

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

Latino UsCC Subcommittee Meeting Minutes

April 16, 2024

2pm – 4pm via Microsoft TEAMS

Co-Chairs Present: Betty Mendoza

Members Present: Angel Marin, Belia Lopez, Blanca Watson, Dayana Covarrubias, Elsy Molina, Gabriela Velasquez, Hector Ramirez, Irma Velasquez, Maria Arauco, Martha Ortiz, Mercedes Moreno, Sara Mijares, Yolanda Becerra-Jones, Alice Noriega Torres, Christian Ponce, Dalia Lopez, Eric Hernandez, Esther Perez, Idalia Gallardo, Ismael Maldonado, Jessica Emmanuel, Jessica Hernandez, Karla Garcia, Kristen Venegas, Luis Guzman, Maria Guerra, Rosario Moreno, Sandy Chun, Sofia Zarco, Stacy Ann Smith, Stacy Cuevas, Susana Ascencion, Veronica Solano, Zuleima Molgado, Beny Mungala, Norma Guerrero, Nidia, Maritza Lebron,

Presenters: Kalene Gilbert, Kara Taguchi

DMH Admin Present: Jennifer Alquijay, riKu Matsuda, Kelly Wilkerson, Mirtala Parada Ward

Agenda Items	Discussion
Welcome & Introductions	Members were asked to introduce themselves in the chat and on mic
Meeting Minutes	March 2024 minutes reviewed – - Corrections requested – Irma Velasquez, Maria Arauco, Maritza Lebron, Maria Guerra,
Co-Chair Report Out	Mirtala to send the application for UsCC projects and Guide on how to complete the projects
Topics Discussion	<ul style="list-style-type: none">• Some folks frustrated they did not get an email regarding retreat?• Concerns about not getting minutes, agenda, and CART Transcript in advance instead of the day of the mtg• Please stay muted, and especially on the English or Spanish translation lines – if you are NOT muted, then the interpreters cannot hear to translate the mtg. (Happened several times in this mtg)

	<ul style="list-style-type: none"> • Question about projects that were not able to be implemented this year due to the fiscal/procurement dept changes – what happens to those? Will we still get the same amt of money? • Sara Mijares – talked about upcoming dates for Finding Balance – Mayan Ceremonies project • Concerns that the Recommendations from the Latino community were not considered in the MHSA plan • Also – do vendor presentation information – recording and slides in Spanish? • Suggestion for Tabling at Dodger Stadium events • Suggesting having a health and mental health event at Dodger Stadium • Request again for Latino Conference in Spanish and continuing the Spanish support groups • Suggestion for project – target Latino youth – develop an app for phones with QR codes for events • Recommendation to get UsCC project guidelines and application in Spanish • One member brought up the need for MHSA documentation in Spanish • Another member brought up need for more bilingual clinicians • Another member discussed the frustration of feeling of not being listened to by the supervisors at DMH • Another member discussed the need to request changes and take action to be part of the change, not just complain. And be present to take the actions in the community. • Discussed others who still have feelings of sadness over Dr. Guzman’s departure – and want to know why he left • Another discussed their concern about “toxic” environment in DMH •
<p>DMH Updates</p>	<p>Mirtala – awareness of disabilities in Latino community and in every community – need disability related projects</p> <ul style="list-style-type: none"> • Project brainstorming time for next year • Reminder – people with 51% attendance have voting privileges • Projects should help to provide education on signs and symptoms of MH conditions and how to access svcs • Lack of education in our community • Also get updates from the vendors implementing projects in this committee – what they are doing, what they have done, and give them support and feedback • Timeline change for next year – All projects have to start and finish in the same fiscal year – plan for 9-10 months • Projects must be under 100K • New Latino liaison – is a psychologist, Latina immigrant, and active in the Latino community
<p>Discussion re: Retreat</p>	<ul style="list-style-type: none"> • Dr. Rigo Rodriguez facilitated – about 20 or 25 people came to the retreat • Attendance impacted by last minute notice sent out the day before the retreat • Mirtala said the sign in sheet had 24 participants with their signatures on it

