

THE QUARTERLY

Stakeholder Newsletter – A Platform for Your Voice



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



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 share the next 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.

Our Focus This Quarter: Embracing Spring and Summer Renewal & Growth

As we move through the vibrant stretch from spring's blossoming energy to the sun-drenched days of summer, LACDMH invites you to pause and reflect on what this seasonal transition means for your personal and collective journey toward wellness.

This quarter, our newsletter centers on the theme of seasonal renewal and growth, a time to think about planting new intentions, tending to our wellbeing, and moving through the longer days. In a place as dynamic as Los Angeles, the shift in seasons brings with it opportunities for reflection, reconnection, and rejuvenation.

We asked you:

- How do you embrace these seasons as opportunities for personal transformation and mental wellness?
- In what ways do you nurture healing and growth – within yourself and in your community?

Whether it's a quiet moment in nature, a shared meal with loved ones, a new creative pursuit, or a recommitment to self-care, your experience matters.


We hope you enjoy this issue of The Quarterly and 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.

Thank you to the Community Stakeholders who shared their experience for this issue. Let's explore the many ways we can flourish – physically, emotionally, and spiritually – through the warmth and momentum of spring and summer.



BERNICE MASCHER

Different and Strange — and Yet Familiar



*Eaton Canyon in the late afternoon sunlight
showing new green growth.*

I am the primary caregiver for my 91-year-old mother. She is still very active and quite independent, but I keep her company and help with small tasks, like driving her around, running errands with her, and making sure clear communication is happening between her and others (she is hard of hearing). At home, we often sit closely and concentrate on our various tasks. Sometimes, I laugh as we sit in silence and both begin to doze. I'm not so keen about nodding off as it can be painful, particularly if we slump into awkward and uncomfortable positions.

I have concluded this reaction is in part an empathetic mood adoption when I sense her weariness while we sit together in the quiet environment. But it may also be the winter blues as we tend to be more active in the summer months, managing a garden, pulling weeds, watering the plants, and running errands around town. I jokingly told some friends that during the winter months, I felt very much like we were hibernating because my mother and I would sit bundled up in blankets and layers of clothing and often dozed together. Maybe it's not a joke at all because, for several months, I have been mostly wearing thick sweaters and working under the cover of a blanket or warming up near a heater or soaking up the sun rays in my car.

When the temperatures finally warm up and the daylight lasts longer, there is a new sense of energy, freedom, and well-being. With it, comes gratitude we made it through another winter, and we feel more awake and vibrant and our “familiar self” again.

I was able to evaluate this experience a little more during this last season when two things happened. First, was a trip to Kenya with my mother for several weeks. It was one of the most challenging trips to plan with all the paperwork, the needed assistance, and getting health insurance for someone over 90. But once there, it was warm, green and lush as the rains had soaked the dry and dusty landscape, and all around us something was in bloom. Even at Little Hands School where we were staying, it was impressive to see the integration of special needs children learning important skills and participating with joy next to the other children. They made us smile and my mother was so active during this time. We were also surprised how comfortable everything felt after being absent for over a decade. Surprisingly, it was both strange and familiar and welcoming. It was like putting on a comfortable pair of shoes that had been packed away for years but discovering that they still fit us well.



A collage of photos with Bernice and her mother.

The second happening was at the beginning of the year, when I experienced the L.A. fires from a distance. Staying with my mother for several months meant I was already far away from our evacuation orders when the fires burnt down much of our neighborhood around the Pasadena and Altadena area. I watched the horror unfold via news reports. There was literally nothing I could do but wait it out. It wasn't until mid-March when I saw it with my own eyes. My first sighting was from an airplane window, and I was surprised to see how green everything was. Spring had arrived. My later views of the burnt-out neighborhood left sadness and disbelief, but also some relief to see how clean-up was progressing, and neighbors and organizations were still helping in various ways. The neighborhood felt different and strange, and yet it was familiar and welcoming. The trailheads in the area were all closed and showed further destruction from the more recent rain and mudslides.

But surprisingly, in the middle of it all was green grass and fresh growth. It reminded me how renewal and restoration are still possible, and often closer than we think. It was also the very epitome of Spring. Winter was past and new life was visible everywhere.

Spring and Summer tend to be my favorite seasons because there is so much color and new life as flowers bloom, new leaves sprout, and gardens grow. The days get longer, the sun is warmer, and I can finally remove the enclosed shoes in lieu of open sandals, along with all the layers of clothes and blankets that kept me warm all winter long. It is a joy to be part of this renewal, and to see and experience the familiar.

