



Speak. Share. Be Heard.

The Los Angeles County Department of Mental Health (LACDMH) and the Anti-Racism, Inclusion, Solidarity and Empowerment (ARISE) Division are excited to introduce a quarterly newsletter, designed specifically for you — our stakeholders, partners, and most importantly, individuals with lived experience. Whether you identify as a mental health consumer, advocate, peer supporter, or ally, this space belongs to you.

Community & Connection: Supporting Others While Prioritizing Your Wellbeing

Welcome to the Q1 2025 edition of the LACDMH Stakeholder Newsletter, a space created for you, by you. This newsletter serves as a platform to amplify the voices of our diverse community, ensuring that lived experiences, personal insights, and shared wisdom shape the conversation around mental health.

Reflecting on Recent Events

At the beginning of this year, our community faced devastating wildfires that led to the evacuation of approximately 200,000 residents in Los Angeles County. These fires resulted in significant loss, including the destruction of thousands of structures and tragic fatalities. The resilience and unity demonstrated during this crisis highlight the importance of community support and connection in times of adversity.

*a space
> created for you,
by you.*

Our Focus This Quarter: New Year Health and Wellness Tips that Can Last All Year

In light of recent events in our county, we emphasize the theme of New Year health and wellness, exploring how we can support one another and our L.A. community. Taking time to reset and recharge is essential for maintaining balance, whether through moments of solitude, engaging in creative activities, or spending time in nature. Throughout the year, personal reflections help guide our path forward, allowing us to assess growth, set new intentions, and stay aligned with our values. Gratitude is expressed in many ways – through kind words, acts of service, or simply appreciating life's small moments. Coping with stress and challenges often involves mindfulness, seeking support, and practicing self-care. Supporting others in times of need and celebrating their achievements fosters deeper connections and a sense of shared resilience, strengthening both individual and collective wellbeing.

We hope you enjoy this issue of The Quarterly and that the content from your colleagues, neighbors, friends and peers resonates with you. If you learn something new or find out about an initiative that you'd like to participate in after reading this issue, we'd love to hear from you! Please share your feedback here:

DMHCC@dmh.lacounty.gov.

CONTENT FROM YOUR COMMUNITY

PATRICIA VELIZ MACAL | Executive Director,
Generaciones en Acción

The Power of Theater to Combat Anxiety and Depression



The Power of Theater to Combat Anxiety and Depression: “If You Laugh, You Enjoy” in Los Angeles

Community theater is much more than an artistic expression, it is a powerful tool for emotional healing and community strengthening. In Los Angeles, the play *Si te Ríes, Gozas*, presented by Generaciones en Acción, has demonstrated how performing art can open safe spaces to discuss mental health, reduce stress, and promote emotional wellbeing in the Latino community of Los Angeles County.

A Mirror of Emotions on Stage

Through the story of the *Alegría Segura* family, whose characters represent the six basic emotions, the audience has deeply identified with their experiences and dialogues. Many people have cried when they saw themselves reflected in the work, acknowledging their own experiences and emotions.

Celia Lemus, 62, has attended the performance more than five times and, on each occasion, she has found new forms of healing and reflection in the dialogues. Her testimony is just one of many that highlight the transformative impact of theater on emotional health.

A Space for Collective Reflection

Since its inception in October 2023, the play has reached more than 900 people, performing in well-known spaces in Los Angeles. What makes this experience unique is that, after each performance, an interactive forum is held where the audience can share their emotions and experiences.

These forums have been deeply moving:

Emmanuel, an 8-year-old boy, shared how he identified with the characters of Angustia and Felicitó, understanding the internal struggle between sadness and joy.

Alejandra, 47, reflected on the weight of keeping a smile on her family's face, even in difficult times.

A trans girl was thankful for the representation of the character Tristan and the safe space that the play provides to talk about LGBTQ+ issues.

Eight actors representing five different generations participate on stage, reflecting the diversity and intergenerational richness of our community.

Theater as a Healing Tool

Performing art has the power to transform lives. Through laughter, crying, and reflection, *Si te Ríes, Gozas* has been a vehicle for self-knowledge and emotional healing. The play is still in production, and we need support to continue using this theatrical methodology as a tool for emotional education.

If you are interested in being a part of future community theater initiatives or supporting this project, connect with Generations in Action!

Contact: Patricia Veliz Macal –
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L.A. Wildfires

Navigating Mental Health Challenges in Times Of Crisis

Interview with Dr. Anna Yaralyan, clinical psychologist at the Los Angeles County Department of Mental Health



Los Angeles wildfires, like other natural disasters, significantly impact mental health — not only for those directly affected but also for the broader community. The effects can stem from a loss of a loved one, property, sudden evacuations, fear of future fires, and health concerns from smoke exposure. “Mental health challenges may surface days, weeks, or even months after a disaster and symptoms can surface days, weeks, or even months later, and for some, these struggles may persist long after the flames have been extinguished,” explains Dr. Anna Yaralyan, a clinical psychologist with the Eastern Europe and Middle East Division of the Los Angeles County Department of Mental Health.

“Common responses include excessive anxiety, persistent worry, confusion, sleep disturbances, depression symptoms, physical pain, and difficulty concentrating.” Dr. Yaralyan outlines typical post-disaster mental health symptoms, provides coping strategies, and details available resources — including support programs offered by the Los Angeles County Department of Mental Health for disaster victims.

NANE AVAGYAN: *During natural disasters, such as the Los Angeles fires, what are some of the common reactions people have and how is it expressed?*

DR. ANNA YARALYAN: During natural disasters, the first psychological response victims often experience is the feeling of loss of safety. As we saw in the Los Angeles fires, many people faced devastating losses — whether it was a loved one, a pet, a home passed down through generations, personal property, or items of deep sentimental value. There is also loss of daily regimes, for families, children, elderly, etc. Such losses frequently trigger various psychological, emotional, and behavioral reactions.

The initial mental reactions manifest in several ways. A person may feel disoriented, experience nightmares, or struggle to concentrate, which can lead to difficulties managing daily tasks. Anxiety and tension are also common, particularly regarding the future; for instance, questions like “What do I do next?” and “What lies ahead?”

Reactions aren’t limited to mental symptoms; they can also include physical or psychophysical responses. These might involve memory issues, vision problems, difficulty with movement, chest pain, rapid heartbeat, shortness of breath, weakness, dizziness, nausea, headaches, body aches, trembling, or excessive sweating.

In the immediate aftermath of a disaster, victims may also experience feelings of guilt or anger. For example, during the fires, we witnessed many individuals expressing frustration and blaming local authorities for insufficient firefighter staffing or ineffective situation management. Others may feel guilty, questioning whether they could have done more to prevent or mitigate the fires and destructions. Such emotions often lead to fear, tension, depression, or a sense of hopelessness.

These consequences can manifest in different ways, such as increased irritability — yelling, arguing, or displaying uncharacteristic behavior. Many victims, in an attempt to cope with their pain, may turn to unhealthy habits such as alcohol or tobacco use, and, in some cases, substance abuse.