<p>Overview presented by Betty Mendoza</p>	<ul style="list-style-type: none"> • A copy of the previous email sent by Dr. Guzman to the members of the subcommittee on March 4th informing everyone about the retreat on March 29th and that Dr. Rigo was facilitating, was also posted in the chat. • Patricia Veliz-Macal helped to facilitate the retreat – asked us to bring something that was meaningful to us and share about it. Very meaningful • Broke up into groups to discuss what we wanted the Latino UsCC to do in the next year – 3 goals • Decided to have Dr. Rigo go over what was discussed in the UsCC mtg so we could get input from the rest of the committee members • We had a great time, it was beautiful we laughed, able to see many people we hadn't seen in a long time • Betty offered time during Apr mtg for others to share their experiences about the retreat • One member who did not attend the retreat expressed frustrating at the use of Dr. Rigo to facilitate • Another member discussed how great the retreat was for her. It was emotional, and exciting to see people finally after the pandemic, Patricia Macal – was amazing – her happiness was contagious. • Was wonderful to meet Betty Mendoza and Gabi in person. • Another member talked about their experience in the retreat and did not feel that anything was lost – • Suggestion to create a pamphlet like other coalitions – of who is involved in directing the community – who are the key leaders in the Latino community that we can go to, not just here in this committee but in the community as a whole
<p>Dr. Rigo overview of retreat</p>	<ul style="list-style-type: none"> • Presented slides shown at the retreat • Retreat helped to identify key goals for next 12 months • Started with introductions by Mirtala, Dr. Jen, Betty and Gabi, Then time for participants to connect with each other • Patricia did a talking circle with music, songs, discussion of objects important to us, to help us center on the purpose and being thankful despite coping with so many obstacles in life. Had each of us say something we were grateful for, everyone said they felt connected and centered in the mtg. • Showed a picture of attendees of the retreat • After each table came up with goals, Everyone voted on what were their top three choices for priorities <ol style="list-style-type: none"> 1. Community outreach – got 16 votes 2. Recourses – obtaining funds for organizations that work with the community as well as resources for events and activities 3. Training - got 6 votes – for leadership training 4. Families and Youth – got 6 votes – participation by families 5. Social justice • Need to create an action plan for these priorities • Gabi requested to bring this information back to the subcommittee so that we could get more community input

	<ul style="list-style-type: none"> • Further discussion about disrupted communication around the retreat. • Others who said they did put in their time to come to the retreat and don't want it to be dismissed. • Others who said they would like the opportunity to see the information and discussions from the retreat – they will decide if they don't feel heard instead of someone speaking for them • One person mentioned they were going to bring up a perspective that may not be popular – that Dr. Guzman did send emails about the retreat, they said they got a great deal of information about the retreat. Some went, some didn't go, some couldn't. That doesn't mean that just because some were not there, we should destroy all the work that was done by the people who were there. Our work is important too. Retreat discussion is still not closed, so let's keep working on what we have – let's get new ideas, but not start from zero. We need to respect each other's time. Our work should be valued as well. Many of us did get the retreat information and went.
Discussion Re: projects	<ul style="list-style-type: none"> • Reminder - projects must be under \$100K • Proposal Guidelines and Fillable PDF (See attachment for pdf of form) • Need to fill out a completed proposal in order to have project considered by the committee • Need to go over Brainstorm ideas and have people submit proposals for committee consideration • How AI-AN data is not collected accurately - example of misidentifying someone as Caucasian in recent home •
Capacity Building Projects – Updates	<p><u>5 projects are being implemented</u></p> <ol style="list-style-type: none"> 1. Latina Power 2. Culture, Mind-Body Health Education 3. Breaking Bread Podcast 4. Finding Balance – Mayan Ceremonies 5. Personalismo <p><u>3 Projects on Hold due to Accounting Changes in the county</u></p> <ol style="list-style-type: none"> 1. Latino MH Social Media Outreach 2. Sana Tu Mente, Sana Tu Vida 3. Student Wellness Leadership
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 listserv.

Meeting Minutes	All meeting minutes are available on the DMH website
Upcoming Meetings & Links	<u>Next Meetings (3rd Tues of the month, all meetings 2-4pm):</u> <ul style="list-style-type: none">• 5/21/24, 6/18/24, 7/16/24, 8/20/24, 9/17/24, 10/15/24, 11/19/24, 12/17/24