



PUBLIC COMMENT TO ADDRESS THE MENTAL HEALTH COMMISSION  
 May 9, 2024, Mental Health Commission Executive Committee Meeting  
 (IN PERSON AND BY PHONE) TRANSCRIPT AND EMAIL ATTACHMENTS

The following individuals addressed the Commission either in person or by phone during this meeting. Emailed communication is attached separately.				
Agenda #	Name	Method used to address the Commission (e.g., By phone, in-person, or email)	Type of Public Comment (e.g., General or Stakeholder Report)	Comments
Public Comment				
	Jim	In Person	General	<p>&gt;&gt; Good morning commissioners. Honest and trustworthy Ted talks Jehovah witness organization. As mental health Commissioner had mentioned, I hope there is no coup going on.</p> <p>Right down the street, is something so interesting that the USA, that spends a lot of anxiety across the L.A. area. And them having all of that trouble about the commencement of the graduates. It has been on the news for the last three days. That will raise all kinds of anxiety in our mental health neighborhoods. What can we do? Well, I know for me, suffering from insomnia. It was horrid. It was hard.</p> <p>I find the answer JW.org. You go there, Google how to deal with anxiety. I was staying away for three days having anxiety. It comes from the outside sources like that one.</p> <p>One thing pointed out in the article is don't be listening to so much negative news. The other thing is, all your anxiety because he cares for you. You can't have a process of being able to do that. Practical ways of being able to build our hope wellness and recovery that is the model of the Department of the mental health.</p> <p>We have to add more solid processes of hope and you find that at JW.org and how to deal with the anxiety. Well the last two weeks I have been practicing that. Might insomnia went from three days to one day.</p> <p>For me to realize that nobody had an obituary dying from insomnia. But is the stress that hurts people. Low stress from the rat program. Don't worry about it if I wake up every two hours.</p>

**DISCLAIMER:** This is NOT a certified or verbatim transcript, but rather represents only the context of the class or meeting, subject to the inherent limitations of realtime captioning. The primary focus of realtime captioning is general communication access and as such this document is not suitable, acceptable, nor is it intended for use in any type of legal proceeding.





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**Commissioners by Supervisorial District**

District	1 <sup>st</sup>	2nd	3rd	4th	5th
<b>Supervisor</b>	<b>Hilda L. Solis</b>	<b>Holly J. Mitchell</b>	<b>Lindsey P. Horvath</b>	<b>Janice Hahn</b>	<b>Kathryn Barger</b>
<b>Commissioners</b>	Susan Friedman	Kathleen Austria	Stacy Dalglish	Victor Manalo	Judy Cooperberg
	Bennett W. Root, Jr.	Reba Stevens	Thomas Roache	Michael Molina	Lawrence Schallert
	Imelda Padilla-Frausto	Vacant	Jaqueline Sandoval-Valenzuela	Marilyn Sanabria	Brittney Weissman

Member from LAC Board of Supervisors: Supervisor Kathryn Barger, Represented by Anders Corey

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