

**Los Angeles County Department of Mental Health  
 AI-AN Underserved Cultural Communities (UsCC)  
 Subcommittee Meeting Minutes  
 May 7th, 2025, from 2:00pm - 4:00pm**

<b>Present:</b> Anna Yaralyan (DMH), Rosario Ribleza (DMH), Olina Rose Bishop, Sylvia Gonzales (DMH), Emily Sindon, Eric Kastan, Jessica Mosher, Wildflower Ontiveros, Imelda Padilla-Frausto, Laura Tejeda, Jennifer Yates, Lesley Hunt, Harrelson Notah, Elena Nourrie, Shannon Rivers <b>CART Captioner:</b> Richard <b>DMH Admin:</b> Jennifer Alquijay / Yailin Noriega	
Agenda Items	Comments/Discussion/Recommendations/Conclusions
<b>Welcome, Introductions, &amp; Opening Prayer</b>	Welcome by Co-Chair Jessica Mosher – Ice breaker: What is your earliest childhood/school age memory? Opening Prayer – Jessica asked Sylvia who then asked Harrelson Notah to provide prayer. Harrelson Notah did the opening prayer.
<b>Land Acknowledgment</b>	Sylvia Gonzales provided a Land Acknowledgement.
<b>Review of Meeting Minutes</b>	The meeting minutes of March 2025 were approved. Motion by <b>Lesley Hunt</b> to approve minutes and seconded by <b>Elena Nourrie</b> .
<b>Indigenous Mindfulness Exercise</b>	Kaiser Permanente – Emily Sindon Box breathing technique.
<b>Report Outs – Community Announcements</b>	Community Planning Team (CPT) Encouraged members to attend CPT Meetings Rosario – provided information for CPT meetings. Tuesday (hybrid) and last Friday of the month (virtual) Volunteer members to attend to represent the community. Lesley provided feedback- discouraged to attend because there is no room to participate. Sylvia expressed the importance of attending meetings. Provide feedback on the needs that the community needs. No community updates. Olina shared information and updates on the Native Excellence Project. <ul style="list-style-type: none"> <li>- Sylvia: Voiced a concern from a community member           <ul style="list-style-type: none"> <li>o How are you implementing the project if you are a nail salon?               <ul style="list-style-type: none"> <li>▪ Was previously a nail business that was rooted deeply in self-help – now focuses on being a vendor.</li> <li>▪ Logo is trademarked so it will not be changed/removed.</li> </ul> </li> </ul> </li> </ul>

	<p>Eric Kastan: Mental Health Awareness Event – free with raffles and food. Tomorrow – flyer in chat. AI/AN org.  Elena Nourrie: SSSP is hosting <i>Sacred Little Ones</i> with Sacred Path. Flyer and RSVP in chat.</p>
<p><b>Presentation – Kaiser Permanente Tribal Liaison</b></p>	<p><b>Kaiser Permanente Medi-Cal Indian Health Services Presentation</b>  Indian Health Services (IHS) is a federal health program that provides medical care and resources to American Indians and Alaska Natives.  Eligibility Criteria:</p> <ul style="list-style-type: none"> <li>- Individual is enrolled member of a federally recognized American Indian or Alaska Native tribe. <ul style="list-style-type: none"> <li>o ***Non-AI/AN spouse may be eligible for IHS service***</li> </ul> </li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>- Individual has proof of AI/AN heritage: <ul style="list-style-type: none"> <li>o Certificate of Degree of Indian Blood (CDIB)</li> <li>o Tribal Membership Card</li> </ul> </li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>- Individual is residing on tax-exempt land or owns restricted property or actively participates in tribal affairs.</li> </ul> <p>Unique benefit for AI/AN members: Eligible members can see any provider of their choosing, even if it is outside of KP’s network and still be covered. Many would prefer seeing Indian healthcare providers for primary care and KP providers for specialized care.  Do not need a referral or prior authorization.  KP Medi-cal members who are eligible for IHS have three primary access points to get more information and access care: IHS Services online, Tribal Health phone number (626) 405-5383 – Monday through Friday from 8:30am-5pm, and in person at Federal IHS Locations.  Kaiser’s Tribal Health Liaison: Emily Sindon, (626) 405-5383, <a href="mailto:Emily.x.sindon@kp.org">Emily.x.sindon@kp.org</a>  Transportation Benefits- Non-Medical Transportation (NMT) and Non-Emergency Transportation (NEMT)  Gas Mileage Reimbursement is also a transportation option when NMT and NEMT are unavailable.  <b>Enhanced Care Management (ECM) Program</b>  Comprehensive care management that is community-based, interdisciplinary, high-touch, and person-centered. Emphasis on face-to-face coordination, including appointment accompaniment.  Diabetes is a big concern in AI/AN communities – offer Meals/Medically Tailored Meals.  <b>Network Lead Entity (NLE)</b>  NLE supports the development of a community partner network for Enhanced Care Management (ECM), Community Supports (CS), and Community Health Worker (CHW) services in all 32 counties.  There are 3 NLE’s – Full Circle Health Network, Independent Living Systems, and Partners in Care Foundation. They all service diff regions/populations and provide different services.  Jessica – Explain what a Tribal Liaison is/does for these plans</p>