Yes, winter will come again, as will hardships, disasters and distance from those we love. Hibernation will still offer an opportunity to wait it out. But new life will spring forth yet again. I'm grateful and thankful for these personal lessons on the cycles that bring back renewal and restoration. I'm thankful for community, and family and friends and God who helps us through it all. It also brings hope, joy, new energy, and even comfort in the familiarity. Spring is a new season to enjoy, and I welcome it.



Seasons of Becoming: Welcoming Renewal in Community and Self



DR. DEBORAH VILLANUEVA,
DSW, MSW, LCSW

There's something about late spring in Los Angeles that feels like possibility itself. Bougainvillea spill over fences in brilliant pinks, jacaranda trees paint the streets lavender, and just like that, we're on the cusp of summer. It's as if the city exhales – longer days invite us outside, our energy shifts, and we're offered a seasonal reset.

In mental health work, we talk a lot about transformation. But nature has been modeling it all along. Spring teaches us how to bloom after the gray. Summer teaches us how to shine. And between them, we're reminded that growth doesn't always mean hustle – sometimes it means pausing, reflecting, or finding joy in simple things: a walk after dinner, tending a plant on your windowsill, laughing with someone you trust.

This time of the year also holds deep meaning across cultures. As a proud Sephardic Jewish woman, I hold Shavuot close to my heart. Traditionally a harvest festival, Shavuot also commemorates receiving the Torah at Mount Sinai, a moment of spiritual revelation and collective commitment. It's a time for learning, gratitude, and renewal. We stay up late into the night studying, and many of us adorn our homes with greenery, echoing the freshness of spring. For me, it's a reminder that growth often begins with listening – to tradition, to each other, and to ourselves.

June also welcomes the summer solstice, the longest day of the year. For many American Indian, Alaskan Native, and Indigenous communities I work with across L.A. County, this isn't just an astronomical event; it's a sacred turning

point. The solstice symbolizes abundance, connection to the land, and spiritual balance. It's a time for gatherings, for offering prayers, for honoring both the light around us and the light within.

And while we reflect on our own wellness, June also reminds us to turn toward our youngest. National Children's Day, observed by many in early June, invites us to pause and ask: how are we nurturing the next generation? In my work as a clinical social worker, I've seen the resilience of children firsthand. But resilience isn't something they grow alone – it's cultivated in safe environments, in affirming relationships, in the moments when we slow down and truly see them.

In my own life, summer has always been about re-centering. I spend more time outside. I lean into mindful rituals. I let my bare feet touch the earth. I open my windows and let music spill out. I call friends I've been meaning to reconnect with. Renewal doesn't have to be loud or planned; often, it begins with intention.

For those of us working in community mental health, it's easy to forget that we, too, deserve seasons of restoration. The work is profound and demanding, but growth – personal or professional – cannot happen in depleted soil. So, wherever you are this season, may you find moments of joy. May you honor the small wins, the brave pauses, the tiny shifts that accumulate into transformation.

Let this be a time not just of doing, but of becoming.



KATIE LEE ALHEIM

A Place Called Home's Staff Interviews with Kids in the South L.A. Community



KERRY-ANN SLEEP-FRANKEL, LPCC,
Senior Director of Mental Health Services,
A Place Called Home

April was National Stress Awareness Month and this year, South Central-based nonprofit, **A Place Called Home** (APCH), chose to raise awareness by asking a few of the youth they serve for their thoughts about stress and what causes it. A Place Called Home has been providing free out-of-school programs in arts, athletics, education, nutrition, wellness services and workforce readiness for over 30 years to youth and their families in South Los Angeles. The community APCH operates in is one of L.A. County's most vulnerable and historically under-resourced. Families face issues like generational poverty, a food desert, and a lack of educational access. It was and always will be APCH's aim to change that.

APCH delivers daily, comprehensive counseling services to APCH members and families in both Spanish and English – performed by trained professionals – and at no cost to them, ensuring that they have the psychological support and tools to build resilience, overcome adversity, and make affirmative life decisions.

Our Senior Director of Mental Health Services, Kerry-Ann Sleep-Frankel, LPCC, recently took some time to interview a few of our program members about stress management to gauge how much they've learned:



A Place Called Home Youth

KERRY-ANN SLEEP-FRANKEL:
What is stress?

SOFIA (ELEMENTARY SCHOOL MEMBER):

For me stress is when, like, you get overwhelmed. Or you have too many things to do and you lose the time and place for them.

