

**Los Angeles County Department of Mental Health
AI-AN Underserved Cultural Communities (UsCC)
Subcommittee Meeting Minutes
December 4th, 2024, 2:00 pm-4:00 pm**

Present: Blanca Watson, Jax Stewart, Harrelson Notah, Mikey Olbes, Jennifer Yates, Eva Powless, Jessica Mosher, Carol DeLilly, Farrah Ferris, Brian Frejo, Ravena Soto, Rae Lopes, Stephanie Mushrush, Dria Yellowhair, Yue Hua Xu, Antonia Rios, Soledad Vergara, Evelyn Espinoza, Lesley Hunt (#9553), Riku Matsuda, Sylvia Gonzales <i>*Issue logging into meeting – Waiting room that was not on DMH's end*</i> CART Captioner: Joseph Lang DMH Admin: Jennifer Alquiay		
Agenda Items	Comments/Discussion/Recommendations/Conclusions	
Welcome, Introductions, & Opening Prayer	Welcome by Jessica Mosher (Lesley Hunt had trouble getting into meeting) Opening Prayer – Brian Frejo	
Land Acknowledgment	Co-Chairs, Jennifer Alquiay read County Land Acknowledgement	
Review of Meeting Minutes	The meeting minutes of November 2024 were approved. Motion by Farrah Ferris to approve minutes and seconded by Eva Powless.	
Indigenous Mindfulness Exercise	Rooted and Restored Collaborative – Brian Frejo <u>Brian:</u> - Medicine Wheel - o Every tribe probably has a different version – different teachings. - o Big part of program being implemented. - o Focuses on 4 major focus areas seen in behavioral/mental health. ▪ Mental, physical, emotional, and spiritual health are all connected in medicine wheel. - o Theres a connection with the 4 teachings/focus areas with the human in the middle. - Exercise – Take the good and leave the bad - o Breathe in and out (3 seconds each) ▪ Breathe in the good you want to take in – good memories / moments ▪ Breathe out the bad you no longer want to carry - o Took the good and left the bad while Brian shared a healing and medicinal prayer song.	

Presentation on Work in Indian Country	Rooted and Restored Collaborative – Jax Stewart <u>Jax:</u> - Treatments should be seen/addressed collectively together. - Cultural awareness to community. - First thing implemented when working with a new facility: - o Cultural respect and humility training. ▪ Held over multiple sessions. ▪ Address cultural differences, cultural issues in a behavioral health setting specifically, and historical traumas ▪ How to respect sacred items and different belief systems - o Treatment plans focusing on cultural identity. ▪ Cultural identity not being glazed over/ignored - o Witness participants reconnect with their heritage and heal. - o Goal: Bridge gaps, heal the community, and partner with different facilities. Questions: <u>Stephanie Mushrush:</u> - Is your program/organization an inpatient setting? Do you accept Medi-Cal? Could collaborations happen? - o NOT A TREATMENT CENTER – they travel/go to centers and offer their cultural programs. - o Partnered with different facilities – Some do accept Medi-Cal while others do not. - o Still navigating collaborations and partnerships. <u>Farrah Ferris:</u> - Do you have facilities or are you more of a program liaison? - o They have facilities that are actively implementing their cultural program. ▪ Transformations Care – Gardena ▪ Golden Gate Recovery – Novato – Northern California • Fly participants/clients in and out for treatment. - o Subcontract – no direct facilities. <u>Ravena Soto (via chat):</u> - Do you consult with organizations developing culturally tailored commercial tobacco cessation programs? <u>Jennifer Yates:</u> - Is Transformations Care in Gardena available to detox from different medications (psych/pharmaceutical). Is the treatment available for non-native individuals. - o Treatment center available for all communities. Contact information:
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	- Website: www.rooted-and-restored.com - Email: info@rooted-and-restored.com - Phone: 714-872-7474
Co-Chair Report-Outs	November CPT Meeting <u>Dr. Alquijay</u>: Will check notes and get back to topic. <u>Farrah</u>: - Mentioned there was no land acknowledgment at both the ICP and conjoined Leadership meetings. - Felt she had bad reception when she mentioned it. - o Does not think it's intentional but did receive a push back. - Really good programming at CPT Meeting. - California filing a lot of federal lawsuits. - Pilot programs: - o Houseless Program out of Hollywood. - o Highlighted new Psychiatric vans. ▪ Less about involving Police and Fire department. ▪ Warming up new vans instead of having them look/feel like a psychiatric unit. - Programs being emailed out - o Lesley might have forwarded information to Dr. Alquijay <u>Dr. Alquijay</u>: Distribute handouts after the meeting. Accessibility: Community member fell. <u>Farrah</u>: Facilitator in afternoon portion of meeting was different and handled the meeting differently. <u>Jessica Mosher</u>: Lack of access – need for Hybrid meetings. <u>Jessica Mosher</u>: - The United American Indian Involvement (UAI) had really nice posts on their Instagram from their participation in the LA County Parade.
Community Updates	
Jessica Mosher - High Level Policy Overview & Draft / Comments	Medi-Cal and Traditional Healers – Center for Medicare and Medicaid Services (CMS) Full policy: Over 300 pages Outlined at the federal level. - LA County is under the Drug Medi-Cal Organized Delivery System (DMC-ODS) - California was one of the four states to receive “first-in-the-nation” approval from CMS to cover traditional health care practices for Medicaid and Children’s Health Insurance Program (CHIP) members in October 2024. - Practices will be reimbursed at 100% service match - No state licensing, credentialing or additional requirements outside of what is already established at the facilities. - o Qualifications will be determined by the facility. - No in-depth note taking.