NANE AVAGYAN: *What are the common mental and behavioral disorders that can emerge in emergency situations? How can they be managed?*

DR. ANNA YARALYAN: Natural disasters often evoke a profound sense of loss and grief. In the case of the Los Angeles fires, alongside the tangible losses, people faced significant disruptions to their daily lives. These disruptions lead to numerous fears—especially when life feels beyond one’s control. Questions like “Who can I turn to?” and “What should I do next?” become pressing. This uncertainty can result in feelings of pain, depression, grief, and the onset of various psychological disorders.

In such situations, seeking help from a specialist is crucial. Psychologists and psychiatrists play a key role in helping individuals process their emotions and express themselves. They provide a safe environment where victims can openly discuss their losses and emotions, help people understand that such feelings are a common and natural response to trauma while guiding them toward constructive solutions.

A significant part of the recovery process involves challenging negative thinking. This is critical because fear and anxiety often lead to distorted, overly negative perceptions. We work with individuals to assess the validity of their fears and guide them toward a clearer understanding of reality. By doing so, we help alleviate their anxiety and empower them to take practical steps forward.

NANE AVAGYAN: *Children are considered the most vulnerable group in emergency situations. What are the*

main challenges they face, and how should children be cared for during and after a disaster?

DR. ANNA YARALYAN: Children are considered one of the vulnerable populations during a disaster. Other vulnerable populations often affected from natural disasters also include the elderly, physically disabled, terminally ill populations, etc. In regards to children, their initial reaction is often fear, as the disruption to their daily lives and the resulting sense of insecurity can lead to heightened anxiety. In such moments, children look to their parents as role models, trying to understand the situation and gauge how they should feel based on their parents' reactions. Therefore, parents must be mindful that their emotions and behaviors are directly transmitted to their children. Also, children are often exposed to alarming news through television or social media, which can further amplify their anxiety and tension.

In emergency situations, helping children feel safe is essential. This involves talking to them, asking questions, and creating a space where they feel comfortable expressing their fears and concerns. It's also important to recognize that children may not always be able to articulate their feelings in words. Instead, their emotions may manifest physically. For instance, they might complain of aches or pains, or exhibit changes in behavior, such as isolating.

Parents should pay close attention to their children's actions and emotions, spending time patiently understanding them. It's equally important to reestablish their daily routines, ensuring that their basic needs, such as eating, sleeping, and attending school, are met. Above all, children need reassurance that their parents are by their side and will support them through the crisis. I strongly encourage parents to educate themselves on how to best support their children during emergencies and to prioritize their wellbeing in these challenging times.

NANE AVAGYAN: *What coping strategies would you suggest for members of the Armenian community who have developed mental health issues because of the wildfires?*

Dr. ANNA YARALYAN: There are many ways to cope

and regain a sense of peace and calm. The foundation lies in maintaining healthy daily habits: eating regularly and healthily, getting enough sleep, practicing physical activity, doing breathing exercises, meditating, and listening to calming music, etc. It's also important to take occasional breaks from watching the news and instead spend time connecting with family members, relatives, and friends. In some cases, seeking professional help is crucial.

To improve mental wellbeing, my first piece of advice is to recognize that the emotions caused by a disaster, such as tension, confusion, anxiety, body aches, depression, or the desire for self-isolation, are natural responses to the situation. It's essential to accept these feelings as part of the healing process. Talking openly about emotions and expressing oneself can help individuals unconsciously process their experiences, regain control over their feelings, and reduce fear of vulnerability.

For those directly affected, taking practical steps, and planning ahead is helpful. For instance, if someone has lost their home, they should identify where they will stay, with whom, and who they can turn to for support. This sense of preparation and information can provide much-needed mental calm.

Community support is equally important. I encourage individuals to lean on their family, friends, community organizations, and even the church for emotional and practical assistance. As a Christian, I believe that faith has historically helped the Armenian people endure and overcome even the most difficult circumstances, providing strength and hope to move forward.

Additionally, take advantage of the resources and programs offered by the government for disaster victims, which include psychological and psychiatric assistance. For Armenian speakers, there are many psychologists working at the Los Angeles County Department of Mental Health who can provide support in Armenian. By calling the SAMHSA Disaster Distress Hotline **800-985-5990**, you can access services from Armenian-speaking psychologists, social workers who work at different L.A. County service areas, as well as those who work in non-profit agencies that are contracted with Los Angeles County Department of Mental Health.



PAULA ESTES | Certified Medi-Cal Peer Support Specialist

A Hand Reaching Back: The Power of Peer Support in Recovery



I once believed my story had reached its final, inevitable chapter — one filled with hopelessness, isolation, and uncertainty. More than a decade ago, I found myself in crisis, lost in the depths of a mental health struggle that seemed inescapable. It wasn't until someone reached out to guide me toward help that I discovered an unexpected turning point. That help came through the Los Angeles County Department of Mental Health (LACDMH), and in that moment, I was given something I didn't realize I had lost — hope.

At LACDMH, I encountered the peer support movement. My multidisciplinary treatment team included a caseworker who had walked a similar path. Hearing the stories of someone who had endured and recovered lit a spark within me. Their powerful presence was proof that healing was possible, that suffering was not the end of the road but a place of transformation.

Suffering takes many forms, but one universal truth remains: when someone who has been where you are shows you it's possible to make it through, that simple act can change everything. I realized that the person who gave me hope had once been given hope themselves, and, one day, I could be that person for someone else.

That understanding shifted my perspective. I began to see that every human, at different times in life, needs help and that we are all here to serve one another in some way, great or small. Whether we are old, new to the world, hurt, or learning, we all require support. And in both giving and receiving, we heal.

Receiving a diagnosis and finding a path to recovery initially gave me a sense of relief and I clung to it, as it provided clarity and direction. But as I progressed, I realized that the identity of being “ill” was no longer serving me. It was time to shift my narrative: to move from telling a story of struggle to one of transformation.

I saw a pattern emerge and every crisis held within it an opportunity for growth. The tools I had gathered during my journey — self-awareness, connection, and resilience — became not only my survival kit but a lifelong toolbox I could continue to build upon and share with others.

Today, my journey has come full circle. The peer support I once received, I now have the privilege of offering to others. I have learned that the smallest gesture, a listening ear, a shared experience, a simple “I am here for you” — can be life-changing.

This is the power of community. This is the strength of shared experience. And this is the heart of resilience: not simply surviving but reaching back to uplift those who are still on their way.

Because one day, you might be someone's hope.

Spoken Word Poem: Empowerment
By Paula Estes

There was a time in my life when I'd lost the will to live.
I thought I had nothing of value to offer the world,
And I couldn't figure out how to live
Happily and peacefully without depending on something outside of me.
So I gave up and said goodbye to me.


But a friend took my hand and showed me where to get some help.
That help turned into hope
And inspired this very poem that I wrote.

There's value in the outstretched hand of someone
With the willingness to understand
And desire to help ease another's suffering
If non-judgment and compassion's what they're offering.

Today, I honor my journey and I understand
Not only am I worthy,
But I always have been.