	<ul style="list-style-type: none"> <li>- Coordinate care. Make sure there is no overlap in care. Referrals are seamless. No billing delays.</li> </ul> <p>Lesley – When you talk about tribal members are you talking about federally recognized or anyone who identifies as part of the Native population.</p> <ul style="list-style-type: none"> <li>- Federally recognized or fit within the eligibility criteria</li> </ul> <p>Should advertise the eligibility criteria – not say that services are for AI/AN members.</p>
<b>Tribal Home Key – Jessica Mosher</b>	<p>What resources would you want to know about? Feel free to voice in meeting or via email.</p> <p><a href="mailto:AIANUsCC@dmh.lacounty.gov">AIANUsCC@dmh.lacounty.gov</a></p>
<b>Cooking for Wellness – Wildflower Ontiveros</b>	<p>Cooking for Wellness – Wildflower Ontiveros          Provided a PowerPoint with images from each gathering.          Gathering breakdown:</p> <ul style="list-style-type: none"> <li>- Gathering 1: Balanced Minds, Nourished Bodies: Mental Wellness Cooking Class for Native College Students</li> <li>- Gathering 2: Healing Through Heritage: Mental Wellness Cooking Class for Native Elders</li> <li>- Gathering 3: Seven Generations Harvest: Mental Wellness Cooking Class for Native Families</li> <li>- Gathering 4: Rising Spirits: Baking Up Wellness for Native Youth</li> <li>- Gathering 5: Leaning in Love: Mental Wellness Cooking Class for Native Couples</li> <li>- Gathering 6: Sacred Sustenance: Indigiqueer Mental Wellness Cooking Class</li> </ul> <p>Cooking for Wellness Cookbook: <a href="#">Click here to open cookbook</a></p> <p>Total of 144 registrations – 122 attendees – 86 unique participants – 37 tribal identities</p> <p>Retrospective Findings – An increase/shift from disagree/strongly disagree to agree/strongly agree. Participants know how cooking and traditional foods can be used to support mental health and wellness, are more comfortable to speak about mental health and wellness, and know how to recognize signs and symptoms of poor mental health.</p> <p>Positive Community Feedback</p> <p>Lesley: Were ingredients in a good price range?</p> <ul style="list-style-type: none"> <li>- Incorporated discussion throughout program. Cost efficient ingredients by balancing options.</li> </ul> <p>Is there a site they can go to for any questions they may have that they weren't able to voice?</p> <ul style="list-style-type: none"> <li>- Yes, they were provided contact information for all of the chefs and are able to reach out.</li> </ul>
<b>DMH Updates/Follow-Ups</b>	<p>We need voting members to vote on projects for FY25-26.</p>
<b>Community Announcements/Resources</b>	<p>Dr. Alquijay – Gave a heads up that co-chairs prefer to meet with vendors to make sure the projects being implemented are AI/AN community oriented.</p>
<b>Community Comments</b>	<p>Eva Powless is no longer with SSSProject.</p>
<b>Closing Prayer</b>	<p>Jessica Mosher ended the meeting with a closing prayer.</p>

**Upcoming Meeting: Wednesday, June 4th, 2025 (2:00 pm-4:00 pm)**

For more information about the AI-AN UsCC, please see its website:

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