



PUBLIC COMMENT TO ADDRESS THE MENTAL HEALTH COMMISSION
October 17, 2024, Mental Health Commission Meeting
 (IN PERSON AND BY PHONE) TRANSCRIPT AND EMAIL ATTACHMENTS

Commissioners by Supervisorial District

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

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

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The following individuals addressed the Commission either in person or by phone during this meeting. Emailed communication is attached separately.				
Public Comment	Anonymous	In Person	General	Good afternoon. I just had a concern about DMH and the schools, elementary, high school, there's not enough being done to help the kids. The parents can't help the kids and then the school is not helping. There's no counseling, and I was just wondering what there are to do in certain situations when it comes to when the school can't help and they are not getting any help? And I was just wondering why there's nobody from LAUSD up there on the commission. Somebody from LAUSD to hear what's going on within the schools because there's a lot of DMH in the schools and there's not enough help.
Public Comment	Anonymous	In Person	General	Good afternoon, Commissioners. And all of you who don't know this, these type of mental health meetings for the SPAs, you guys are stakeholders. That means you have a pin in what happens in your community. So, I would advise you to really find out what area your co-chairs are so that they can be your mouth piece. I represent SPA one. Or service area one. That's Antelope Valley which has Lancaster and antelope and Palmdale. I have a question and I'm

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				<p>going to ask the question backwards. Commissioner Sue came up to me expressing a concern of our community. There's been resumes that people with mental health challenges are being -- how can I say -- migrated to SPA one. That was given that label, I found out, from the transportation meetings that go to during homelessness. Before even these programs were put together. So the certain is that people are going through Member health when they are dealing with housing or lived experiences and the problem is that the example she brought up was a young lady transitioned up to Antelope Valley but when she reached out to the organization, they said they had no clinicians or therapists to help her. This is something not new that I have heard about since I have been with my lived experience transition or migrating. I'm an immigrant to this rally but a new co-chair and I have a concern about that.</p> <p>The one thing I will add to that is once you're in an area that doesn't have the clinicians or therapists that you need, then the right hand chooses not to know what the left hand is doing, there's no synchronicity. I still see a lot of miscommunication and little people; I call myself a little Paquita. We are clueless. If I had known about the SPA meetings even when I was going through my lived experience, I more than likely wouldn't have been here but I'm glad God positioned me to live through this interesting housing disenfranchisement. The other concern I have had as a person who is a professional and a single mom with a son who overcame his unseen special needs, which is a whole other misnomer when you have someone with special needs that cannot be seen or seems to be normal. Another hard thing is transportation as a single mom.</p> <p>There's been billions of dollars put into LA county in transportation but there is a disconnect for us to be participants in the perhaps or to</p>

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				get fluency within the Counties. I haven't had the privilege to get to the Supervisor meeting to understand if she's asking this. My Supervisor Kathryn Barger. Some someone decides to end their life on the train track and you're not providing a bus for us to get back home and we're stranded, that's not cool behavior. Thank you.
Public Comment	Catherine	In Person	General	Good afternoon. My name is Catherine, and I really want going to say anything. I really brought my granddaughter here and she gave somebody a note. She had to leave because, you know, she wasn't feeling well. My granddaughter suffers from depression. I'm just guessing at that, but I can kind of feel it pretty good. You know, she has three children, and she is homeless and if she's not sleeping on my floor, her and her children are sleeping in her little truck. I don't know what the note said. I'm so sick. But I made her, drug her here today. I said you know, you need to go somewhere, come to this meeting with me because you need -- I hope she's not still in here. You need some help, and you know. Granny is a little tired. She got two teenage boys. One is a football player and the other one is always playing the music and the baby. Hey, grandma is almost 80. I'm in my last quarter. Come on. Give me a break. So, I'm just thinking for help and I'm hoping somebody will pick her up that Member health will help her. That's what I'm saying today. Here we go.
Public Comment	Yvonne Sandoval	In person	Stakeholder Report	Good afternoon, everyone. Commissioners and good afternoon. I'm glad you're here. I'm Yvonne Sandoval and I represent service area seven and a few things because I have my other co-chair here with me today. Some of the great stuff we just had, our SALT meeting on Friday, this past Friday, and great things, of course, continue to happen with area seven. First of all, AICC which is American Indian counseling center, that's