About the Author

Paula Estes is a Certified Medi-Cal Peer Support Specialist, storyteller, and advocate for mental wellness and self-empowerment. Having personally experienced the transformative power of peer support, she now dedicates her life to helping others find hope, resilience, and healing. Through her writing, spoken word poetry, and coaching, Paula shares insights on reframing personal narratives, mindfulness, and the journey from crisis to recovery. She believes that every challenge holds an opportunity for growth and that one outstretched hand can change a life — just as it once changed hers.



DEBORAH VILLANUEVA | American Indian Counseling Center

United in Adversity

How Communities Can Support One Another in Times of Crisis

In the wake of natural disasters, economic hardships, and social upheaval, one truth remains constant: we are stronger together. The devastating wildfires that swept through Pacific Palisades and other parts of Southern California have left many grappling with loss, uncertainty, and the daunting task of rebuilding. For those in immigrant communities, these hardships are compounded by systemic barriers, fear of displacement, and limited access to resources. Yet, time and again, we see that communities have an incredible capacity to come together in support, offering not only material aid but also emotional strength and resilience.

The Power of Connection in Crisis

When disaster strikes, the first instinct for many is to reach out to family, neighbors, and community networks. This immediate connection can make all the difference. Whether it's organizing shelter for displaced families, providing food and essential supplies, or simply offering a listening ear, these acts of solidarity reaffirm our shared humanity. Faith-based organizations, cultural groups, and local nonprofits play a crucial role in mobilizing resources and ensuring that aid reaches those who need it most. The Los Angeles County Department of Mental Health, alongside grassroots organizations, has worked to make mental health services more accessible, acknowledging that trauma recovery is just as essential as physical rebuilding.

Mutual Aid and Grassroots Efforts

In times of crisis, official relief efforts can be slow-moving, often burdened by bureaucracy and logistical challenges. This is where grassroots efforts and mutual aid networks become invaluable. These community-driven initiatives allow people to directly assist one another, whether through financial support, shared resources, or volunteer efforts.

Social media has revolutionized mutual aid, making it easier than ever to connect people in need with those who can help. Whether it's a family offering temporary housing, a restaurant providing free meals, or a local therapist offering pro bono counseling, these small yet significant actions create a strong support system of care that sustains the community.

Creating Safe Spaces and Emotional Support Systems

Beyond physical aid, emotional support is crucial. Community centers, schools, and places of worship can serve as safe spaces for people to process their grief and anxieties. Healing circles, support groups, and communal events provide a sense of belonging, reminding individuals that they are not alone in their struggles.

For our immigrant communities, fear of accessing services due to concerns about documentation status or cultural stigmas surrounding mental health can be an added challenge. This is why culturally competent care and trusted community leaders are essential in bridging the gap and ensuring that everyone feels safe seeking the support they need.

Long-Term Commitment to Recovery

Supporting one another in crisis isn't just about immediate relief — it's about long-term recovery. Rebuilding homes, businesses, and lives takes time, and sustained efforts are necessary to ensure that vulnerable populations do not fall through the cracks. Policy changes, advocacy work, and continued funding for community programs are vital components of lasting recovery.

One of the most powerful things a community can do is to foster resilience by preparing for future crises. This means building stronger emergency response systems, educating residents on disaster preparedness, and strengthening local networks of support before disaster strikes.

A Call to Action: How You Can Help

Every act of kindness matters. Whether you have the means to donate, the ability to volunteer, or simply the time to check in on a neighbor, your contributions help strengthen the community's foundation. Here are some practical ways to get involved:



Donate to local organizations providing direct aid to those affected.



Volunteer at food banks, shelters, and community centers.



Join or support mutual aid networks that connect resources with those in need.



Advocate for policy changes that provide better support for disaster preparedness and relief.



Offer emotional support to those struggling. Sometimes, listening is the greatest gift you can give.

Strength in Solidarity

History has shown us that in the darkest moments, humanity's greatest light shines through the actions of those who refuse to let their neighbors suffer alone. The path to recovery is not an easy one, but with compassion, determination, and unity, we can ensure that no one walks it alone.

The next issue of The Quarterly Los Angeles County Department of Mental Health Stakeholder Newsletter is calling for submissions from community members who wish to share their stories, insights, and creative expressions on resilience and recovery. If you have a personal experience, a reflection, or an idea that can inspire others, I encourage you to contribute. Together, let's continue building a community where no one is left behind, and where hope rises even from the ashes.

Dr. Deborah Villanueva

Coping & Healing Through Community Care

American Indian Counseling Center hosts annual feast of resistance and winter solstice

With the intention and vision of creating healing and safe space for clients and community, Los Angeles County Department of Mental Health (LACDMH) American Indian Counseling Center (AICC), in partnership with LACDMH Anti-Racism, Inclusion, Solidarity and Empowerment (ARISE) Division, hosted the 2024 Feast of Resistance - Native American Heritage Month Celebration on November 15, 2024 at the AICC Main Clinic. The 2024 Feast of Resistance (FOR) merged with the Native American Heritage Month Celebration to reach a broad and diverse audience of community members. The intention of the Feast of Resistance is to honor the power of truth telling as a part of healing; equally, it serves to acknowledge and honor resistance, as it upholds the survival of language, culture, and traditions in our tribal nations and communities. Native American Heritage Month exists to celebrate the cultures, histories and contributions of Native people; it is also meant to educate people about Native culture and the challenges Native people have faced historically.

The event was held outdoors, with canopies surrounding a tipi. Clients and community members gathered and listened, ready to take in the event and intention. Mr. Lazaro Arvizu, Jr. (Teacher - Gabrielino/Tongva) began the event with an traditional opening prayer, along with songs on Native flute. Mr. Manny Rosales (Service Area 7 Chief)

graciously provided the L.A. County Land Acknowledgement. Raul Garcia (Substance Abuse Counselor - Wixaritira) led the AICC Drum Group in sharing opening and honoring songs; the drum group is comprised of clients from the weekly wellness group.

As part of the FOR event set-up, AICC's Keith Vielle (Substance Abuse Counselor - Blackfeet) gained the support of United American Indian Involvement to use their community tipi. The tipi is a traditional dwelling that holds many teachings, which Mr. Vielle provided while guiding clients and community in the building of it, earlier in the day; later in the day, the tipi served as a place for storytelling by Mr. Vielle. Also, during AICC's FOR, attendees were able to take in cultural and plant teachings offered by Taylor Pulsifer (Community Member - Skokomish) and Blanca Diaz (Urban Nature Field Specialist) in the AICC garden and also, adjacent to the tipi, laugh and listen to well-known Native American comedian Jim Ruel (Bay Mills Ojibwe).