KERRY-ANN SLEEP-FRANKEL:

Yeah, and what are things that help you feel better when you're stressed?

SOFIA (ELEMENTARY SCHOOL MEMBER):

I paint or I could, like, talk to someone and leave my stress all out there. And whenever I have my family, I can tell them the stress or like, my pets or my siblings!

KERRY-ANN SLEEP-FRANKEL:

If you had a friend that was super stressed, what would you tell them to do?

SOFIA (ELEMENTARY SCHOOL MEMBER):

I would first [ask them] what do they like, and with that, it helps them to...become better. And then that's where they can leave all their stress and turn something unknown to something beautiful!

KERRY-ANN SLEEP-FRANKEL:

Aw, I love that! Sounds like you are a really great friend!

“...and that's where they can leave all their stress at and turn something unknown to something beautiful!”
– Sofia (APCH member)

KERRY-ANN SLEEP-FRANKEL:

What helps you calm down you're feeling that overwhelmed-ness?

VALERY (HIGH SCHOOL MEMBER):

So, we're at my favorite spot, the dance studio! This is literally my second home. I come here to de-stress myself and really dance everything out. I feel like I'm very bad with trying to talk about it but, for sure, movement is like, one of the best things that helps me with stress.

KERRY-ANN SLEEP-FRANKEL:

What advice would you have for kids or adults who are feeling stress?

VALERY (HIGH SCHOOL MEMBER):

I would say, for sure, talk to a trusted adult, there's a lot of trusted adults. And I feel like journaling is a great way to talk to yourself. If it's something you're not used to, talking to other people, I find journaling very pleasing and very calming.

KERRY-ANN SLEEP-FRANKEL:

Where at APCH can you go when you're feeling stressed?

ETHAN (MIDDLE SCHOOL MEMBER):

I'd say anywhere, because at APCH I don't get a lot of work or [am] under pressure to do anything.

KERRY-ANN SLEEP-FRANKEL:

Amazing, we're not stressing you out here?

ETHAN (MIDDLE SCHOOL MEMBER):

[Shakes his head]

KERRY-ANN SLEEP-FRANKEL: That's good! [Laughs]



You can view the full interviews on Instagram by [clicking here](#).

*If you or someone you know might benefit from the programs at A Place Called Home, you can learn more about us at apch.org or reach out about our mental health services by emailing us at counseling@apch.org.



KELLY KOZOLOWSKI

Parents Anonymous

“In every fallen petal, I find gentle reminders that nothing is stagnant and change though sometimes painful is a doorway to something greater.”

Each season carries a quiet invitation. Spring beckons us to awaken, summer to flourish, autumn to let go, and winter to rest. Over the years, I've come to see these natural rhythms not just as environmental cycles, but as mirrors to our own lives, offering opportunities to realign, reflect, and renew.

Spring has become my favorite chapter of the year – not because of the blooming flowers or longer days alone, but because of the energy of possibility it brings. I embrace it as a season of transformation. I start by literally opening the windows, letting fresh air push out stale thoughts. I clean my physical space with intention, treating it as an act of self-care rather than a chore. Cleaning my space allows me to be clear-headed and allows what's next to come in with open-mindedness and good intentions.

To nurture my physical and mental health, I anchor myself in daily rituals. Morning greens and collagen to allow myself to be nourished, daily walks to clear my head and allow space for new thoughts, and sauna sessions to end the day and reflect on what the day brought.

One of the most grounding rituals I've adopted is planting something new each spring. It might be herbs on a windowsill or a single sunflower in a pot. Watching something grow under my care keeps me humble and hopeful proof that – with time, attention, and patience – life always finds a way to thrive again.

In every fallen petal, I find gentle reminders that nothing is stagnant and change though sometimes painful is a doorway to something greater. To embrace the seasons is to trust in the wisdom of cycles. And in doing so, we allow ourselves to be renewed, again and again.



Where Hope Flourishes

A woman with long brown hair, wearing a purple zip-up jacket, black pants, and pink and white sneakers, stands on a wooden bridge in a lush forest. She is leaning her hands on the wooden railing and looking upwards with a smile. The background is filled with tall trees and dense green foliage.

PATRICIA VELIZ MACAL, BA, PCC,
Executive Director & Co-Founder
of Generaciones en Acción

Nature as a refuge for the soul and support for our migrant communities.