	- o Notes will consist of client's name, appointment date and time, and service done. - o To keep healing practices within the community and not have outside eyes looking in. - There will be outreach to Native American health centers to educate employees on the program and how it works. - Non-IHS employed or contracted providers are NOT eligible. - o Unless contracted by IHS. State level - Will be requiring licensing, credentialing, and reimbursements will be dependent on degrees. There is a collaborative planning and implementation participation registration form for anyone interested in being part of the conversation. Registration form is to be able to join the meetings. - Two meetings. - o LA County - o Indian Health Jessica Mosher encouraged members to attend both meetings. Questions: <u>Jax:</u> - For IHS through Medi-Cal? If somebody was in a Medi-Cal facility they would have to go to IHS to get traditional healing treatment? - o The facility would have to be DMC-ODS County clinic – a list of those clinics is linked on the resource/appendix page. - o Would have to be at an IHS facility or IHS contracted facility. Draft Policy: - Requesting for treatment to be offered at county level – outside of IHS requirement. Comments: <u>Farrah Farris:</u> - Send letter to members before signing/sending it off. - Attach the current CMS policy. <u>Jessica Mosher:</u> Three points to focus on – copied and pasted directly from Teams chat: 1. The discussion surrounding the requirements such as certifications must be coordinated with one or all of the California Tribal Colleges: California Indian Nations College, Kumeyaay Community College, and/or California Tribal College. 2. The requirements around THNH need to be closer to the original recommendations set forth by CMS. Traditional healing methodologies represent an integral facet of indigenous healthcare, serving to aid patients in their pursuit of wellness and recovery, the reestablishment of emotional equilibrium, and the restoration of their connection with the environment. Traditional Healers and Natural Helpers utilize
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	tribally recognized treatment methodologies including music therapy and spirituality to assist in a wide array of treatment needs. They are upheld and recognized by their community as being able to bring about healing and put them on the path of healing from historical trauma and want to inspire change within their communities by strengthening their sacred hoop and breaking the unbalanced cycles. They are not allowed to give themselves the title of THNH, they are vetted by their community. 3. We want this option available to our urban population under the Medi-Cal Managed Care plan for Los Angeles County entitled L. A. Care Health Plan
January Meeting Date Change	Official meeting date would be January 1 st . Around holidays. Moving meeting for January ONLY to the following week. January meeting will be January 8 th , 2025. Already updated on Event Calendar / UsCC Website.
Stakeholder Newsletter Brainstorming	Plan ahead. Every meeting - plan the next three issues. Encouraged to participate: Harrelson Notah by Jessica Mosher Stephanie Mushrush by Farrah Ferris Sylvia Gonzales-Youngblood by Jessica Mosher / Dr. Alquijay Carol DeLilly via chat: - May I recommend that native community health clinics are highlighted in the newsletter? - Perhaps we can suggest topics that will be added to the newsletter. - o Stakeholders/community members are submitting the content. - Can the newsletter review committee please share the rubric for the newsletter submissions? - o Will most likely be included in December Newsletter. - Would like to write about educational opportunities in allied health. Riku shared screenshots from the presentation in chat. - Quarterly Newsletter. Will need to plan differently. January 10th, 2025 – submission window opens... deadline is January 31st, 2025. Try for 3 submissions and hope one makes it into the Newsletter. If projects are done early – send to Dr. Alquijay to ensure submission. Jessica Mosher offered to proofread submissions.
Capacity Building Projects	Food Sustainability – Overbid. ISD working on negotiating with vendors. Decreasing Negativity – Has been awarded. No details yet. Native Excellence – Still with ISD. Glitches with the portal. New Outreach for American Indians – Email was sent out. Project out for bid. Bidding closes December 13th, 2024.

Flyer	Will send out draft for feedback. Sent out templates – got no response. Want to finish by end of this month to have approved flyer for the new year.
DMH Updates	No updates by Dr. Alquiay.
Community Announcements / Resources	Jax: - Sacred Path: Free dinner Sunday, December 8th, 2024. Link registration. Santa will be there as well. Farrah Ferris: - Lots of toy drives and winter solstice events. - Will send flyers. Jessica Mosher via chat: Indian Health CalAIM Collaborative Date & Time - Dec 20, 2024 02:00 PM https://us02web.zoom.us/j/9KqY3ZxQP2bMM5W7J-rh7K#/registration Dr. Alquiay: - December 10th, 2024 - the Community Planning Team meeting. Encouraged members to join. Carol DeLilly: - Will forward resources/calendars to Dr. Alquiay. - FOLLOW UP TO SHARE WITH MEMBERS Dr. Alquiay: - There are ways to sign up for newsletters on DMH for different resources/programs. Brian Frejo closed out the meeting with the Closing Prayer.
Community Comments	
Closing Prayer	
Upcoming Meeting: Monday, January 8th, 2024 (2:00 pm-4:00 pm) For more information about the AI-AN UsCC, please see its website: https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/	