As part of the FOR, AICC hosted a meal by Wildhorse Café — a traditional corn, beans and squash stew — as well as a favorite taco vendor. AICC also offered activities for attendees, including sage bundling (gathering of traditional plant medicine used in a variety of ways) and basketweaving (an Indigenous practice traditionally





weaving plant materials into baskets to (cont'd) carry babies, food, water, medicines; to cook, to sift, and numerous other purposes). Charlotte Lujan (Medical Case Worker II - Santa Ana Pueblo/Taos Pueblo) hosted the sage bundling and Stephanie Mushrush (Psychiatric Social Worker II - Washoe Tribe of NV & CA) hosted the basketweaving. By engaging in traditional practices, clients and community were given an opportunity to reconnect to traditions held by countless tribes across Native Country. The act of practicing American Indian/Alaska Native (AI/AN) lifeways are part of resistance to colonization, and to forgetting traditional ways that helped Indigenous people live and thrive for thousands of years. AICC also recognized clients who have experienced success and have become role models in the community, on a healing path utilizing western therapy integrated with Native traditional and spiritual practices.

On December 18, 2024, AICC hosted its annual Winter Solstice gathering, which represented another intentional focus on the change of seasons, in alignment with traditions. Staff and community shared about Wintertime traditions and practices, as well as storytelling, as a way to promote coping during a challenging season. Clients and community gathered in a circle and listened.

AICC Gardening volunteer, Blanca Diaz, provided a presentation offering knowledge about gardening and plants during the Winter season.

During both events, other Native-focused non-profits and community agencies also attended, providing resources and information to attendees for additional support. These community partners included Native Ways 2 College, So-oh Shinali Sister Project, Sacred Path Indigenous Wellness Center, United American Indian Involvement, Torres Martinez Tribal TANF, Pukuu, American Indian Resource Center, Walking Shield, and many others.

The planning and coordination for these events was spearheaded by leadership in the American Indian Counseling Center Cultural Planning Committee, including Dr. Daniel Dickerson (Addiction Psychiatrist — Inupiaq), Dr. Andrea Garcia (Physician Specialist — Mandan, Hidatsa, Arikara), Stephanie Jones (Mental Health Clinical Supervisor), Gabriela Vasquez (Program Director) and others. AICC looks forward to a successful 2025 in continuing to engage and build community collaboration through events in each season, for the wellbeing of clients and community.

Coming Together When It Really Matters

It was the Palisades Fire that first captured everyone's attention on January 7, 2025. Six more fires would soon follow and, taken together, damage from the L.A. Wildfires would constitute the costliest fires in the history of the state, if not the country; more than the damage from California's Campfire in 2018, and more than Hurricane Katrina in 2005. According to CalFire, some 16,000 buildings were destroyed. Some estimates put the cost to replace or rebuild at upwards of \$250 billion with complete physical and economic recovery taking as long as a generation, maybe longer. Sadly, 29 lives were lost and, of course, no amount of time or money can ever replace them.

In the coming months, questions will be asked about how such a disaster could have happened. Why was the Santa Ynez Reservoir drained of its 117 million gallons of water? Why was the county's fire department better prepared by prepositioning equipment and personnel while the city's fire department was not? The answers may be slow in coming but, in the meantime, we can all take a moment, to reflect on the positive aspects of the wildfires disaster as people of diverse faith traditions came together in time of need.

Nineteen churches, temples, mosques and other houses of worship were either damaged or destroyed by the Eaton and Palisades Fires. One example is the sanctuary at the

Parish of St. Matthews, an Episcopal Church in Pacific Palisades, which remains intact while its Rectories were destroyed and an estimated 75% of the congregation lost their homes. In Altadena, the United Methodist Church was completely lost and around 60 of its congregants lost their homes.

In response, religious organizations did everything they could to help one another during the fires. Scott Tanner from the Church of Jesus Christ of Latter-Day Saints said that congregations from Latter Day Saints "were the primary source of relief efforts among its own members but also contributed supplies to other churches in hard hit areas, primarily Altadena." Mr. Tanner, who lives in Pacific Palisades (but in a neighborhood that did not have to evacuate), added that around 40 church members lost their homes in the Palisades and were taken in either by other family members or by church congregants living in safer areas. Along with his wife, Sydney, Scott joined an estimated 500 volunteers from his church to help with relief efforts at the Pasadena Wildfire Community Resource Center.

Rabbi Noah Farkas, president of the Jewish Federation Los Angeles, shared how 482 Jewish families had lost their homes and another 499 families had homes that were damaged. His organization established the Wildfire



A predominantly Black congregation worshipped at the United Methodist Church in Altadena.

Crisis Relief to provide essential resources, including mental health support, warm meals, shelter and space to displaced individuals and families.

Such altruism is demonstrated by members of diverse religious traditions all over Los Angeles County. In the Altadena area, resident members of the Bahá'í Faith had already been working at building community among the residents for some time. A storefront dedicated to this purpose was established at 725 N. Los Robles Avenue in neighboring Pasadena. In time, the Bahá'ís were able to form devotional meetings, children's classes and junior-youth groups comprised of the residents from the broader community who, themselves, came from diverse faith backgrounds. Using a spreadsheet of all the families they had visited in the fire-damaged area, they surveyed which families had evacuated and what their immediate needs might be. Some were in shelters having lost their homes, some had evacuated and not yet returned while others remained in their homes. Two areas of concern soon became apparent. The need for fresh water since the water system in the two "Denas" became contaminated due to damage to the system and redirection of water due to the fires. Both cities advised their residents to avoid use of tap water and that even boiling water prior to use would be inadequate. Bahá'ís living nearby donated thousands of small containers of clean water to be distributed to families in need.

The other identified need was for air purifiers since the fires had contaminated the air with toxins. Air purifiers were sourced initially by a Bahá'í core team on Los Robles Avenue and, later, deliveries of air purifiers to the neighborhood institute center was coordinated by the Bahá'í Center in Los Angeles.

Of course, the Bahá'ís living in Altadena and Pasadena were not alone in these efforts. Catholic Charities quickly launched efforts to provide massive relief to victims of the fires as did the Salvation Army, both national organizations with vast resources. Big or small, religious organizations and, indeed interfaith associations all arose to the challenge to help others in need. The Los Angeles Council of Religious Leaders, a leading interfaith organization in California, arranged an information-sharing meeting for its members — where to go for insurance issues, how to access the city's resources to help victims of the fires, how to get help with cleaning up debris or aid for pets.

For a brief span of time, we became not just a community but a society demonstrating real concern for one another's wellbeing. Whether it's the parable of the Good Samaritan in the Bible or the Golden Rule extant in all religions to treat others as one would wish to be treated, religion is a powerful source for good, most especially in times of crisis when we need it most.

The City of Pasadena assigned two areas to the Bahá'ís for a volunteer clean-up day.
(Photo Credit: Spiritual Assembly of the Bahá'ís of Pasadena)



BROTHER ABEL | The S.A.L.T. (Savior's Ambassadors Laboring Together)

L.A. Fires 2025: **In the Midst of Devastation,** **A Story of Hope and Love Emerged**

Watch as the raging Eaton Fire threatened the eastern end of Arcadia, transforming the skyline into a fiery inferno before halting its advance toward Monrovia. Scenes of destruction in Pasadena and Altadena, secured by military and law enforcement blockades, paint a stark picture of loss.

But then — blessings unfold. Witness the incredible Fire Relief Supply Drive hosted by Cathedral Church of Highland Park, in collaboration with World Vision, the Dream Center, the Faith Collaborative to End Homelessness, and Operation Blessing. Together, they brought food, supplies, and the love of Christ to fire survivors.

