

**Los Angeles County Department of Mental Health (LACDMH)**  
**API UsCC Subcommittee Meeting Minutes**  
**April 1, 2024, 2:00 pm – 4:00 pm**

**Present:** Ann Choe, Catherine Kaila Manantan, Chanthol Oung, Cynthia Song-Mayeda, Edgar Romo, Emily Wu Truong, Frances Kim, Francisco Tan, Jazmine Guillen, Jennifer Yates, JR Kuo, Kaajal Sheth, Kerry Chhay, Maria Tan, Mariko Kahn, Mark Paredes, Michelle Wong, Mirtala Parada Ward, Moses Lim, Norio Iwahori, Parag Sawhney, Payal Sawhney, Pastor Hyocheol (Peter) Kim, Richer San, Rocco Cheng, Rosario Ribleza, Samnang Tith, Shane Villanueva, Sheetal Ayyatan, Sheila Wu, Sithea San, Susan Park, Theresa Nguyen, Violeta Leones, Xuanyu Zhu, Young Choi, Zeel Ahir

**Korean Interpreters:** Samantha and Sun

**CART Captioner:** Danielle

**DMH Admin:** Hyun Kyung Lee, Jennifer Alquijay

Agenda Items	Comments/Discussion/Recommendations/Conclusions
<b>Welcome &amp; Introductions</b>	Subcommittee Members, Housekeeping, Attendance, Co-Chairs
<b>Review of Meeting Minutes</b>	The February 2024 meeting minutes were approved. Motion by Sithea San to approve minutes and seconded by Mariko Kahn.
<b>DMH Updates</b>	<p>Mirtala Parada Ward provided the following updates:</p> <ul style="list-style-type: none"> <li>• There will be more services for housing and the homeless with mental health issues once Prop. 1 has been fully passed. Also, there will be some shifting and changes in the LACDMH Prevention budget due to the State’s involvement. However, it would not take effect until July 1<sup>st</sup>, 2026, and more information and updates will be shared with stakeholders in the future.</li> <li>• Due to changes in the Procurement requirements, the UsCC Capacity Building Projects’ timeline and rollout will be significantly changed as of this year. The projects should be completed within the same fiscal year they were planned for. For example, if the project was initially planned for FY 24-25, it must be completed by June 30, 2025. Further information and updates will be shared with subcommittee members regarding this change.</li> </ul>
<b>FY 24-25 Capacity Building Project Brainstorming and Proposal Discussions</b>	<p><b>Korean Senior Mental Health Well-Being – Pastor Hyocheol (Peter) Kim</b></p> <p>To enhance the mental health of Korean seniors, holistic well-being seminars will be conducted over 48 weeks, addressing spiritual, physical, emotional, mental and well-being aspects. These seminars in four different areas aim to restore resilience and overall well-being. Specifically designed for Korean seniors aged 65 or older in Service Area 4, all programs will be conducted in Korean. For this project, five Korean senior mental health care staff will be hired to provide preparation, education, and practical assistance during the senior wellness seminars. Lunch will be provided.</p> <ol style="list-style-type: none"> <li>1) Spiritual Well-being Seminar: A 12-week seminar based on the Spiritual Self-Care Guide</li> <li>2) Physical Wellness Class: Stretching and yoga classes will be offered to promote physical relaxation and recovery.</li> <li>3) Mental Well-being Seminar: A series of 12 seminars focusing on common mental health issues experienced by</li> </ol>

	<p>seniors, prevention and treatment methods, and resource utilization.</p> <p>4) Prevention Seminars: They will address various crimes targeting the elderly, such as fraud and financial scams.</p> <p><b>UPDATES/CHANGES on the Community Resilience 101 Proposal (presented in the last February meeting by Jenny Garcia and Michelle Wong)</b> - Michelle Wong mentioned that they understand there is a concern about any medical interventions in their presented proposal, so they would like to revise it. They will utilize the Traditional Asian Medicine techniques, such as breathing exercises, tai chi, forest bathing, ear seeds, and self-acupressure, followed by the Circle Council dialogue process, but without the use of acupuncture.</p> <p><b>Inspiration Café LA – Michelle Wong</b>  Inspiration Cafe is an outreach and engagement project that promotes the development of listening skills, empathy, and quality social connection through the Asian cultural practices of sharing tea. Utilizing a licensed tea cart, promotion, and signage, the project has the flexibility of setting up at events or on sidewalks in Los Angeles County. The plans are to recruit and train bi-lingual volunteers in Mental Health First Aid, increase their listening skills, and train them to serve tea in both gong-fu style and chai style. This project intends to engage API communities, including Chinese, Filipino, Korean, South Asians and Khmer, at ethnic outdoor events, live and in person. The goal is to reach at least 500 participants in 10 events, mostly concentrated in the Koreatown, Long Beach, and San Gabriel Valley. By engaging the public in the simple sharing of tea and listening, offering mental health information and referrals in their languages, the project aims to foster a culture of deep listening and connection.</p> <p><b>Compilation of AANHPI Language &amp; Cultural Support Group &amp; Warmline Resources – Emily Wu Truong</b>  This project would create a resource list of Asian American, Native Hawaiian, and Pacific Islander (AANHPI) language &amp; cultural heritage support groups in collaboration with mental health agencies across LA County. The goal is to understand their programs catered to the AANHPI communities within LA County and provide AANHPI immigrant communities and their children with awareness of safe spaces where they can feel seen and heard. This project would entail contacting mental health agencies across LA County and find out which ones regularly provide support groups in any Asian languages. This project would also include doing research for English-speaking support groups which are culturally accommodative to AANHPI communities. The project will provide a resource list of the agencies that offer AANHPI cultural support groups, and host events in every Service Area to introduce the network of AANHPI mental health agencies.</p>
<p><b>Capacity Building Projects’ Status Updates</b></p>	<p>Hyun Kyung Lee explained the UsCC Capacity Building Projects’ timeline, voting privilege requirement, and the next steps for the API UsCC projects.</p> <ul style="list-style-type: none"> <li>• For the API UsCC Capacity Building Projects for FY 23-24, three projects have been awarded and are currently in progress. The other four projects are ready for solicitation or in the review process.</li> <li>• For the FY 24-25 API UsCC Capacity Building Projects, members with voting privilege will receive an email with a survey for voting/ranking to choose the next year’s projects.</li> </ul>