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				<p>our furthest east side of our area in Cerritos, they will be having a gathering on the 21st. I didn't say that right. They are having a November 15th feast de resistance and of course this is a Native American counseling center. They are having that. Jaime who is our liaison has told us our date for men's family event will be hosted on June 7th, 2024 and this will be, I believe, our third or fourth? 2025. Sorry. Thank you. Thank you. And that will also be having a radio station KROC there on that event.</p> <p>I want to share with you something I was able to participate in. I have one minute 16 seconds. This is something I participated in. This is a nonvegan native place to come and join with community events and what happened is this is our third event and this year he said to us in that first meeting as we gathered and he said, when -- who -- does anybody know anybody? This was the third attempt for him to have the site street closed for this event. They have a parking lot, and he said let's make it bigger and I stood quiet and I had to call him. I know him. His name is Eddie Torres and he's the Director of East Los Angeles chamber of commerce and because I knew him I said oh I know Eddie is going to get this done and in a matter of two weeks he helped get the street closed and the group of us went down to the Board of Supervisors meeting and they were there until we were called upon and we thanked the First District. That has nothing to do with our area seven. Hilda Solis is our area Supervisor, and we thanked her and asked for more financial funds because it did cost \$5,000 to close the street down. It was a fantastic event.</p>
Public Comment	Laura	In Person	General	<p>Good afternoon, sir. My name is Laura. I'm a parent. My child suffers from mental health and my mother also suffers from mental health and now I feel like I'm going through mental health. However, my issue is in our community is that we get these programs but really, I don't feel like nothing is really being done in</p>

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				<p>our community because it seems like the homeless is getting pushed from different areas to different areas. Our sidewalks are not being cleaned.</p> <p>It's to where we walking down the street and stepping over human feces and that's not cool for the children or us. Different areas is getting cleaned up every day and our street is not. Right in the south central of LA. I believe I'm in area six if I'm not mistaken but from here to all the way down to Martin Luther King to back, it's like, what is our money going to? You know, my son, he keep on going to jail. What's the courts doing about him going in and out of the jail or having a fit on someone. Me as a parent, I want to be able to help him. Like the lady said, they ain't even giving me a right to speak on him because he's an adult. You know, and I mean, they say I don't have no say so but then when the police come, they come armed with guns.</p> <p>I had that experience much they came to my house. They didn't ask no question. They was going ready to shoot whoever at the site. I got an eight-year-old granddaughter. A two-year-old grandson. A couple of months old grand baby and you know, that's putting fear in our household. But it's like, what can we do as a community or as a whole in all areas to where this stuff is getting better, not, you know, just pushing the issue to different cities.</p> <p>You know, I see a lot of buildings from here to tome buck too built but who is living in them. The homeless y'all make it hard. They know these people don't got no income and some of them do got Social Security and whatever. My son suffer from mental and drug and there ain't no program inform that. So I just as a parent, as a community activist in my community, I want to know what can we</p>

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				do? What can y'all do?
Public Comment	Anonymous	In person	General	<p>Good afternoon to Commissioner. I understand trustworthiness information and listening to some of the concerns like our last speaker, our last constituent. It help me to appreciate more that we need a program, not teach us what to think, when to think, where to think. But how to use our brain.</p> <p>We've been educated to think, think. Or do what people tell us to do. How about education out of John's Hopkins civil academy program? That help a homeless person how to head toward being home. Even ownership. How about helping us have an education on how to use the brain or what thinking is. When I ask what thinking is, what I think, I feel, no.</p> <p>What it is like you know what water is, you know what air is. Using it dictionary, all it is like when a baby can compare his mother's voice to his father's voice. Then you know it's thinking. If he can't do that, then you know something wrong. So thinking on that basic level is something that</p> <p>has escaped because of the system not teaching us how to think or what it is. When I'm learn that from TED talks and J WORD left the homeless behind. In a \$1,500.01 bedroom apartment too big for myself only two years old for \$270 a month. How to think, not what to think. Or otherwise, I would have been laying down on skid row. I know you're used to that. So to make myself perfectly clear. How to think, it's not hard. You learn it in eighth grade. The Bible in eighth grade leads to success. Portuguesa, Michael Jackson and Prince all learned that Bible. Look at how successful it made them. You have the mental health magazine. How the Bible says on mental health, it works.</p>