The generosity didn't stop there. Remaining supplies were sent to Calvary Chapel Monrovia, where Calvary Relief and Blue Tape Ministries continue to extend care, prayer, and hope to those in need — daily and with no end in sight.

See how faith in action turned heartbreak into healing.



The Nia Foundation, Inc.

Safe Spaces for Youth Make A Lasting Impact

In the heart of Los Angeles, a dedicated non-profit organization is making waves with its unwavering commitment to youth services and community support. This holiday season, the Nia Foundation, Inc. stepped up to make a significant difference by donating crucial supplies and providing over 200 toys and food baskets to families in need. Their incredible generosity not only brought smiles to countless faces but also highlighted their ongoing dedication to fostering resilience and empowerment among local youth.

The organization, known for its extensive counseling services, youth programs, and community outreach initiatives, has been a pillar of support for young people in the area. Through one-on-one counseling, after-school programs, and mentorship, they aim to provide youth with the tools to overcome challenges and reach their full potential. However, this December, the organization went above and beyond their usual work to directly respond to the urgent needs of the community.

When wildfires ravaged parts of Los Angeles, leaving families displaced and in need of immediate assistance, the non-profit quickly mobilized to support the victims. They donated food, clothing, and essential supplies, offering a helping hand to those impacted by the fires. The organization's commitment to disaster relief reflects their core belief in supporting families and young people through times of crisis.

To learn more about the non-profit's programs and upcoming initiatives, visit its website at www.safespacesyouth.org or follow its social media at https://instagram.com/NIA_SafeSpaces on Instagram.

The Nia Foundation, Inc. - Safe Spaces for Youth is a Los Angeles-based non-profit organization dedicated to providing counseling, mentorship, and resources to young people facing challenges in their lives. Through a variety of youth-centered, youth driven programs, the organization works to empower individuals to reach their full potential and thrive in their communities.



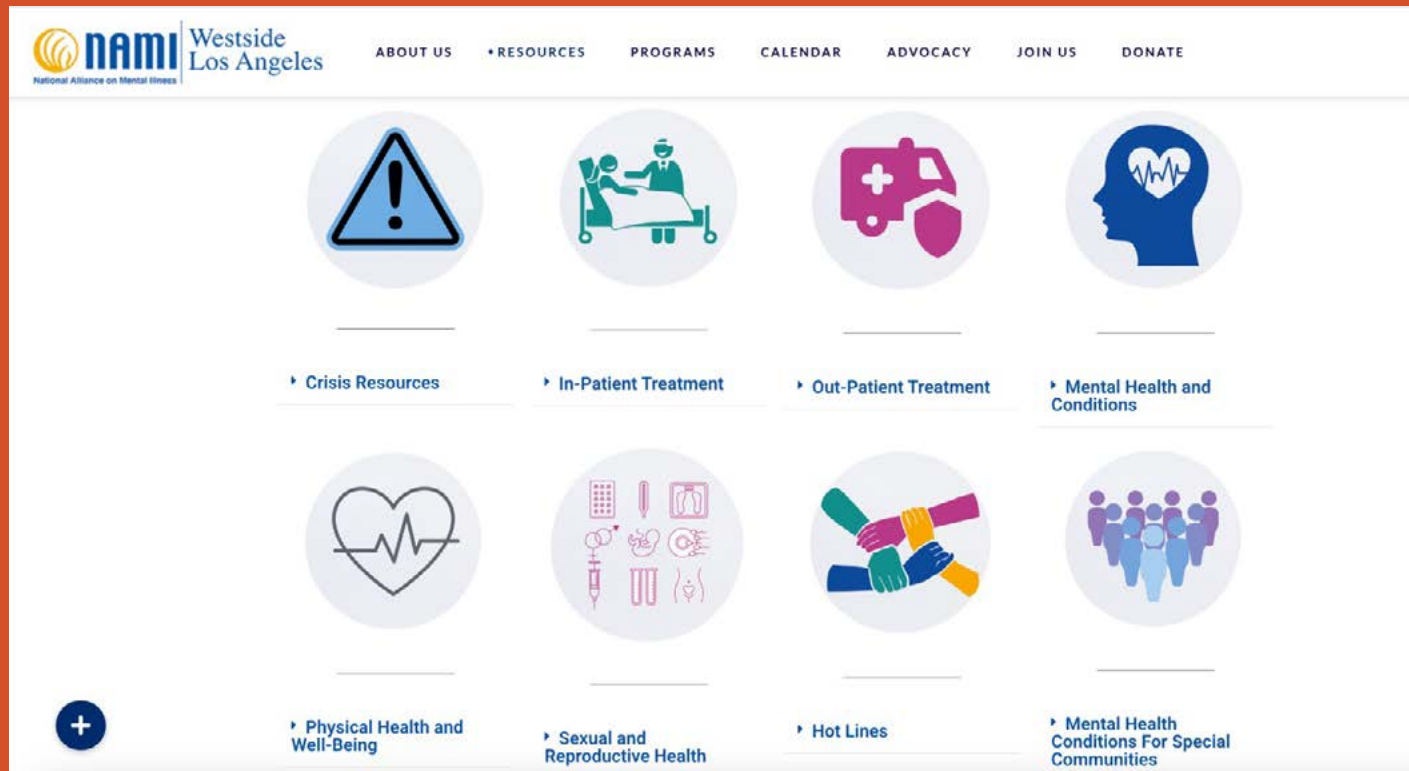
The National Alliance on Mental Illness Offers Free Education Programs

The National Alliance on Mental Illness (NAMI) Westside Los Angeles offers free education programs, along with support, guidance, and hope for the growing number of Angelenos affected by mental health conditions. The NAMI Westside Los Angeles Children's Mental Health Toolbox is a robust resource that covers various aspects of mental health.

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI provides education, support, and advocacy to improve the lives of those living with mental illness, as well as their families and friends, mental health professionals, and all who share NAMI's vision and mission. The nonprofit organization was founded in 1979, and now has more than 210,000 members and 1,200 affiliate groups across the U.S.

The NAMI Westside Los Angeles chapter is one of a number of affiliates of both the NAMI California and the NAMI National. We provide services in the Westside Los Angeles region.

Available in many languages, you can access the free NAMI Westside Los Angeles Children's Mental Health Toolbox here: <https://namiwla.org/childrens-mental-health-toolbox/>



NAMI Greater Los Angeles County (GLAC)

Receives Funding from LACDMH to Support a Multitude of Programs

These are just some of the stories and testimonials from folks who use our services.

National Alliance on Mental Illness (NAMI) GLAC also created a list of trauma resources for folks impacted by the fires which includes our warmline and helplines. <https://namiglac.org/resources/trauma-resources/>.

Here is a calendar of all of our programs held by our chapters in L.A. County. <https://namiglac.org/calendar/>

"I feel more confident speaking to my loved ones and partner about mental illness and have communication tools for speaking with my loved one with the mental illness. I also feel more confident being social again because I feel less guilt about my loved one's condition."

