

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

February 7, 2024

2pm – 4pm via Microsoft TEAMS

Co-Chairs Present: Farrah Ferris
Members Present: Jessica Mosher, Eva Powless, Hector Ramirez, Jennifer Yates, Taylor Pulsifer, Blanca Watson, Ravena Soto, Lourdes Rabello, Iva Maes, Erik Escareno, Leslie Hunt, Mary Ann Arteaga, Sylvia Gonzales-Youngblood, Belinda Najera, Harrelson Notah, Dan Dickerson
Presenter: Danny Hubert, Arnold Youngblood
DMH Admin Present: Kelly Wilkerson, Jennifer Alquijay

Agenda Items	Discussion
Welcome, Prayer, Land Acknowledgment & Introductions	<p>Meeting opened with prayer. Members were asked to introduce themselves in the chat. Sylvia Gonzales-Youngblood provided a land acknowledgment.</p> <ul style="list-style-type: none"> • Land Acknowledgment means honoring the people of the generations that were here before us, that currently live here now, remembering that the actions we take now impact the 7 generations of people in the future, and remembering that we all reside on borrowed land and are allies. • If you want more information about Land Acknowledgements and how that works, reach out to the co-chairs and Harrelson Notah - willing to share additional information.
Meeting Minutes	January 2024 minutes were reviewed and approved (first – Sylvia Youngblood, second – Jessica Mosher).
Co-Chair Report Out	<ul style="list-style-type: none"> • Co-chair updated the subcommittee on the Community Planning Team (CPT) meetings continuing to take place, as well as the MHSA planning. Co-chairs rotating their attendance at these mtgs • LAPD had a training attended by co-chairs to represent the AI/AN community and this subcommittee • Acknowledgement of Black Hx Month. And be there for each other, and not just focus on the AI/AN comm. • Retreat coming up
Black History Month presentations	<ul style="list-style-type: none"> • Shared video of Sean Kim for Anti Racism, Diversity and Inclusion (ARDI) staff advisory council from DMH Town Hall • Danny Hubert and Arnold Youngblood - Teamsters National Black Caucus

	<ul style="list-style-type: none"> • Mayor Karen Bass video and Teamsters National Black Caucus - Union Local 952
DMH Updates	<ul style="list-style-type: none"> • DMH Promotors - Sylvia Youngblood - Promotors outreach in specific cultural communities • Use series of workshops - connect between science of mental health and culture, now doing a series on older adults - health wellness, homelessness, preserving memory, medications, bullying, etc. • Can also support parents in navigating school system with their kids • Have workshop request forms and list of topics • If you want to be a mental health promotor - please contact Sylvia Gonzales Youngblood and Harrelson Notah
UsCC Retreat Discussion	<ul style="list-style-type: none"> • Suggested possible locations, and dates - 4/15 or 4/19. Will work on finding location that is available for next month.
Capacity Building Projects – Updates	<ul style="list-style-type: none"> • Will be changes if Proposition 1 passes - and DMH working to try to secure funding for next 2 years, • Must submit an actual written proposal in order for a project idea to be considered for the next fiscal year. <p>Brainstorm Ideas</p> <ul style="list-style-type: none"> - 0-5 – key group to target - Garden project – ongoing – food sustainability - Substance Use Disorders – outreach and campaign – opioids – 2x the rates compared to other racial groups - SI rates during COVID increased in AI/AN and after COVID have increased – Demythologizing Suicidal ideation – Myths - Depression - DHCS – starting to look into Fentanyl crisis - - One day project of a “Town Hall” – inviting comm leadership? - Verbiage – how negatively we talk to each other – How to empower without negativity? - Self-Talk - Talking to Plants? Talking to Cooked Rice? forms mold? Talking positive to cooked rice kept it fresher longer? Tone and language that we speak to each other and the community - Native Excellence – go to the Native Excellence series - How to emphasize Historical Greatness and Native Excellence - Parenting Classes -Breakthrough Parenting? - ACES and how they influence 7 Generations - Collecting Narratives of Native American People – Historical experiences – LGBTQ activism, Sports? Native player? - how we exist in spaces now and in history <p>Can do a follow up mtg outside of regular monthly mtg</p>

	<ul style="list-style-type: none"> • AI/AN Community Engagement Campaign – vendor to present at a future meeting. • AI/AN Mending the Hoop Project – Project Completed • AI/AN Youth Graphic Novel Project – currently in phase 2, in the process of recruiting participants. • AI/AN Cooking for Wellness Project – Will begin in May 2024 • AI/AN Community Garden Project – currently beginning first phase • MMIWG2-S Awareness Campaign Project – Awarded to SSSP. Next step initial vendor meeting. • AI/AN Elder Mental Health Support Project – Next step - Initial Vendor Mtg • Suicide in Native Communities Project – PO is pending approval • AI/AN Intergenerational Storytelling Project – this project will be revisited this year at a future meeting. <ul style="list-style-type: none"> ○ Kelly and Mirtala met with PIO to discuss any copyright concerns, legal issues, and intellectual property.
Sharing Wisdom	<ul style="list-style-type: none"> • Sylvia’s “nuggets” - Financial literacy - budgeting - knowing the numbers • Cyber Security nugget- social media “tests” which may be mining your information
Community Announcements & Resources	<ul style="list-style-type: none"> • Send any resources to Jennifer via email (jalquijay@dmh.lacounty.gov) to be sent out to the list serve • LAPD doing a Native American Awareness Townhall - continuation sessions - continue for next 5 weeks • Upcoming Indian Health Path collaborate mtgs - collaboration and support for Indian Health providers • 2 Comm Opioid conferences - Northern Cal - Smith River and Hoopa Valley Tribe • Aloni Gathering is happening in April - Pomona - Tony Cerda Park • 2 Spirit Powwow coming up in San Francisco
Closing Prayer	Meeting closed with Prayer.
Meeting Minutes	All meeting minutes are available on the DMH website: https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/american-indian-alaska-native-ai-an-uscc-meeting-minutes/
Upcoming Meetings & Links	<p><u>Next Meetings (first Wednesday of the month, all meetings 2-4pm):</u></p> <ul style="list-style-type: none"> • 3/6/24, 4/3/24, 5/1/24, 6/5/24, 7/3/24, 8/7/24, 9/4/24, 10/2/24, 11/6/24, 12/4/24 <p>Join Microsoft Teams Meeting; 323-776-6996, Conference ID: 806 867 419#</p>