: none"> <li>• Kelly shared with the subcommittee that the previously created list of MHSA recommendations from the subcommittee had been shared during the recent open proposal period with the MHSA team; however, the proposals were considered incomplete as they did not include all relevant information.</li> <li>• Dr. Darlesh Horn shared that all completed information needed to be submitted by 10/9/23.</li> <li>• Subcommittee to schedule two urgent ad hoc meetings to meet the deadline.</li> </ul>
<p><b>Promoters Program – Presentation</b></p>	<ul style="list-style-type: none"> <li>• Sylvia presented regarding the Mental Health Promoters Program as well as some of the workshop topics they cover such as: <ul style="list-style-type: none"> <li>○ Emotional Wellbeing and Stress</li> <li>○ Bullying Prevention – Kindness, Acceptance, Inclusion</li> <li>○ Mental Health and Stigma: Changing the Story</li> <li>○ Awareness, Treatment and Recovery from Depression</li> <li>○ Awareness, Treatment and Recovery from Anxiety</li> <li>○ Grief, Loss and Resilience</li> <li>○ Understanding the Impact of Addiction and Mental Wellness</li> <li>○ Family Violence Awareness, Prevention and Resilience</li> <li>○ Child Abuse Prevention and Resilience</li> <li>○ Suicide Prevention and Resilience</li> <li>○ Understanding Neurodevelopmental Disorders</li> <li>○ Understanding Childhood Behaviors and Disorders</li> <li>○ Immigration, Adaptation and Resilience</li> </ul> </li> <li>• For more information, contact <a href="mailto:sgonzales@dmh.lacounty.gov">sgonzales@dmh.lacounty.gov</a></li> <li>• <a href="http://UnitedMentalHealthPromoters-DepartmentofMentalHealth.lacounty.gov">United Mental Health Promoters - Department of Mental Health (lacounty.gov)</a></li> </ul>
<p><b>DMH Updates</b></p>	<ul style="list-style-type: none"> <li>• Mirtala shared with the subcommittee that each group is able to host a 1-2 day retreat that would be facilitated by Rigo.</li> <li>• Goals of a potential retreat could include brainstorming about future initiatives, exploring opportunities to further engage community into the stakeholder effort, and how to recruit more membership for your subcommittee.</li> <li>• The subcommittee agreed that they would be interested in having a retreat after the first of the year.</li> <li>• Mirtala requested that the co-chairs email her directly to talk more.</li> </ul>
<p><b>Capacity Building Projects – Updates</b></p>	<ul style="list-style-type: none"> <li>• AI/AN Traditional Wellness Gatherings – final gathering will take place in October, Kelly to email flyers for final gathering.</li> <li>• AI/AN Community Engagement Campaign – the fifth video is finalized and will be sent to the subcommittee for distribution next week.</li> </ul>

	<ul style="list-style-type: none"> <li>• AI/AN Youth Graphic Novel Project – solicitation closed, pending update from ISD on award.</li> <li>• AI/AN Cooking for Wellness Project – SOW has been submitted to Mirtala for review.</li> <li>• AI/AN Community Garden Project – SOW has been submitted to Mirtala for review.</li> <li>• MMIWG2-S Awareness Campaign Project – SOW has been submitted to Mirtala for review.</li> <li>• AI/AN Elder Mental Health Support Project – SOW is being developed.</li> <li>• Suicide in Native Communities Project – SOW is being developed.</li> <li>• AI/AN Intergenerational Storytelling Project – this project will be revisited once the other SOWs are finalized. <ul style="list-style-type: none"> <li>○ Kelly and Mirtala met with PIO to discuss any copyright concerns, legal issues, and intellectual property.</li> </ul> </li> </ul>
<b>Community Announcements &amp; Resources</b>	<ul style="list-style-type: none"> <li>• Stephanie Mushrush shared regarding the 17<sup>th</sup> Many Winters Gathering of Elders taking place 10/12-10/15: <a href="#">M W G O E   Instagram, Facebook   Linktree</a></li> <li>• Eva Powless shared regarding the upcoming Traditional Wellness Gathering: <ul style="list-style-type: none"> <li>○ 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, October 14, 2023 Time: 10:00am - 2:00pm Location: Tia Chucha's Centro Cultural &amp; Bookstore (12677 Glenoaks Blvd, Sylmar, CA 91342)</li> <li>○ Registration link: <a href="https://sssp.la/TWG-5">sssp.la/TWG-5</a></li> </ul> </li> <li>• Send any resources to Kelly via email (<a href="mailto:KeWilkerson@dmh.lacounty.gov">KeWilkerson@dmh.lacounty.gov</a>) to be sent out to the listserv.</li> </ul>
<b>Closing Prayer</b>	Meeting closed with Prayer.
<b>Meeting Minutes</b>	<b>All meeting minutes are available on the DMH website:</b> <a href="https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/american-indian-alaska-native-ai-an-uscc-meeting-minutes/">https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/american-indian-alaska-native-ai-an-uscc-meeting-minutes/</a>
<b>Upcoming Meetings &amp; Links</b>	<p><b><u>Next Meetings (first Wednesday of the month, all meetings 2-4pm):</u></b></p> <ul style="list-style-type: none"> <li>• 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</li> </ul> <p><a href="#">Join Microsoft Teams Meeting</a>; 323-776-6996, Conference ID: 806 867 419# CART is provided for all meetings: <a href="http://www.streamtext.net/player?event=UsCC-AIAN">www.streamtext.net/player?event=UsCC-AIAN</a></p>