

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Strategic Communications Division**

**Eastern-European / Middle Eastern (EE/ME) UsCC Subcommittee Meeting Minutes
9/27/2023**

2:00PM – 4:00PM via Teleconference

1. **Present:** Theresa Comstock, Dr. Mckindley-Alvarez; EE/ME UsCC Subcommittee members, and members from other UsCC Subcommittees.

DMH Admin: Dr. Anna Yaralyan.

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Training Title	Community Engagement & Unconscious Bias Training for LA County - 2hours.
	<p>Training Objectives:</p> <ul style="list-style-type: none"> • Differentiate between the terms privilege, bias, and microaggressions. • Describe the implications of privilege, bias, and microaggressions on children and families in mental health. • Identify at least two strategies to reduce the impact that privilege, bias, and microaggressions have on mental health service delivery. • Describe how cultural humility can be used to ensure successful engagement with children and families. • Types of Bias: <ul style="list-style-type: none"> • Cognitive Bias • Refers to a ‘systematic error’ in the thinking process. • Implicit Bias • Attitudes or stereotypes that affect our understanding, actions, & decisions in an unconscious manner. • What are Microaggressions? <ul style="list-style-type: none"> • Intentional or unintentional • Brief and commonplace verbal, behavioral, or environmental indignities • Communicate hostile, derogatory, or negative racial slights and insults toward people of color • Types of Microaggressions: <ul style="list-style-type: none"> • Microassault • Microinsult • Microinvalidation

	<ul style="list-style-type: none"> • Implications of unconscious bias on individual Mental Health <ul style="list-style-type: none"> • What is the impact on mental health? • What do they look like in our sessions? • How they impact the teaming process? • Practice Implicit Bias Microaggressions Privilege Strategies <ul style="list-style-type: none"> • Awareness • Tailored services • Cultural Humility <p>All meeting participants received the training materials (PowerPoint and handouts).</p>
Future Meetings Times and Dates	<p>❖ Next meeting will be on Wednesday 10/25/2023, from 2:00pm – 4:00pm</p>
	<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#