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Public Comment	James Wade	In Person	General	<p>Good afternoon. My name is James Wade. I thank you guys for all coming out because it's a big collaboration. I work with sober state. I am a drug and alcohol counselor for people with intellectual and mental disabilities. I'm surprised to not see the center here. A lot of programs like the young lady here said don't have programs for Substance Abuse with mental health and we are a program but you have to be part of a regional center. If you do have somebody in your family diagnosed with mental health or intellectual disability and needs them types of services they should get diagnosed and be a part of the regional. They have programs for housing, for Substance Abuse, for meetings. We have a Peer mentor and we have an AA program just for people with a Substance Abuse. I do have a few flyers. I just came today and my uncle told me about the meeting last No, I can't of the I'm a part of the community and I live right next door. I want to offer our services and it takes a village. I know the department of mental health and the regional center helps too.</p>
Public Comment	Anonymous	In Person	Stakeholder Report	<p>First of all, thank you guys for coming out. This is a pleasure that we were able to collaborate our SALT meeting with this commission meeting.</p> <p>We need more of this. Not just in the middle of the day. We need some after hour meetings with you guys because I can tell you 30 constituents that would have been here that are at work that wanted to give comment and can't get online. I don't know how we can collaborate to grow this. I know SALT6 we are doing collaborative meetings and maybe with Reba's help we can get you to couple out and listen to the community where they are.</p> <p>Number two is in our communities we're doing the work and seeing the work, seeing the effects of our hard labor and the collaboration is light if we're not coming into places like this. We're trying to</p>

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				<p>figure out how to work together to get trainings in our communities. We have conflict resolution people trained and ready to do that but they are not part of Department of Mental Health or another organization. How do we get training to people in the street and willing to do the interactions with the mental health community and that we don't get so much violence. As soon as the black and white shows up it's over. I have diffused situations and the black and white hit the corner and the milk and water I brought them is all over. We have to be able to diffuse those things.</p> <p>When we're trying to help an individual who is dealing with Substance Abuse and mental health, when we bring them in to get them services, there's only a 24-hour waiting period and they are put right back out where they came from. What systems can we do that mean A is this, B is this, C is this, that the person gets the help that they need and it continues. Instead of a person that's on drug, they get clean, they get sober, and they get put out at 5:00 a.m. in the morning and I don't know if you know about the streets but they will probably do what they were doing.</p> <p>I'm proud of south six but I want to be collaborative and get the services out and be effective. Thank you.</p>
Public Comment	Anonymous	In Person	General	<p>This is -- just heard about this past Saturday from the lady in the front in the green jacket. I want compliment you to have a heart to hear from the people you service and I want to applaud from the people here to be able to intelligently display what is in their hearts via words to help you understand how you can roll up your sleeves and help them. God bless you. Thank you. Thank you very much.</p>
Public Comment				
Public				

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Comment				
Public Comment	Flemming	In Person	General	Good afternoon. My name is Fleming, the Director of community relations and youth mental health first aid responders and I have been home for 11 years. My problem is the acclimation process and the trauma associated with reentry with School to Prison Pipeline mass incarceration. My question is, can we get a home for the reentry population. Thank you, ma'am. In that home, you will have the hub with all the vocational training and the mental health training and the Peer support but the community has to be the one to be able to apply that. Having it this day and not that, did don't work. This is a 24/7 mental health issue crisis. We need a hub. I have no hub or transportation and the pandemic shut it done and we have no ability to repair and if we can get any type of help, I appreciate it. The trauma associated with mass incarceration is heavy
Public Comment	Anonymous	In Person	General	I am here resident unincorporated Compton and I have been here whole life and never left and family been here since 1962. It takes a community for us to come together and speak out and show up to the meeting. I have to take my own accountability. I feel like I haven't made my presence here in a long time but we're dealing with our own issues in unincorporated issues of Compton, Willow brook. We have the street take overs and the kids coming here. My goal is to plant seeds and teach the next generation. It is our youth who are important. We need to teach them how to take on that role as being advocacies for the community. We want to see our community thrive. We shouldn't have to feel nervous and scared. We should be able to come to the meetings and speak in front of the commission and Board of Supervisors. We should teach our youth what it takes to petition. What is a petition? We want to plant these seeds in our youth and our community Members, our neighbors, our next-door neighbor across the street. Everybody. Everybody has the opportunity to learn that us as one, there's power in numbers. It's