In times when news about immigration stirs uncertainty and fear in many Los Angeles communities, I seek spaces where my soul can breathe. Among ancient trees, covered in moss and wisdom, I pause. I rest my hand on a living trunk and feel the earth sustain me as well. As the executive director of Generaciones en Acción, an organization dedicated to the wellbeing of multigenerational immigrant families, my days are filled with responsibilities, meetings, and community support. But even amid work and challenges, I've learned to seek conscious pauses. Going out into nature is one of them. It's my way of taking care of myself, so I can continue to take care of others.

Walking in the forest, feeling the fresh air, letting the greenery speak to me... it's part of my mental health. It's a medicine that needs no prescription that connects me to what's essential. These moments remind me that we are not alone, that we belong to something bigger and deeper: life, nature, our roots.

Believing in that invisible but powerful connection with the earth, with our ancestors, with hope is what sustains us, as a community, as leaders, as human beings. Because only when we are well on the inside can we flourish together on the outside.

XIA TATUM

I Am the Gardener of My Life

Spoken Word Liturgy

by Rev. Xia Tatum

Community Call and Response

Celebrant: Minister

People: I am the Gardener of my life.

I am the Gardener of my life.
I plant the seeds of my desires.
I nurture the source of my dreams.
I am the Gardener of my life.

I am the Gardener of my life.
I plant the seeds of my desires.
I cultivate the growth of all my hopes.
I am the Gardener of my life.

I am the Gardener of my life.
I plant the seeds of my desires.
I discard the weeds of fear and limitation that
would block my emergence into the light.
I am the Gardener of my life.

I am the Gardener of my life.
I plant the seeds of my desires.
I water the commitment to my highest aspirations.
I am the Gardener of my life.

I am the Gardener of my life.
I plant the seeds of my desires.
I glean the lessons of my deepest growth.
I am the Gardener of my life.

I am the Gardener of my life.
I plant the seeds of my desires.
I harvest the fruit of my work and dedication.
I am the Gardener of my life.



A photograph of a snowy landscape. In the foreground, there is a path or a clearing in the snow, possibly a frozen body of water. In the distance, a small figure of a person is walking away from the viewer. The sky is overcast and grey, and the overall scene is quiet and desolate.

YVONNE SANDOVAL

The Loss of My Husband

The loss of my husband was a defining moment in my life – one that brought immense grief, anxiety, and uncertainty for myself and my family. The weight of his absence lingered in every aspect of our daily lives and navigating that journey felt isolating. However, attending the Service Area 7 fatherhood and men's events became an unexpected source of comfort, connection, and healing.

These events provided me with a safe space to embrace the changing seasons as opportunities for personal wellbeing and transformation. I found solace in the shared experiences of others who understood the struggles of loss, fatherhood, and emotional wellbeing. Through conversations, supportive programs, and moments of reflection, I gradually learned how to nurture my mental health while also helping my family rebuild.

Engaging in community-driven activities reminded me of the importance of staying active, both physically and emotionally. Whether through group discussions, outdoor gatherings or wellness workshops, I discovered ways to cope with anxiety and depression that had once felt overwhelming. I began embracing mindful practices – journaling, deep breathing, and taking time for nature – knowing that each step forward was a form of renewal.

Perhaps the most powerful impact of these events was the sense of belonging they fostered. I found strength in hearing the stories of others, sharing my own, and realizing that resilience is built not in isolation but within a compassionate community. The support I received encouraged me to embrace self-care and prioritize healing – not just for myself, but for my family as well.

Loss changes everything, but finding spaces that encourage growth, reflection, and meaningful connection can guide us toward renewal. The Service Area 7 fatherhood and men's events offered that gift – a place where transformation wasn't just possible but encouraged. And through it, I found the courage to embrace each new season with hope.

*SALT liaison was granted permission to submit on co-chairs behalf.

JINEEN BIANCA PERRY-MYLES

More Than Just Pain



My story is one of perseverance, courage, and discernment – a journey through pain into purpose. I grew up in Tacoma, Washington, a small, predominantly white town. By the age of four, trauma had already begun to shape my world. I was exposed to domestic violence, drug addiction, alcoholism, gambling, poverty, abuse, abandonment, and neglect. Life seemed designed to break me.

I didn't realize until decades later how deeply these early experiences would impact my mental, physical, and spiritual health. As an adult, I've lived with acute anxiety, depression, self-harm, and addiction. And yet, despite the darkness, a spark remained. Nothing could extinguish the light within me.

