

**Los Angeles County Department of Mental Health
Stakeholder Engagement Unit
API Subcommittee Meeting Minutes
September 25, 2023, 2:00 pm – 4:00 pm**

Present: Richer San, Sithea San, JR Kuo, Vicky Xu, Norio Iwahori, Dr. Rocco Cheng, Dr. Ann Marie Yamada, Carrie Na, Eric Hernandez, Mirtala Parada Ward, Sokthea Phay, Violeta Villareal, Blanca Watson, Marcel Bonafe, Tuan D. Nguyen, Commissioner Stacy Dalglish, Emily Wu Truong, Aaron Icedo, Jennifer Yates, Mahtab Javed Siddiqui, Maria Tan, Mea Lath, Michelle Wong, Moses Lim, Ruth Wen, Shane Villanueva, Victoria Juarez, Young Choi
Cambodian Interpreter – Bo Uce
Korean Interpreter – Sun Lim
DMH Admin – Alan Wu

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome & Introductions	Subcommittee Members, Housekeeping, Attendance, Co-Chairs
Review of Meeting Minutes	Motion by Tuan D. Nguyen to approve minutes and seconded by Sithea San.
DMH Updates	<p>Mirtala Parada Ward provided the following updates:</p> <ul style="list-style-type: none"> • Today’s and the next two meetings will focus on gathering your feedback and recommendations on what are the API unmet needs and service gaps in the following four areas: Prevention and Early Intervention Community Supports Continuum, Homeless Services and Housing Resources, and Workforce Education and Training • Richer San and Norio Iwahori who are voting members of the Community Planning Team (CPT) represent this subcommittee and will bring back your recommendations to the CPT. • Dr. Darlesh Horn, MHSA program manager has allocated funding for the UsCC subcommittees if they would like to have an in-person retreat (optional). Retreat must focus specifically on developing strategies with community engagement, increasing membership, and expanding your subcommittee. DMH can provide assistance with the planning and lunch could be provided as well. • DMH submitted the 2021-2022 Cultural Competency Plan for the state which showcase all of our work that we did with the community including all the API UsCC completed capacity building projects. There will be a state review in three weeks with a session on mental health disparities which will highlight the work of the UsCCs. This will be a comprehensive report on everything that we do to serve our diverse communities and will be shared with all the UsCCs.

MHSA Feedback and Recommendations	We had a very robust and productive discussion and gathered great feedback on Prevention and Early Intervention, Community Supports Continuum, and Workforce Education and Training. A summary of all the shared feedback and recommendations is on pages 3-4.
Open Discussion on non-agenda items	<ul style="list-style-type: none"> • Emily Wu Truong shared the city of San Gabriel is holding a second annual mental health expo on how to navigate the mental healthcare system and how mental health affects culture in our Asian community. She will be speaking at the San Gabriel High School mental health rally on November 9. In response to the Monterey Park mass shooting in January, the city of Monterey Park will hold a huge dance party called Electric Park opened to the entire community on October 14 at Barnes Park, 4:00-10:00 PM. • Eric Hernandez shared SIPA is starting a free online 10-week grief and loss support group for adults (18 and older) held every Monday, 4:30-5:30 PM • Michelle Wong shared that October 24 is Acupuncture and Herbal Medicine day in the US.
Upcoming Meeting: October 23, 2023	

EXERCISE 1: CRITICAL ISSUES

Instructions: At your table, using the definitions provided on pages 1-2 and 9-15, identify the critical issues (e.g., unmet needs, service gaps, and/or other issues) that your community stakeholder group you represent experiences in each of the following areas.

AREAS	CRITICAL ISSUES
Prevention & Early Intervention	<ol style="list-style-type: none"> 1. Increase API understanding of ADA and getting assistance from the ADA for the API community; when implementing a stigma reduction campaign, look at the cultural aspects of what it means to be disabled and meeting ADA requirements 2. DMH conduct outreach to API community during after hours after 6 PM 3. Provide daycare or childcare assistance to allow parents to access available resources and attend workshops 4. Culturally and linguistically relevant and user friendly outreach materials for API older adults (including the use of social media and technology); classes to seniors on how to use technology in their native languages 5. Use connection with nature and spirituality to engage API communities 6. DMH more active in outreach and engagement with the API community 7. Partner with and support youth for PEI solutions to decrease stigma, promote mental health, and suicide prevention 8. Increase outreach to reduce bullying and suicide among all age school students in the API community 9. Increase outreach efforts for API LGBTQ+ community members 10. Have more variety of outreach mental health materials including videos, audio, and text that are culturally specific for each API community using people from the local API community whom they can identify with 11. Open discussions on communication skills, vulnerability on conflict resolution culturally specific for each API community 12. Incorporate acupuncture and other healing practices in mental health services to better serve youth who are at risk for mental illness 13. Create a resource guide specifically for API community members which will include a list of in person and virtual API support groups within our internal and external system 14. Enhance communication of first responders to ensure that culturally sensitive strategies are implemented 15. Have a list of all the WARM lines available in all of the 13 threshold languages to the API community
Community Supports Continuum	<ol style="list-style-type: none"> 1. During a crisis intervention, use culturally sensitive strategies; need to train PMRT people on more culturally specific strategies when dealing with underserved communities. 2. Integrating the arts into mental health treatment for all API communities 3. Increase access to in home and mental health services for the API community 4. Incorporate mental health advocates/navigators as part of treatment and advocacy 5. Have an access line for each of the 13 threshold languages 6. Use a peer to peer model to engage API community members into mental health services 7. Develop a navigation process within DMH where API community members are provided with support on how to access services

Homeless Services & Housing Service	
Workforce Education & Training	<ol style="list-style-type: none">1. Increase staffing patterns proficient in all API languages2. Training on understanding of 5150 and 52503. Training on mandatory reporting using a cultural lens4. Training hospital staff on trauma informed care5. DMH website needs to be:<ul style="list-style-type: none">• culturally sensitive• user friendly• have linguistically simple and clear materials at fourth grade level on how to seek mental health resources• have easier navigation for monolingual speaking API members