- NAMI Glendale

"I had to contact the [local] police and mental health for a wellness check for my son last week. Due to NAMI, I spoke with determination and clarity about my son's mental health condition and gave the officer needed information. I asked for a mental health trained officer and was pleased with the gentle and professional response."

- Leslie P., NAMI Glendale

"Family to Family has been invaluable to helping me understand my loved one's mental health struggles. I have felt heard and a lot less lonely. Moreover, I am now informed about what it means to be a caregiver for someone with a mental illness. I would absolutely participate Family to Family again; [the instructors] are well informed, honest, and understanding. They make the world a better place."

- J. Reyes, NAMI Pomona Valley

"I was very hesitant on committing to this course. Sharing my personal life, no way. Luckily I came to my senses with help from my wife convincing me. She does that sometimes. I am so thankful for all the exercises, testimonials, and group support I received during the 8-week course. Listening for the first few classes got me to open up and speak of my story. Venting was such a release and was nice knowing there was no judgement. Everyone in our group was so helpful with listening and hearing their input. Our Leaders were amazing every day with their understanding, input, and heartfelt stories. Will definitely recommend NAMI to all families in need."

- A. Torres, NAMI Pomona Valley

PEER VOICES

"I became trained as a Peer-to-Peer leader to conduct the Peer-to-Peer education courses. It has been a privilege to be in this position now as an educator in the mental health community. I have to pinch myself when I think of where I am now vs. when I got diagnosed with Bipolar in 2006. I can't deny that this illness is treatable which means there are still many times where I feel like I don't know how I'm going to make it, however because of the support of my peers, family, faith, friends, and community I am still here. This little 5-year-old girl who was too shy to use her voice loudly when others saw the potential in her has now grown up and is no longer afraid to shout loudly for those who suffer in silence to become their voice, and learned how to use her own. Presently I am a NAMI Peer to Peer leader, attending University classes in a certificate program called the Bridge Program. I'm excited about my future and look forward to what's next in my journey through this life."

- Zakiyyah W., NAMI South Bay Los Angeles

"Me ha beneficiado el programa de NAMI para poder hablar sobre lo que me pasa y entender que hay ayuda. Nami me ha ayudado a comprender mis síntomas y ayudar a alguien más. Gracias por todo." // "I have benefited from the NAMI program to be able to talk about what is happening to me and understand that there is help. NAMI has helped me understand my symptoms and [how to] help someone else. Thanks for everything."

- NAMI San Fernando Valley

IN OUR OWN VOICE ATTENDEE

"From listening to the speakers sharing their personal experience, it changed my perspective on the current crisis my loved one is in and put it in the context of a larger struggle and journey that I can have hope about."

PROGRAMAS EN ESPAÑOL // PROGRAMS IN SPANISH

“Nuestra Familia fue beneficiada, porque gracias a los programas de NAMI, llegamos a aceptar y reconocer que necesitábamos ayuda, para así mismo poder entender los diagnósticos y tratamientos, y sobre todo como ver el panorama con más herramientas y recursos. Gracias a NAMI San Fernando por estar siempre apoyando a la comunidad de habla hispana, trayendo las clases y talleres en nuestro idioma” // “Our Family has benefited because, thanks to the NAMI programs, we came to accept and recognize that we needed help, we understand diagnoses and treatments, and above all how to see the full picture with more tools and resources. Thanks to NAMI San Fernando for always supporting the Spanish-speaking community, bringing classes and workshops in our language.”

- NAMI San Fernando Valley

“Los programas de NAMI me han sido de mucha ayuda, he aprendido y sigo aprendiendo como navegar en el sistema y saber cuales son los derechos de mi hijo y cuales son mis derechos como cuidadora, sin estos programas me hubiera sido mucha mas complicada la recuperación de mi hijo y mi recuperación como cuidadora.” // “The NAMI programs have been very helpful to me, I have learned and continue to learn how to navigate the system and know what my child’s rights are. [I also learned] what are my rights as a caregiver. Without these programs, my son’s recovery and my recovery as a caregiver would have been much more complicated.”

- NAMI San Fernando Valley

“Sacamos todo lo que llevamos por dentro. Por ejemplo, yo tengo muchas preocupaciones por mis hijos. Ellos me dieron una platica donde me ayudo mucho. Tengo muchas problemas con mis hijos y no ha buscado ayuda hasta que vine aqui. Saque todo lo que tengo por dentro.” // “We released everything we carried inside. For example, I have so many worries concerning my children. The [presenters] provided a discussion that helped me so much. I have many concerns with my children and I didn't look for help until I came here. I released everything I had inside.”

- NAMI Glendale

NAMI SAN GABRIEL VALLEY HELPLINE

“Thank you so very much for the very thorough explanation of resources, which I could have never found on my own...I have always thought if [my son] could just find someone he trusts to talk to, perhaps that person would connect with him. I plan to share these resources with my family members, who I hope will join me in learning more about how we all can best support my son.”

- Anonymous

Support Groups (FSG and Connection) Scores

- The support group was helpful to me: 4.8/5
- The support group facilitators communicated effectively: 4.9/5
- The support group provided me with resources and skills to help make the best treatment decisions for myself or my loved one: 4.7/5
- The support group helped me understand that the symptoms of mental illness are separate from the person who has the condition: 4.7/5
- The support group helped me understand that mental illnesses are biological conditions that are no one’s fault: 4.8/5
- The support group provided me with information and resources that will help manage crisis situations related to mental illness: 4.6/5
- The support group helped me have hope for the future: 4.8/5
- How likely are you to recommend the support group to someone else? 9.7/10

What was the most effective or valuable part of the support group?

- The understanding, compassion, and support. I have value and am worthy.
- Being with people who don’t blame you for your loved one’s mental illness.
- I am not my illness.
- It was comforting to me to meet with others who share similar issues, thinking, and problems. I left feeling uplifted and hopeful!
- Knowing I am not alone and there is hope.
- Sharing “unsolvable” problems with friends; Maybe not unsolvable after all.
- Knowing I was being held in community is huge and seeing the friendly faces that welcome me each week and encourage me to keep going and to never give up hope.

**LA County Department of Mental
Health is hosting events near you —
come & enjoy:**

- Free food, music & giveaways
- Free community resources
- Meditation, yoga & other wellness activities



JOIN US!