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				power in our community and it's important. I can't emphasize that enough. I appreciate every single community Member here and who has come up and asked us about our resources. I had to take my badge off because I'm speaking as a resident.
Public Comment	Uma County Clinic	In person	General	<p>I'm with Uma Community Clinic based here in south LA and I represent a program called Black visions of wellness we offer traditional and nontraditional for the community. Business owner that specializes in mental health for Black women as well. Being here is truly important to me. One of the issues that I have is that this room is not filled.</p> <p>I know a lot of us are in outreach positions. I know it is our duty to conduct the community and I think that we need to do a locality better on that because there are a lot of people on that that have say so. As someone mentioned, being stakeholders, and they are not in this room sharing handwrite experience or their needs. So as a whole, everyone in this room, I feel like we need to do a better job of reaching on the tout community and letting them know these things are taking place. Thank you</p>
Public Comment	Wellness	In person	General	<p>I'm a clinical therapist at wellness. We are a community mental health agency primary located in south LA but we have an office in Boyle Heights. We have an access clinic that anybody can come in. Walk ins are welcome where you can get connected with services, case management. Psychiatric services, even some housing needs. We have ACCESS Center, we</p> <p>tervention for zero through six. We have a life learning center which primary focuses on young adults and connecting them with case management, housing, life skills, educational opportunities. I'm a therapist in the outpatient services primarily serving youth and Families and we have intensive care services like I mentioned</p>

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				psychiatric services.
Public Comment	Pastor E / P2p Community Development	In Person	General	Double dip. My team went ohm. I'm Pastor E with P-2 P community development. We are a recipient of the CFCI JCOD grant in the second round. Satellite shop to set up employment and expungement and accomplish appointment and accomplish a pathway out of poverty. We're not trying to take you out of poverty but take you out of poverty. I don't know if you get that or not. You don't have inform change where you live. You have to change how you live. We specialize in youth entrepreneurial train cents. Start their own business and become successful. We serve the areas and come and check and we're available. Thank you again.
Public Comment	Kisha Thompson	In Person	General	I'm Kes ha with Service Area six. We have our Stakeholder engagement calendar here. Those who are here today if you want to come and attend more of the departments we have and service area specific and service area team, the sign behind us and that is the meeting that Ms. Cox referenced earlier. We would love to see you more and get your feedback and feel free to stop by the table and get information about our Peer resource center and some of the events that we have scheduled as well as well-being tips that you can use in your day-to-day life.
Public Comment	Andri McPerson	By Phone	Stakeholder Report	Can you guys hear me? Absolutely. My name is Andrea McPherson from south high and thanks for the opportunity. Glad to be here. We talked about some very important issues including the presentation that Lisa Wong had. Sometimes people have preconceived notions that those who were mental disparities choose to. But there are many different entities that effect day-to-day lives. People who are disabled, mentally or physically, could have been through domestic violence or even domestic violence situations, I'm sorry. Even when going through financial hardships. Things like discrimination or harassment unfortunately can lead to

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				<p>many illnesses. I have been through all of the above.</p> <p>Even after something as severe as brain surgery. I continue to move on and advocator inform those who cannot advocate for themselves, including Seniors as well. But it's hard in LA County. Sometimes people have this preconceived notion that some people who have mental disparities could go to the resources throughout the County. But I have cell phone about Peer on Peer support from Day 1 with real volunteers like SALT Members who have been through many different disparities, not only mental health disparities but those instances that cause mental illnesses like the ones I spoke about before.</p> <p>We need to have an Aye on Aye to Aye real event monthly along with resources and that could be an overall think eye to eye accessible contact.</p> <p>Have a well-rounded perspective having data and surveys from those particular people so that we can have a voice from all perspectives and they can have real statistics and data. Lisa Wong so that they can cater their different programs according to those who need the services and why they need the services. That's great.</p> <p>Also formerly incarcerated, they do need help to receive employment, job training, school training. There are different things like truck drivers. People do have learning disabilities and they do need assistance. That's a real thing that we definitely need to take care of and she talked about that so that's a great idea to</p>

