

## Meeting Minutes

### Latino UsCC Subcommittee Meeting

**Date:** April 15, 2025

**Time:** 2:00 PM – 4:00 PM

**Location:** Virtual Meeting (Microsoft Teams)

**Participants:** Amanda Macal; Alexis Aguirre; Alexis Lopez; Angelina Mendoza; *Anna Yaralyan*; Betty Mendoza; *Claudia Fierro*; *Claudia Ribota Lindgren (translator)*; Coach Afi G; *Dr. Chiyah Lawrence*; Dr. Eric Hernandez; *Dr. Evelyn E. Espinoza*; *Dr. Jennifer Alquijay*; Dr. Luis Guzman; Elsy Molina; Felix Menendez; Gabriela Gonzalez; Gabriela Velasquez; Irma Velasquez; Jennyfer Ibarra-McMahon; Jessica Sanchez; Jessica Valadez; Joann Reeder; Karina Garcia-Steward; *Losha (translator)*; Maria Elena Arauco; *Maria Guerra*; *Martha Ortiz*; Mercedes Moreno; Pastor Christian Ponciano; Patricia Veliz Macal; *riKu Matsuda*; Sara Z. Mijares; Sydney Tabizon; *Yailin Noriega*; *Zuleima Molgado*

**Co-Chairs:** Maria Elena Aruaco & Gabriela Gonzalez

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### 1. Welcome and Introductions

- Maria Elena Arauco & Gabriela Gonzalez – Earth Day Video.

### 2. Meeting Minutes

- Motion to approve: Jennyfer Ibarra-McMahon. Seconded by Irma V. Flores.

### 3. Nature and Mental Health:

- *The Brain is a Garden* by Dr. Aretha Hampton

### 4. Capacity Building Project Presentations:

- **Indigenous Healing PSAs** – Sara Mijares (Mundo Maya Foundation)
  - PSAs will be in Three Indigenous languages and Spanish, then shared across Social Medias.
  - Topics: Fear, addiction, and domestic violence

- **Latino Wellness Outreach** - Alexis Lopes (Casa de la Familia)
  - Plans for virtual and in-person wellness events, with Spanish Focus
  - Topics: immigration, aging parents, and youth mental health.
  - Tentatively scheduled for 6/14.
  - Dr. Guzman discussed cultural considerations of mindfulness practices and recommended adapting approach to Latino Communities.
  - Coach Afi expressed deep appreciation for the wellness project and emphasized that while men often shy away from healing due to cultural and historical influences, they are open to it when supported, especially through the influence of women in their lives. He advocated for inclusive, non-religious healing spaces rooted in self-connection and nature, affirming that true healing begins by reconnecting with one's body.

## **5. Workgroup Priorities**

- Gabriela Gonzalez reviewed Latino UsCC's five priority areas and highlighted upcoming May mental health events under the California MHSA.
- Members encouraged to submit flyers and resource events for dissemination.

## **6. DMH Updates**

- Dr. Jennifer Alquijay presented on hate-based incident trends and emphasized psycho-education around hate crimes.
- Dr. Jennifer Alquijay discussed intersectionality and improved reporting.

## **7. Co-Chair Nominations for 2025-2027 Term**

- Subcommittee members made nominations for Co-Chairs.
- Nominated:
  - Dr. Luis Guzman – unable to accept nomination

- Irma F. Velasquez – declined
  - Dr. Eric Hernandez – considering nomination
  - Barbara Rabelo – unable to accept nomination
  - Betty Mendoza - declined
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**Next Meeting:**

**Date:** May 20, 2025

**Time:** 2:00 PM – 4:00 PM

**Location:** Virtual (Microsoft Teams)