

**Los Angeles County Department of Mental Health  
Stakeholder Engagement Unit  
API Subcommittee Meeting Minutes  
November 27, 2023, 2:00 pm – 4:00 pm**

**Present:** Dr. Ann Marie Yamada, Richer San, Sithea San, JR Kuo, Vicky Xu, Norio Iwahori, Dr. Rocco Cheng, Mirtala Parada Ward, Violeta Leones, Blanca E. Watson, Tuan D. Nguyen, Aaron Icedo, Maria Tan, Moses Lim, Ruth Wen, Young Choi, Cynthia Song-Mayeda, Dr. Sheila Wu, Hyun Kyung Lee, Kaajal Sheth, Kerry Chhay, Mariko Kahn, Payal Sawhney, Pastor Peter Kim, Mea Lath, Catherine Kaila Manantan, Dr. Rehana Peiris, Frances Kim, Emily Wu Truong, Joy Ellington, Parag Sawhney, Zeel Ahir

**Korean Interpreter** – Samantha

**DMH Admin** – Alan Wu

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<b>Welcome &amp; Introductions</b>	Subcommittee Members, Housekeeping, Attendance, Co-Chairs
<b>Review of Meeting Minutes</b>	Motion by Sithea San to approve minutes and seconded by Tuan D. Nguyen.
<b>MHSA Update</b>	Richer San reported at the November 7 MHSA meeting, there was voting to approve the psychiatric beds and full-service partnerships. Requested there be cultural and linguistic competency for access to quality care and new services.
<b>DMH Updates</b>	<p>Mirtala Parada Ward provided the following updates:</p> <ul style="list-style-type: none"> <li>• Incorporate all the changes and revisions to the UsCC Bylaws discussed and bring them to each of the UsCC subcommittees in January for feedback and recommendations to finalize the draft;</li> <li>• Hired a clinical psychologist, Jennifer Alquijay who will start on December 11 as the new manager for the UsCC unit. She has been in the mental health field for over 25 years, and we will be able to meet her at the January meeting;</li> <li>• Continue to get subcommittee feedback to explore the option and possibility of having in person meetings;</li> <li>• Completed the review of the two Statement of Work (SOW) and two capacity building projects got approved and will go out for solicitation. Have one more project to review for this group.</li> </ul>

<p><b>Implementation of New Capacity Building Projects</b></p>	<p><b>API Recovery Talk – Dr. Rocco Cheng</b>  The purpose of this project is to empower people with lived experiences to share their personal stories about their own recovery or assist/support their family members' recovery in achieving mental health balance and wellness and seek professional help when necessary. This project will address issues of outreach, engagement, education, stigma reduction, and enhancing cultural awareness. Through sharing of personal testimonies as well as success stories in working with mental health professionals, this project will help to dispel myths about mental health conditions, overcome stigmas, and encourage members of the API community to seek help.</p> <p><b>Storytelling Theater for Healing and Social Justice – JR Kuo</b>  This project will target the API community at large by promoting mental health services, increasing mental health awareness and education, and reducing stigma. Theatrical plays provide Asian immigrants a voice and space to share their stories, immigrant identities, and mental health experiences. The project will use short theater plays and performances to address, highlight, and bring awareness to the intersection between Asian immigrant identities and mental health in order to celebrate their cultures.</p> <p>Mirtala Parada Ward clarified that Dr. Cheng and JR's project and SOW/contract are official and were awarded a purchase order from the LA County Internal Services Department (ISD). Thus, they can start working on their project.</p>
<p><b>Retreat Discussion</b></p>	<p>Mariko Kahn expressed interest in having an API UsCC retreat and is a great way to get new people on board. We want to make sure we are meeting all the goals and objectives of the retreat and Rigoberto can provide some questions and guidance on what we would want to accomplish based on our ideas and recommendations.</p> <p>Mirtala Parada Ward shared the following regarding the retreat:</p> <ul style="list-style-type: none"> <li>• DMH will secure the venue and food</li> <li>• Rigoberto Rodriguez would be the facilitator</li> <li>• People would have to RSVP to attend</li> <li>• For a big group will be 4-6 hours</li> <li>• For API UsCC members on existing roster</li> <li>• Conduct an online survey to assess members' interest in retreat including time, day of the week, topics</li> <li>• Motivate, re-engage, re-energize members to be more active</li> </ul> <p>Dr. Sheila Wu shared that the retreat is a good way to get new people as well as those who have been with us to get refocused on what we want to accomplish as a group.</p>
<p><b>December 2023 meeting dark</b></p>	<p>Motion by Tuan D. Nguyen to go dark/no meeting in December and seconded by Sithea San and Dr. Rocco Cheng.</p>

**Open Discussion on non-agenda items/Community Announcements**

Dr. Sheila Wu shared there is a bilingual workshop on senior health and safety which will be held on December 9, 1-3 PM at the Tzu Chi Continuing Education Center featuring special guest speaker, Brandon Tsay, who disarmed the Monterey Park shooter.

Dr. Rehana Peiris from Parents Anonymous shared about an exciting program called Medical Peer Support Training. Program is recruiting peers who are 18 and over with lived experience and high school degree. Program is free and one month long, 80 hours for four hours a day via Zoom.

**Upcoming Meeting: January 22, 2024**