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				<p>have that emergency fast tracking and things like that. That's one of the greatest ideas.</p> <p>Also we need to have empathy training. That empathetic outcome from County workers, medical employees, and all others that service the community. Empathy training is a necessity. How can we have that? Surveys. These surveys will definitely change a lot about LA County. Our whole overall culture can change and have accountability for those who need service and we would have a better outcome. What do you all think?</p>
Public Comment	Anonymous	By Phone	General	<p>Good afternoon this is .. thank you so much for allowing me to be here. I appreciate Lisa Wong's sharing of all the information of the programs. That seems to be amazing. I just want to throw a few things out there. Wondering how the public hears about those programs in general because, it seems like there's a lot of resources there that people have never heard of.</p> <p>If I understand correctly. Care court is a voluntary program which does not help those struggling with mental health and their brain cannot understand where they really are in their illness. So I would like to see how if they have any plans for changing coming up.</p> <p>The other thing I would like to bring up is the pressing needs to reform certain laws that currently hinder the effect of mental healthcare. I've been through a lot. Both of my children but especially adult children, especially my daughter in the last few years because it seems like the privacy laws and the patients' rights offer take major precedence over the health and the</p>

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				<p>well-being of the individuals and sometimes they are very alive. So it's mind-boggling to me how those laws can hurt them more than help.</p> <p>I'm wondering who in their right mind would have made those laws because they really do not help the person that is struggling with mental illness. And the situation not only exacerbates the neurological damage on the patient but it leads to suffering for both. The individual and their Families. Additionally prolonged hospital stays and they become more frequent and increase the requests and resources.</p> <p>It was very interesting to hear when Lisa Wong mentioned about the cost of the 1,000,600 to get that homeless person taken care of and I'm so glad to hear that he was able to get resources and now he only cost us \$40,000 or less and that's why those changes are extremely, extremely important. It's evident the current system requires substantial investment of time and resources.</p> <p>Issues that arise because the person cannot be taken care of early enough. I believe that proactive Interventions the early stage could yield a far better outcome. What laws are in place to increase the Intervention? I don't know. I know I'm running out of time. I would like to propose that you reconsider the criteria for mental health support. Assessment in my opinion, in my experience, should be based on a person the baseline functioning rather than the most severe cases encountered. The shift would allow for more personalized and effective treatment plans fostering recovery and improving overall quality of life. And how can we on control the</p>

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PUBLIC COMMENT TO ADDRESS THE MENTAL HEALTH COMMISSION
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				<p>great power that a psychiatrist has and make sure that they work together with the patient's loved ones and not against them.</p> <p>And also make the psychiatrist accountable for the decisions that they make that greatly affect the patients and their family lives and a lot of times not for the better.</p>
Public Comment	Osbee Sangster	By Phone	General	<p>Good afternoon mental health Commissioners, Staff, guests and Consumers. My name is .. speaking on behalf of the Black Los Angeles County client coalition Inc. Maya Angelo is quoted as saying some somebody shows who you are, believe them the first time. Voting matters.</p> <p>Liberty rights freedom and our constitutional rights are at stake. The depriving and dismantling of freedom and constitutional rights. The survival of our institutions. How bad do you want it? How bad do you want to see freedom? If you Sara about elder care, Social Security, edification, climate change? And the list goes on and on and on. How bad do you want toe to see democracy for future generations to vote. You don't need a home to help. How can you help? Promote voting access for low income and housing to persons to ensure that these people who are economically disadvantaged maintain a voice in shaping their future. The cornerstone the democracy is the right for citizens to make decisions through the election process. People do not lose their citizenship when they lose their homes. People experiencing homelessness are consistently one of the most poorly represented when it comes to turn out.</p> <p>People who are unhoused or otherwise experienced poverty or</p>