	<ul style="list-style-type: none"> <li>• Voting privilege: the members who attended more than 50% of the past 9 calendar months, will have voting privilege. However, DMH staff will be unable to vote.</li> <li>• There was a brief announcement from Rocco Cheng regarding the API Recovery Talk project, which was one of the API UsCC projects for FY 23-24.</li> </ul>
<b>Retreat Updates</b>	<p>Hyun Kyung Lee provided updates on the API UsCC Retreat scheduled for May 30, 2024 (9 am-1 pm).</p> <ul style="list-style-type: none"> <li>• The St. Anne conference room option was excluded due to budget, capacity of room, and parking issues.</li> <li>• We have decided to go with the DMH Headquarters Terrace level room for the retreat.</li> <li>• The purpose of the retreat was explained. The RSVP survey was sent to the API UsCC subcommittee and members were encouraged to register if they want to attend the retreat.</li> </ul>
<b>Community Announcements &amp; Resources</b>	<ul style="list-style-type: none"> <li>• Richer San announced the Cambodia Town Parade and Cultural Festival 2024 in Long Beach, scheduled for Sunday, April 7, 2024. The theme for this year’s event is the culture of unity and peace.</li> <li>• Richer San provided information about the Long Beach Saṅkrānta 2024 event, which will be held at Long Beach City College on Saturday, April 6, 2024.</li> <li>• Emily Wu Truong informed about the Chinatown Service Center’s calendar events and Monterey Park’s Hope and Resiliency Center.</li> <li>• Emily Wu Truong provided information about the Heroes for Change Community Health &amp; Safety event on Saturday, April 6, 2024, at the Cortez Community &amp; Senior Center.</li> <li>• Emily Wu Truong shared that there is a mental health fair in Monterey Park on May 18, 2024. If anyone is interested in being a vendor for the event, they can contact Emily for more information.</li> <li>• Kaajal Sheth provided information about the California Parents and Youth Helpline. You can call, text or chat to connect with their trained Helpline counselor for free. Helpline phone number is 855-427-2736.</li> <li>• Mark Paredes announced the Mercy Mental Health Summit on May 17, 2024, which will focus on the intersectionality between mental health and the substance abuse for the unhoused.</li> <li>• Sheila Wu made an additional comment about the Heroes for Change event and encouraged for registration due to the limited capacity for the event.</li> <li>• Rosario Ribleza provided information about the MHSA Stakeholder meeting on April 2, 2024, from 9:30 am to 12:30 pm, and encouraged more participation from API group.</li> <li>• Payal Sawhney announced that Saahas for Cause will hold a mental health awareness event, Chak De Socal 2.0, on May 18, 2024, which will include cricket activities for youth and showcases of various therapies.</li> </ul>
<b>Follow-Up Action Items</b>	<ul style="list-style-type: none"> <li>• An email will be sent to the API UsCC members with voting privilege for voting/ranking the Capacity Building Projects for FY 24-25. The results will be shared with the subcommittee at the next meeting.</li> <li>• An ADA/Accommodation survey email will be sent to the API UsCC subcommittee prior to each meeting. If you require any accommodation such as language interpretation or CART services for our monthly meetings, please submit your request prior to each meeting.</li> </ul>

**Upcoming Meeting: April 29, 2024 (2:00 pm-4:00 pm)**

Meeting minutes can be found at: <https://dmh.lacounty.gov/about/mhsa/uscc/asian-pacific-islander-api-uscc/asian-pacific-islander-api-uscc-meeting-minutes/>