Monday, May 5, 11 am - 3 pm
Service Area 6
LA Southwest College
1600 W. Imperial Hwy., Los Angeles

Wednesday, May 7, 11 am - 3 pm
Service Area 1
Antelope Valley College
(Lancaster Campus)
3041 West Avenue K, Lancaster

Thursday, May 8, 10 am - 1 pm
Service Area 5
Santa Monica City College
(Main Quad)
1900 Pico Blvd., Santa Monica

Monday, May 12, 11 am - 3 pm
Service Area 2
LA Valley College
(Monarch Square)
5800 Fulton Ave., Valley Glen

Tuesday, May 13, 11 am - 3 pm
Service Area 7
Rio Hondo College
(Quad)
3600 Workman Mill Rd., Whittier

Wednesday, May 14, 11 am - 3 pm
Service Area 8
Harbor College
1111 Figueroa Place, Wilmington

Thursday, May 15, 11 am - 3 pm
Service Area 4
Los Angeles City College
(North Park/ NE Quad)
840 Heliotrope Dr., Los Angeles

Wednesday, May 28, 11 am - 3 pm
Service Area 3
Pasadena City College
(The Quad)
1570 E. Colorado Blvd., Pasadena

Saturday, May 31, 11 am - 3 pm
Countywide
Gloria Molina Grand Park
200 N. Grand Ave., Los Angeles

**For ADA accommodations, community
members should reach out to:**

Email: ADA@dmh.lacounty.gov

Phone: (213) 943-8120
(213) 947-6837



WELLNESS • RECOVERY • RESILIENCE

www.takeactionla.com

Submission Deadlines

Stakeholder Newsletter Q2 2025

Monday, April 21, 2025 | Call for Content Submissions Opens
Friday, May 9, 2025 | Stakeholder Content Submissions Due

Get ready for the next Quarterly coming out at the end of June!

We hope after seeing this issue that you feel inspired to share and submit your story, art, or creative idea for the next issue! Submissions are welcome in any format and all content will represent diverse voices from the L.A. community and equitably sought from all stakeholder groups (e.g. SALTs, UsCCs, CCC, Health Neighborhoods, Faith-Based partners, Peer Counsel).

The theme for the next issue will be spring and summer renewal and growth.

As the seasons shift from the fresh blooms of spring to the heat of summer in L.A., we invite you to explore the theme of renewal and growth. How do you embrace these seasons as opportunities for personal wellbeing and transformation? In what ways do you nurture your physical and mental health, either as an individual or within your community?

We welcome reflections, stories, poetry, essays, artwork, and photography that capture the essence of rejuvenation, resilience, and thriving through change. Whether it's through mindful practices, outdoor adventures, community engagement, or personal rituals, share how you cultivate wellness and renewal during this vibrant time of year.

Send us your submissions and be a part of the conversation on flourishing through spring and summer! Stay tuned for the official Call for Submissions.

Q2 2025 Diversity and Multicultural Calendar

Courtesy of the ARISE Division - Cultural Competency Unit
and the Cultural Competency Committee

April

- | | |
|---|--|
| 02 - World Autism Day (United Nations)
- Sizdah Bedar (Nature's Day - Iranian festival) | 12 - National Equal Pay Day |
| 02-03 - California's American Indian & Indigenous Film Festival (CAIIFF) | 15 - Memorial of Jesus Christ's Death/
Good Friday (Christian) |
| 02-May 02 - Ramadan (Annual observance commemorating the revelation of the Qur'an in Muslim culture) | 15-23 - Passover (Jewish) |
| 04 - Children's Day (Taiwan, Republic of China) | 17 - Easter (Christian) |
| 05 - Qingming Festival (Commemorating ancestors in Taiwan, Republic of China) | 22 - International Earth Day |
| 06 - International Asexuality Day (LGBTQ+) | 24 - Armenian Genocide Remembrance Day |
| 07 - World Health Day (Global) | 26 - National Lesbian Visibility Day |
| 08 - Day of Silence (LGBTQ+) | 27 - Administrative Professionals Day
- Show Your Mettle Day (Empowering persons with limb loss, U.S.) |
| 10 - National Youth HIV and AIDS Awareness Day (U.S.)
- Palm Sunday (Christian)
- Rama Navami (Hindu spring festival that celebrates the birthday of Shree Rama) | 27-28 - Yom Hashoah (Jewish Holocaust Remembrance Day) |
| 11 - Parkinson's Disease International Awareness Day (Global) | 28-30 - Gathering of Nations (Native American) |
| | 29 - World Wish Day (Global) |
| | 30 - Children's Day (Celebration of children in Mexico)
- World Healing Day |

MONTH-LONG OBSERVATIONS

Alcohol Awareness Month	International Black Women's History Month	National Sexual Assault Awareness & Prevention Month
Arab-American Heritage Month	Limb Loss Awareness Month (U.S.)	National Volunteer Month
Autism Acceptance Month	National African American Women's	Paralyzed Veterans
Celebrate Diversity Month	Fitness Month	Across America Month (U.S.)
Couple Appreciation Month	National Child Abuse Prevention Month	Tartan (Scottish-American) Heritage Month
Earth Month	National Donate Life Month (U.S.)	Testicular Cancer Awareness Month
Emotional Overeating Awareness Month	National Minority Health Month	Women's Empowering Month
Genocide and Human Rights Awareness Month	National Occupational Therapy Month	

Q2 2025 Diversity and Multicultural Calendar

Courtesy of the ARISE Division - Cultural Competency Unit
and the Cultural Competency Committee

May

02-03 - Eid al-Fitr (Muslim holiday marking the end of Ramadan)

03 - World Asthma Day (Global)

05 - Cinco de Mayo (Mexican American)

- Children's Day (Korean)

- National Children's Mental Health Awareness Day (U.S.)

- National Day of Prayer (U.S.)

08 - World Red Cross & Red Crescent Day (Global)

11 - Mother's Day (U.S.)

12 - Buddha Day (Buddhist)

16 - National LGBTQ+ Elders Day

17 - International Day Against Homophobia, Transphobia and Biphobia (LGBTQ+)

19 - Global Accessibility Awareness Day (GAAD, 3rd Thursday of May)

20 - Mental Health Action Day

21 - World Day for Cultural Diversity for Dialogue and Development (Global)

22 - Harvey Milk Day (LGBTQ+)

24 - Declaration of the Báb (Baha'i festival to celebrate the Báb's announcement in 1844)

- National Brothers Day

MONTH-LONG OBSERVATIONS

Asian/Pacific Islander American Heritage Month

Better Speech and Hearing Month (U.S.)

Haitian Heritage Month

Indian Heritage Month

Jewish-American Heritage Month

Mental Health Month (U.S.)

Mobility Awareness Month (U.S.)

National Nurses Month

Older Americans Month (U.S.)

South Asian American Heritage Month

Q2 2025 Diversity and Multicultural Calendar

Courtesy of the ARISE Division - Cultural Competency Unit
and the Cultural Competency Committee

June

- | | |
|---|--|
| 02 - American Indian Citizenship Day (U.S.) | 18 - Autistic Pride Day (U.S.) |
| 03 - Dragon Boat Festival (Taiwan, Republic of China) | 19 - Juneteenth |
| 04-06 - Shavuot (Jewish Holiday) | 20 - World Refugee Day |
| 05 - HIV Long-Term Survivors Day
- National Cancer Survivors Day
(first Sunday in June) | 21 - Litha, Summer Solstice (Pagan) |
| 08 - Race Unity Day | 25 - The Korean War Remembrance Day (Korean) |
| 12 - Loving Day (Interracial relationship and families)
- National Children's Day (U.S.)
- Remembrance Day of Pulse
Nightclub Shooting (LGBTQ+) | 26-July 3 - Helen Keller Deaf Blind
Awareness Week (U.S.) |
| 13 - International Albinism Awareness Day
(United Nations) | 26 - The Birthday of Andrew Foster, known as the
father of Deaf Education in Africa
(June 27, 1925) |
| 15 - National Elder Abuse Awareness Day | 27 - National Post Traumatic Stress Disorder Day
(U.S.) |
| | 28 - Pride Day
(may vary by city and country, LGBTQ+) |

