

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH**

**Latino UsCC Subcommittee Meeting Minutes**

Feb 20, 2024

2pm – 4pm via Microsoft TEAMS

**Co-Chairs Present:**

**Betty Mendoza, Gabriela Gonzalez**

**Members Present:**

Aaron Icedo, Alice Noriega Torres, Ana Pacheco, Antonia Velasquez, Barbara Rabelo, Belia Lopez, Betty Marin, Blanca Watson, Brenda Hernandez, Christian Ponciano, Dayana Covarrubias, Eric Hernandez, Irma Velasquez, Jenny Rivera-Cruz, Jessica Valadez, Kristen Venegas, Maria Arauco, Maritza Lebron, Martha Cota, Martha Ortiz, Mercedes Moreno, Patricia Pascua, Patricia Veliz-Macal, Ruth Wen, Sara Mijares, Susana Ascencion, Suyapa Umanzor, Victoria Chavez, Yolanda Becerra-Jones, Yue Hua Xu (Vicky), Stacy Dalglish

**Presenters: None**

**DMH Admin Present:**

**Luis Guzman, Jennifer Alquijay, Mirtala Parada Ward**

Agenda Items	Discussion
<b>Welcome &amp; Introductions</b>	Members were asked to introduce themselves in the chat and on mic
<b>Meeting Minutes</b>	January 2024 minutes reviewed – (Motion to approve – Irma V, 2 <sup>nd</sup> , Martha Cota, and Mercedes Moreno). Minutes approved.
<b>Co-Chair Report Out</b>	<ul style="list-style-type: none"><li>• MHSa review –</li><li>• Concern that there are not enough services for the Latino community –</li><li>• Survey for public feedback on MHSa plan – 2 lists a) concerns and needs, 2) how much funding proposed for Latino community.</li><li>• Worry that our concerns from the Latino UsCC were not included in the MHSa feedback – where did they go?</li><li>• Can go to <a href="http://Californiabudgetcenter.org">Californiabudgetcenter.org</a>.</li><li>• Concern that Latino community only got 2 votes out of 105 – does not feel like fair representation since we are 50% of community – worries about being excluded from the planning process – proposals are made, and it seems they might not be considered.</li><li>• Need to advocate outside of this group – “go higher up” – need to take action.</li></ul>

	<ul style="list-style-type: none"> <li>• (Multiple concerns about people not muting themselves while on the English line – so the interpreter cannot hear and interpret properly)</li> <li>• At the end of March, will have the mental health commission and the supervisors and Kathryn Barger and will decide what will be approved.</li> <li>•</li> </ul>
<b>DMH Updates</b>	<ul style="list-style-type: none"> <li>• Time to be brainstorming projects for next year.</li> <li>• Bylaws will be coming to the subcommittee soon.</li> <li>• Working on process to provide an orientation of some kind to new subcommittee members as well as orientation to new co-chairs.</li> </ul>
<b>Retreat Updates</b>	<ul style="list-style-type: none"> <li>• Latino Retreat is on Friday, March 29th at DMH headquarters in Koreatown - from 9:00am-1:00pm - lunch will be served. Food will tentatively be from Mijares in Pasadena.</li> <li>• Who to invite to the retreat? Should not be brand new – should be people who have participated a couple of times in the UsCC mtgs – otherwise purpose of mtg won't be focused. So no new people invited. Only those who have already participated in the UsCC mtgs.</li> <li>• Retreat – English or Spanish? Decided it should be in Spanish.</li> <li>• Purpose of the retreat is to think about what we want to bring back to our community. Based on 4-5 priorities for mental health – e.g. What is mental health? Deals with schools, feeling lonely, depression, crisis. What people deal with; people left feeling helpless. Identify 3-5 priorities for focus this year and decide what we need to do in order to move forward this year.</li> <li>• Also strategize what do we do if the dept of mental health doesn't listen to our community.</li> <li>• Who should moderate? Will have a list of people who want to be moderators.</li> <li>• Discussed experience of Rigo in the MHSA mtg – felt like he didn't address an issue that negatively affected the Latino community.</li> <li>• Patricia was nominated to be a moderator for the retreat.</li> </ul>
<b>Capacity Building Projects – Updates</b>	<ul style="list-style-type: none"> <li>• Review of DMH Latino UsCC page – in English, but able to change into Spanish.</li> <li>• For people interested in proposing projects- Dr. Guzman recommends looking at the webpage of the past projects.</li> <li>• There is an application to submit proposals for the projects on the webpage.</li> <li>• Reminder - projects must be under \$100K.</li> <li>• Dr Guzman discussed Mental Health Promotors project from 2011. Was so successful, was expanded for use all over the county.</li> <li>• Project Idea Brainstorm – then will choose three ideas to develop into projects.</li> </ul>

	<ul style="list-style-type: none"> <li>- Book club – how to talk to yourself – affirmations, help children with affirmations instead of all the negative messages they hear. To help with their self-esteem.</li> <li>- Continue conferences – were always helpful – in Spanish – with activities to help get people out of depression.</li> <li>- Or projects that focus on the arts, guitar, singing, etc.</li> <li>- Workshop for parents about how to have conversations with our kids about mental health – esp for teens – because parents often don’t know how to start these conversations.</li> <li>• Reminder – projects have to address one of 4 goals: 1. Reduce stigma, 2. outreach to more people, 3. Give information about mental health, 4. Reduce barriers to mental health.</li> <li>• Want support for filling out the proposal form – maybe a video training for how to fill out the proposal form?</li> </ul>
<b>Community Announcements &amp; Resources</b>	Time where the members can share community resources. Please send to Dr. Guzman (lgguzman@dmh.lacounty.gov)
<b>Meeting Minutes</b>	All meeting minutes are available on the DMH website: <a href="https://dmh.lacounty.gov/about/mhsa/uscc/latino-uscc/latino-uscc-meeting-minutes/">https://dmh.lacounty.gov/about/mhsa/uscc/latino-uscc/latino-uscc-meeting-minutes/</a>