


**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH**  
**Strategic Communications Division**

**Eastern-European / Middle Eastern (EE/ME) UsCC Subcommittee Meeting Minutes**  
**4/30/2025**

2:00PM – 4:00PM via Teleconference

**Present:** Nane Avagyan, Mitra Shabani, David Arakelian, Sarkis Simonian, Nelly Ghukasyan, Jibril Hussen, Rhoda Addam, Magda Kirakosyan, Karima Sudan, Jamie Walker, Rubou Sous, Seta Haig, Mastaneh Moghadam, Amal Ibrahim, Josephine McMahan, Sydney Sonnier, Jayme Walker, Wali Hanifzai, Yue Hua Xu.

**DMH Admin:** Dr. Anna Yaralyan, Dr. Jennifer Alquijay, Yailin Noriega,

<b>Agenda Items</b>	<b>Comments/Discussion/Recommendations/Conclusions</b>
<b>Introductions</b>	<ul style="list-style-type: none"><li>• Everyone introduced themselves.</li><li>• Dr. Anna Yaralyan read the Board of Supervisors Land Acknowledgement.</li></ul>
<b>Meeting Minutes Review and Approval</b>	<ul style="list-style-type: none"><li>• Reviewed &amp; approved <b>3/26/2025</b> EE/ME Subcommittee meeting minutes.<ul style="list-style-type: none"><li>- Nelly Ghukasyan motioned to approve &amp; Sarkis Simonian second.</li><li>- Minutes were accepted by subcommittee members. There were no subcommittee member objections.</li></ul></li></ul>
<b>DMH Updates</b>	<p> Jamie Walker &amp; Dr. Jennifer Alquijay provided the following DMH updates:</p> <ul style="list-style-type: none"><li>• USCC Capacity Building Projects, CBPs, are still rolling out, all EE/ME USCC CPB projects are active.</li><li>• May is Mental Health month! At DMH we are currently working on organizing &amp; planning important community events for the May Mental Health month.</li></ul>
<b>EE/ME Subcommittee Capacity Building Proposals FY 2023-2024</b>	<ul style="list-style-type: none"><li>• <b>The Arabic Speaking Poetry Night Mental Health Outreach Project – Dr. Heather Laird.</b></li><li>• Vendor completed the second half of the project.</li><li>• Final project summary report has been submitted and approved by DMH. The final project invoice will be processed.</li></ul>

**Anna Yaralyan announced which projects have been rewarded to Vendors:**

- 1. Support Group and Mental Health Educational Seminars for Afghan Refugees - Qazizada Multicultural Therapy Clinic:**
- The Vendor reported that the Support Group and Mental Health Educational Seminars for Afghan Refugees are going well and according to timeline.
  - The second seminar was held at CSUN.
  - The third seminar was on April 19, 2025, at Islamic Society of West Valley, 21010 Vanowen St. Canoga Park, CA 91303. A total of 52 people participated.
  - The seminars focus on variety of mental health topics pertaining to the Afghan Community, including trauma, intergenerational conflicts, immigration challenges, difficulties adjusting to a new country, & the trauma from the Afghan War.
  - Vendor continues the process of identifying the venues to conduct mental health seminars to the Afghan Community members.
  - The final seminar will be given in the month of June.
- 2. Armenian Wellness Festival Project – Nuway Express Inc.**
- Armenian Wellness Festival Project will be on May 4<sup>th</sup>, 2025, at Pacific Community Center & Park. The address of the venue is 501 South Pacific Ave., Glendale, CA, 91204.
  - The final preparations for this event are currently being conducted.
  - The Armenian Wellness Festival will include 8 mental health presentations and wellness & cultural activities.
  - Some of the event highlights will include, mental health seminars tailored towards the Armenian Community, wellness activities, traditional Armenian food, live music, DJ & Dance Group, children’s activities and more.
  - Some of the wellness activities will include cooking, making of “Jingalov Hats,” which is a stuffed flat bread with herbs, yoga, poetry readings, Armenian tea ceremony, flower arrangement class, etc.
  - Some of the seminars will include, “Raising Resilient Children,” “Domestic Violence within the Armenian Community,” “Depression & Anxiety,” etc.
  - The Vendor will continue the process of advertising the festival until the day of the festival.
  - The project is going within its timeline and will be completed by the end of June 2025.

**3. Armenian Poetry Circles for Mental Health - Prolific Styles LLC, Sydney Sonnier.**

- Vendor reported that in the month of April total of **9** Armenian Poetry Events were completed at different Armenian Adult Day Care Centers in LA County.
- Some of the venues where the Poetry Events were held included the Ararat Mission Center, Grandview House Inc. Adult Day Care Center in Glendale, and Daily Dreams Day Care.
- Popular and loved classical poems have been read in the Armenian language.
- In some Adult Daycare Centers, piano was also played and traditional Armenian instrument “Duduk.”
- Vendor will continue the promotional efforts for the Armenian Poetry Events.
- Vendor continues to identify venues for the Armenian MH Poetry Events, such as Armenian Adult Daycare Centers, community public libraries, senior centers, and children’s day care centers.
- The project is going within its timeline and will be completed by the end of June 2025.

**4. The Arabic Coffee & Tea Project – Karima Sudan Organization.**

- Vendor reported that the first event was completed in April, on “Stress & Stress management.” This event included children’s activities, face painting, singing & dancing, and wellness activities & exercises on stress management for adults. This event also included great deal of men who talked about their feelings.
- The second event will be held on May 18, 2025. The title of this event will be, “Power of Thinking. The Art of Building a Resilient Mindset.” This event will be held at 3376 Motor Ave. Los Angeles, CA, 90034.
- The final workshop will be held sometime in late May or the beginning of June. The Vendor is in the process of finalizing the venue for this event.

**5. Russian and Farsi Mental Health Film Project #2 – Cross Cultural Expressions, Mastaneh Moghadam, LCSW!**

- Vendor reported that the project is going well & according to plan in terms of completing the films.

	<ul style="list-style-type: none"> <li>• Currently, the Russian and Farsi Mental Health films are completing the editing &amp; subtitling process.</li> <li>• Vendor will start the advertainments &amp; promotion of the Russian &amp; Farsi MH films.</li> <li>• The English premier of the movie will be on May 22, 2025, at Harmony Gold Theater in Hollywood. It is a cinema offering shows, events, advance screenings, and festivals.</li> <li>• Address: 7655 W Sunset Blvd, Los Angeles, CA 90046.</li> <li>• The Russian Film premier will be on May 29<sup>th</sup>, in Encino &amp; the Farsi Film will be on June 5<sup>th</sup>, 2025.</li> <li>• All the film screenings will be followed by a Q &amp; A segment with the actors/actresses, screen writer, producer, mental health professional, and director of the films.</li> <li>• The project is going within its timeline and will be completed by the end of June 2025.</li> </ul>
<b>Next Meeting</b>	<ul style="list-style-type: none"> <li>❖ <b>Labor Acknowledgement</b></li> <li>❖ <b>Next meeting will be on Wednesday 6/25/2025, from 2:00pm – 4:00pm.</b></li> <li>❖ EE/ME USCC Subcommittee meeting might go “Dark” for the month of July 2025. Subcommittee members will have the final vote on this at the June 2025 subcommittee meeting.</li> </ul>
	<p><b><u>Join Microsoft Teams Meeting</u></b></p> <ul style="list-style-type: none"> <li>• (323) 446-6996 United States, Los Angeles (Toll) Conference ID: 985 297 792#</li> </ul>