Even as I was ridiculed and hurt by the very people entrusted with my growth – teachers, mentors, and even family – I dared to dream beyond my circumstances. My mother was especially cruel and neglectful. When my father left her, it felt like she left me, too. I spent years chasing her love, battling feelings of worthlessness, shame, and despair. Her rejection scarred me more deeply than any physical wound, but it didn't break my spirit.

I was often told, "People like you can't succeed," usually by those who had never recognized their own potential. Fear and doubt were planted early, but a quiet force within me refused to adopt others' limitations. I studied hard, prayed harder, and yet still felt alone and out of place.

A turning point came when I moved to Los Angeles to live with my father's family. I started high school in Inglewood, surrounded for the first time by people who looked like me. As a Creole woman, I saw myself reflected in others and felt embraced by a new community. With love and support from relatives, I excelled even as fear and anxiety continued to challenge me daily.

In 1999, I became a first-generation college graduate with a degree in Sociology. I was determined to uplift marginalized communities like my own. I joined Alpha Kappa Alpha (AKA) Sorority, Incorporated – an organization rooted in service, sisterhood, and excellence. Founded in 1908 as the first African American sorority, AKA created space for women like me to lead with excellence and integrity when we were excluded elsewhere.

I later earned a master's degree in organizational administration. But while studying at Chico State, I fell into alcoholism. It wasn't the tenth drink that ruined me, it was the first. I learned that I was powerless over alcohol. In 2007, desperate and broken, I crawled into the rooms of Alcoholics Anonymous. I was sick and tired of being sick and tired.

Recovery changed everything. I found faith in God and a new design for living. I followed the 12 steps, got a sponsor, and gave back what was freely given to me. I stopped chasing validation and started living by spiritual principles. Through this healing process, I became a better mother, daughter, and woman.

Today, I live with purpose and intentionality. I no longer move in desperation – I walk in faith. I believe in service over self, progress over perfection. Every day I ask, "How can I help someone still suffering?" That question keeps me grounded in grace.

If I could speak to my younger self, I'd say:

1. Don't drink — your life is worth more.
2. Don't give up — it's not over until you win.
3. Don't chase what was never meant for you.
4. Keep striving — your pain has purpose.

Thanks for listening and letting me share.

Submissions Deadlines and Information Stakeholder Newsletter

Q3 2025

Get ready for the Q3 Quarterly publishing in September! 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 is “Voices of Unity: Centering Culture, Compassion & Connection”

As we move through the summer into early fall, LACDMH invites our community to share stories, insights, art, and reflections for our upcoming newsletter under the theme “Voices of Unity: Centering Culture, Compassion & Connection.”

From Bebe Moore Campbell National Minority Mental Health Awareness Month in July to National Suicide Prevention Awareness Month and the beginning of Hispanic/Latino Heritage Month in September, this season offers critical moments to uplift the lived experiences, cultural wisdom, and resilience of all communities.

In August, Don't Be a Bully Month, International Day of Friendship (August 3), and World Humanitarian Day (August 19) remind us of the importance of empathy, solidarity, and standing up for one another's mental wellbeing.

We welcome submissions that explore:

- Culturally grounded mental health practices and stories
- Personal narratives or community initiatives related to suicide prevention and healing
- Acts of kindness, inclusion or friendship that promote mental wellness
- Anti-bullying efforts that protect mental health across ages and identities
- Reflections honoring the heritage and strength of Latino communities

Let your voice be heard. Share your truth. Inspire connection and change.

Detailed information will be shared via email and other channels about how to submit your content but here is a heads up about the submission deadlines:

Monday, July 14, 2025 : Call for Content Submissions Opens

Friday, August 1, 2025 : Content Submissions Due

Q3 2025

Diversity and Multicultural Calendar

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

July

04 Independence Day (U.S.)

05-06 Ashura (Islamic Holiday)

07 World Forgiveness Day

18 International Nelson Mandela Day (United Nations)

24 International Self-Care Day
National Seasonal Affective Disorder Day (U.S.)
Pioneer Day (Mormon)

26 National Disability Independence Day / ADA Anniversary (U.S.)

27 The Korean War Remembrance Day (Korean)
National Black Women's Equal Pay Day (U.S.)

MONTH-LONG OBSERVANCES

Disability Pride Month
(N.Y., U.S.)