MONTH-LONG OBSERVATIONS

Alzheimer's and Brain Awareness Month (Global)
Black Music Month
Elder Abuse Awareness Month
Immigrant Heritage Month
Men's Health Awareness Month
National Caribbean American Heritage Month
Pride Month (LGBTQ+)
Post-Traumatic Stress Disorder (PTSD) Awareness Month

About All of Us

CULTURAL COMPETENCY COMMITTEE

The Cultural Competency Committee (CCC) serves as an advisory group for the infusion of cultural competency in all of Los Angeles County Department of Mental Health (LACDMH) operations. The CCC advocates for the needs of all cultural groups. Its membership includes the cultural perspectives of consumers, family members, advocates, directly operated providers, contracted providers, and community-based organizations. Additionally, the CCC considers the expertise from the Service Areas' clinical and administrative programs, front line staff, and management essential for sustaining the mission of the Committee. The CCC is led by two Co-Chairs who are community representatives and elected annually by members of the Committee.

<https://dmh.lacounty.gov/ccu/ccc/>



ACCESS FOR ALL USCC

The Access for All USCC subcommittee was established under the Mental Health Services Act for the purpose of increasing mental health access and to produce stakeholder priorities which will advise LACDMH's action planning toward development and improvement of its services and partnerships to better engage underserved and marginalized cultural and ethnic communities in Los Angeles County.

<https://dmh.lacounty.gov/about/mhsa/uscc/access-for-all-uscc/>



AMERICAN INDIAN/ALASKA NATIVE (AI/AN) USCC

The American Indian/Alaska Native (AI/AN) Underserved Cultural Communities subcommittee was established under the Mental Health Services Act (MHSA), with the goal to reduce disparities and increase mental health access and to produce stakeholder priorities which will advise LACDMH's action planning toward development and improvement of its services and partnerships to better engage underserved and marginalized cultural and ethnic communities in Los Angeles County. According to the 2010 USA Census Bureau report, Los Angeles County is the home to the largest AI/AN population, which is approximately 160,000 residents.

The AI/AN UsCC subcommittee provides LACDMH with community-driven and culturally specific capacity building project recommendations and/or project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma with the ultimate goal to reduce cultural and ethnic disparities in access to care and service delivery.

<https://dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc/>



ASIAN AND PACIFIC ISLANDER (API) USCC SUBCOMMITTEE

The Asian Pacific Islander (API) UsCC subcommittee was established under the Mental Health Services Act for the purpose of increasing mental health access and to produce stakeholder priorities which will advise LACDMH's action planning toward development and improvement of its services and partnerships to better engage underserved and marginalized cultural and ethnic communities in Los Angeles County.

The API UsCC subcommittee provides LACDMH with community-driven and culturally specific capacity building project recommendations and/or project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma with the ultimate goal to reduce cultural and ethnic disparities in access to care and service delivery.

<https://dmh.lacounty.gov/about/mhsa/uscc/asian-pacific-islander-api-uscc/>



BLACK AND AFRICAN HERITAGE USCC

The Black and African Heritage Underserved Cultural Communities (UsCC) subcommittee was established under the Mental Health Services Act (MHSA), with the goal to reduce disparities, increase mental health access, and to produce stakeholder priorities which will advise LACDMH's action planning toward development and improvement of its services and partnerships to better engage underserved and marginalized cultural and ethnic communities in Los Angeles County.



This subcommittee provides LACDMH with community-driven and culturally specific capacity-building project recommendations and/or project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma with the ultimate goal to reduce cultural and ethnic disparities in access to care and service delivery.

<https://dmh.lacounty.gov/about/mhsa/uscc/black-african-heritage-uscc/>

EASTERN EUROPEAN / MIDDLE EASTERN (EE/ME) USCC

The Eastern European Middle Eastern (EE/ME) USCC subcommittee was established under the Mental Health Services Act for the purpose of increasing mental health access and to produce stakeholder priorities which will advise LACDMH's action planning toward development and improvement of its services and partnerships to better engage underserved and marginalized cultural and ethnic communities in Los Angeles County.



The EE/ME UsCC subcommittee provides LACDMH with community-driven and culturally specific capacity building project recommendations and/or project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma with the ultimate goal to reduce cultural and ethnic disparities in access to care and service delivery.

<https://dmh.lacounty.gov/about/mhsa/uscc/eastern-european-middle-eastern-eeme-uscc/>

LATINO USCC

The Latino UsCC subcommittee was established under the Mental Health Services Act for the purpose of increasing mental health access and to produce stakeholder priorities which will advise LACDMH's action planning toward development and improvement of its services and partnerships to better engage underserved and marginalized cultural and ethnic communities in Los Angeles County.

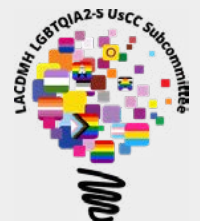


The Latino UsCC subcommittee provides LACDMH with community-driven and culturally specific capacity building project recommendations and/or project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma with the ultimate goal to reduce cultural and ethnic disparities in access to care and service delivery.

<https://dmh.lacounty.gov/about/mhsa/uscc/latino-uscc/>

LGBTQIA2-S USCC

The Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual, Two-Spirit (LGBTQIA2-S) USCC subcommittee was established under the Mental Health Services Act for the purpose of increasing mental health access and to produce stakeholder priorities which will advise LACDMH's action planning toward development and improvement of its services and partnerships to better engage underserved and marginalized cultural and ethnic communities in Los Angeles County.



The LGBTQIA2-S UsCC subcommittee provides LACDMH with community-driven and culturally specific capacity building project recommendations and/or project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma with the ultimate goal to reduce cultural and ethnic disparities in access to care and service delivery.

<https://dmh.lacounty.gov/about/mhsa/uscc/lgbtqia2-s-uscc/>

Disclosures and Acknowledgments

MENTAL HEALTH AND WELLBEING RESOURCES

Los Angeles County Department of Mental Health (LACDMH) supports the wellbeing of our County residents and communities. The LACDMH Help Line is available 24/7 to provide mental health support, resources and referrals at: **800-854-7771**.

Additional LACDMH resources are available at: <https://dmh.lacounty.gov/get-help-now>

988 Suicide & Crisis Lifeline: **Call or Text 988 or chat online at <https://988lifeline.org>**

Crisis Text Line – Text “LA” to 741741 <https://www.crisistextline.org>

CA Peer Run Warm Line: 855-600-WARM (9276) <https://www.calhope.org>

iPrevail: <https://lacounty.iprevail.com>

Teen Line: **800-852-8336** Nationwide (6 - 10 PM PST) Text “Teen” to 839863 (6 - 9 PM PST)
<https://teenlineonline.org>

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For more information, please contact us at: DMHCC@dmh.lacounty.gov