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				<p>housing insecurity have historically faced numerous barriers. For their full participation in the election process. Lacking appropriate identification adopt required to vote. Lacking resources to educate themselves about candidates. No way to get to the polls on election day. We are implored County organizations and programs shelter and meal programs. Subsidized housing, campuses and complexes and individuals interesting in help people who experience homelessness to overcome obstacles who have prevented them from being a registered voter.</p> <p>Encourage action surrounding homelessness. Voter registration is critical to keeping those without housing engaged with voting. We encourage you to assist people who are unhoused to actually cast a ballot. Early voting is often the easiest way for people and persons with a stable and without a stable residence to vote. Freedoms in democracy is on the ballot. Once again, and last and for sure, encourage your legislative representatives to ask President George W. Bush to take action and step forward and onward, state the conditions. This is an American dream. America, we have to come to know. With the respect and circumstances and constitutional structure form and to the like. To be clear definitely or specifically I state these views. Thank you.</p>
Public Comment	Dr. Collin	By Phone	General	<p>Hello. My name is Dr. Colin and I've been to one of your meetings in person. I have a need to get a kidney which depends on housing. The</p> <p>reason I'm bringing this to the mental health commission is for one I have mental health Bipolar Disorder and number two my kids -- Lithium and I'm desperately trying to find a way where I can get a</p>

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				<p>voucher and get into housing and get onto the transplant list. Transient living makes it impossible to get on the listen in .. until I fill that role. I have a social worker and we have addressed this before and just reiterate it had to get it into the record, looking for resources. I've also just been notified that I'm going to get a podcast at USC to talk about recidivism in our culture since I would like to earn the money myself. Unfortunately I can't earn it due to Medicare and Medi Cal laws. I need help from the community to get a voucher but I would like to talk about and use my Ph.D. and research skills to bring about awareness to overall mental health through this podcast and to bring baste awareness to a lot of the issues that revolve around trauma that I have been hearing today. I would really like to help and give back, not just take from the community. Hopefully this will be a good entry point. My situation is pretty desperate. I really don't have any choice but to get housing or just die on dialysis. I appreciate your time. Thank you commission.</p>
Public Comment	William Legere	By Phone	General	<p>Housing, housing is a right. Democracy. Rights of having housing and mental illness encampment all over the city, all over the County. Democracy. African-American and encourage the Commissioners to .. about the housing issue. Create more housing. Mental health.</p>
Public Comment	Dr. Nolan Jones	In Person	General	<p>My name is Dr. Nolan Jones. Would you write this down, those in the audience. My email address. And that's Nolanjon esmd@yahoo.com.</p> <p>N-o-l-a-n-j-o-n-e-s-m-d@yahoo.com. I'm not doing this to advertise. I happen to be here. Nolanjonesmd@yahoo.com.</p>

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				<p>Thank everyone who is working with mental health. All of you here are a blessing, including myself. Those sacrifices and all of that, I just want to, my heart goes out to those of you because it's not about yourself. It's about others. I, too, am a Member of this elite wonderful group.</p> <p>I came here by accident and most of us are probably in this situation by accident. However, I am interested in helping everybody who is here dealing with something. I want to help. Now, I don't know, I don't even know why I'm here. My daddy went to the second grade. My mother went to the eighth. Worked all his life, working in the hole. At that point people who looked like my didn't get administrative jobs with his background. Who would have thought that his son -- excuse me for -- who would have thought that I would be here. I'm wearing overalls because that's what my daddy wore. I'm here because of him and his father and the rest of us are here not because of us. Because of those who planted seeds generations before us.</p> <p>I see the Indians here. God bless. We have to remember and stay in that legacy. We have work to do. So I'm here to encourage all of you and thank you all for hearing a little bit of what I have to say and let you know I'm a warrior and I'm not backing do not to nobody and nothing. And there's diseases out there and I'll tell you straight if I can help you. A lot of that somebody can't fix it for you. You caused it and you fix it but I'll help you and work with you. We as a people, as servants, are here to understand the pyramid. It's first spiritual and then mental and then emotional. And then physical. Let's keep it in order. Thank you.</p>

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