French American
Heritage Month

Muslim American
Heritage Month
(L.A. County)

National Minority
Mental Health
Awareness Month

Social Wellness Month

Bebe Moore Campbell
National Minority Mental
Health Awareness Month

BIPOC
(Black, Indigenous,
and People of Color)
Mental Health Month

Q3 2025

Diversity and Multicultural Calendar

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

August

03 International Day of Friendship

06 National Salvadoran Day

09 International Day of the
World's Indigenous People
(United Nations)

Raksha Bandhan
(Hindu Holiday)

12 International Youth Day
(United Nations)

15 National Liberation Day
(Korea)

16 Krishna Janmashtami (Hindu)

17 Marcus Garvey Day
(Jamaican African)

19 World Humanitarian Day

21 National Senior Citizens Day
(U.S.)

23 International Day for the
Remembrance of the Slave
Trade and Its Abolition

26 National Women's Equality
Day (U.S.)

26-27 Ganesh Chaturthi
(Hindu Festival)

28 60th Anniversary of the
March on Washington (MLK)

28-29 National Faith HIV/AIDS
Awareness Day

30 National Grief Awareness Day

31 International Overdose
Awareness Day

MONTH-LONG OBSERVANCES

Don't Be a Bully Month
(U.S.)

National Black Gay Men's
Wellness Month

National Civility Month

National Wellness Month

Q3 2025

Diversity and Multicultural Calendar

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

September

01 Labor Day (U.S.)	20-26 International Week of the Deaf (Global)	MONTH-LONG OBSERVANCES Childhood Cancer Awareness Month (U.S.) Deaf Awareness Month Healthy Aging Month Hispanic/Latino Heritage Month (Sept 15 – Oct 15) National Guide Dog Month (U.S.) National Preparedness Month National Prostate Cancer Awareness Month National Recovery Month National Suicide Prevention Awareness Month (U.S.) Malnutrition Awareness Month Pain Awareness Month (U.S.) World Alzheimer's Disease Awareness Month (Global)
04 The Lanterman Act Commemoration	21 International Day of Peace (United Nations)	
04-05 Eid Milad ul-Nabi (Muslim Holiday)	World Alzheimer's Awareness Day (Global)	
06 Hungry Ghost Festival (Chinese Holiday)	22-24 Rosh Hashanah (Jewish New Year)	
07-13 National Suicide Prevention Week	22-10/1 Navratri (Hindu Festival)	
10 World Suicide Prevention Day	23 Bisexual Visibility Day	
11 Patriot Day (U.S.) Ethiopian New Year	International Day of Sign Language (Global)	
15 International Day of Democracy (United Nations)	26 National Native American Day (U.S.) European Day of Languages Anniversary of the Rehabilitation Act	
15-19 U.S. Senate's Malnutrition Awareness Week	27 National Gay Men's HIV/AIDS Awareness Day	
16 Mexican Independence Day	28 World Day of Migrants and Refugees (WDMR)	
18 International Equal Pay Day National HIV/AIDS and Aging Awareness Day (U.S.)		

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, frontline 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.

dmh.lacounty.gov/ccu/ccc/



Access for All UsCC

The Access for All UsCC subcommittee was established under the original Mental Health Services Act (MHSA), now known as the Behavioral Health Services Act (BHSA) 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.

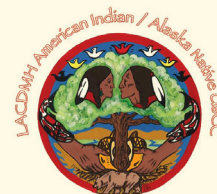


dmh.lacounty.gov/about/mhsa/uscc/access-for-all-uscc/

American Indian/Alaska Native (AI/AN) UsCC

The American Indian/Alaska Native (AI/AN) Underserved Cultural Communities subcommittee was established under the original Mental Health Services Act (MHSA), now known as the Behavioral Health Services Act (BHSA), 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.



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 original Mental Health Services Act (MHSA), now known as the Behavioral Health Services Act (BHSA) 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.



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 original Mental Health Services Act (MHSA), now known as the Behavioral Health Services Act (BHSA), 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.

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 original Mental Health Services Act (MHSA), now known as the Behavioral Health Services Act (BHSA) 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.

dmh.lacounty.gov/about/mhsa/uscc/eastern-european-middle-eastern-eeme-uscc/



Latino UsCC

The Latino UsCC subcommittee was established under the original Mental Health Services Act (MHSA), now known as the Behavioral Health Services Act (BHSA) 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.

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 (MHSA), now known as the Behavioral Health Services Act (BHSA) 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.

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: dmh.lacounty.gov/get-help-now

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

Crisis Text Line – Text “LA” to 741741 crisistextline.org

CA Peer-Run Warm Line: **855-600-WARM (9276)** calhope.org

iPrevail: lacounty.iprevail.com

Teen Line: 800-852-8336 Nationwide (6 - 10 PM PST) Text “Teen” to 839863 (6 - 9 PM PST) teenline.org

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