

THE LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
ARDI (ANTI-RACISM, DIVERSITY AND INCLUSION) DIVISION PROUDLY PRESENTS



SPEAKERS BUREAU **MULTICULTURAL** **COMMUNITY** **MENTAL HEALTH CONFERENCE**

December 7-8, 2022 | 8:30A-5P



BOARD OF SUPERVISORS COUNTY OF LOS ANGELES

856 Kenneth Hahn Hall of Administration | Los Angeles, CA 90012

December 7, 2022

Dear Friends,

I am delighted to welcome you to the first day of the 2022 Speakers Bureau Multicultural Mental Health Community Conference. I applaud the efforts and commitment of LACDMH to reach underserved communities. The hard work of the Speakers Bureau team and the participation of the United Mental Health Promoters represents the talent and expertise that is available at LACDMH and the commitment to breaking down barriers to care for the diverse residents of Los Angeles County.

I have dedicated much of my life to champion mental health and the provision of culturally and linguistically competent services to our most vulnerable communities. I am honored to be entrusted to represent your voice in the Los Angeles County Board of Supervisors for the First Supervisorial District. I hope through this Speakers Bureau multicultural conference we are successful in amplifying and championing the mental health needs and services of our richly diverse LA County.

These workshops have been developed with the needs of our communities in mind. It is my sincere hope that you and your families are able to walk away feeling cared for, that your voices are being heard and that you are hearing from the County in a way that resonates with you, and that you matter now more than ever.

Please enjoy the 70 workshops provided to you in 10 languages and remember in these most challenging times mental health is a treasure we must fight to preserve and uphold. Celebrating culture and diversity is important medicine for these challenging times. Thank you for your kind and thoughtful participation.

Sincerely,

Hilda L. Solis

Supervisor, First District

Los Angeles County Board of Supervisors





BOARD OF SUPERVISORS COUNTY OF LOS ANGELES

856 Kenneth Hahn Hall of Administration | Los Angeles, CA 90012

December 7, 2022

Dear Friends,

It is an honor to welcome you to the 2022 Speakers Bureau Multicultural Mental Health Community Conference. I would like to thank the Los Angeles County Department of Mental Health for its continued commitment to representing the diverse mental health needs of the County's 10 million residents.

To the mental health providers and clinicians, who are helping to facilitate the over 70 workshops for this year's conference and are on the frontlines of providing dedicated and compassionate service to all who rely on the County, thank you. This event is a celebration and testament to your collective strength, advocacy, and dedication to furthering mental health care during this pivotal time.

The County's response to the COVID-19 pandemic has taught us the value of delivering a culturally grounded approach to critical health issues. We know that the most effective interventions respond to the diverse and unique circumstances of its residents and community members. As we continue on the road to recovery the need for equitable access to mental health care remains. Communities of color continue to experience barriers to accessing timely and quality mental health services, providing a powerful reminder that there is ongoing work to be done to address the structural and systemic inequities within our County's mental health system.

Your attendance at this year's conference is valuable for informing and improving our County's mental health services. I look forward to continuing to work together in dismantling systemic, structural, and cultural barriers to mental health care so that all of our residents can thrive.

Sincerely,

Holly Mitchell

Supervisor, Second District
Los Angeles County Board of Supervisors





LISA H. WONG, PSY.D.

Interim Director, Los Angeles County Department of Mental Health

Welcome and thank you for attending the Speakers Bureau Multicultural Community Mental Health Conference!

This year's theme – Elevating Diversity and Community to Empower Healing and Wellbeing – focuses on the ongoing need to uplift and support each other within our own social circles and outward in our communities. It is through these ongoing interconnections and support that we can truly build, sustain, and strengthen our networks of healing, resiliency, and recovery to help those who are experiencing or at risk of mental health challenges.

This conference is also an opportunity to listen, dialogue, and empathize with each other, giving us greater understanding and appreciation of cultural and linguistic factors and contexts that are crucial to accurate diagnosis and effective treatment. Having this knowledge will empower us with relevant tools to provide culturally-competent care. It is my hope that after this two-day conference, we will have elevated our collective cultural- and linguistic-competency in order to better serve our diverse clients throughout Los Angeles County . . . and beyond!

Thank you to our Speakers Bureau and ARDI (Anti-Racism, Diversity, Inclusion) Division for organizing this conference. Their dedication and expertise will ensure that this event will be enriching for all of us. Have a wonderful event and I look forward to joining you in a workshop (or a few) in the coming days!

Sincerely,

A handwritten signature in blue ink, appearing to read "Lisa H. Wong".

Lisa H. Wong, Psy.D.
Interim Director





CONNIE DRAXLER, M.P.A.

*Acting Chief Deputy Director
Los Angeles County Department of Mental Health*

I would like to take this opportunity to welcome you to the 2022 Speakers Bureau Multicultural Community Mental Health Conference. This conference emphasizes the importance of connecting with culture-specific mental health practices and creating a space for participants to share stories, expertise and resources. By bringing together consumers, family members, parent advocates and community members from throughout the county, it is my sincere hope that everyone will leave the conference with an increased sense of hope and wellbeing. Thank you for taking the time to participate in the worthy event.

Sincerely,

A handwritten signature in blue ink that reads "Connie D. Draxler". The script is fluid and cursive.

Connie D. Draxler, M.P.A.
Acting Chief Deputy Director



CURLEY BONDS, M.D.

Chief Medical Officer

Los Angeles County Department of Mental Health

I am pleased to welcome you to the 2022 Speakers Bureau Multicultural Community Mental Health Conference on behalf of the Los Angeles County Department of Mental Health. This year's conference theme "Elevating Diversity and Community to Empower Healing and Well-being" will be a true celebration of the cultural landscape of our County. The speakers will share their collective wisdom to provide you with a vast array of workshops that will reflect the diversity of Los Angeles County communities. Your attendance and participation are extremely important and appreciated. I am pleased to welcome you to this event and am confident that your unique experiences will help shape and enrich the learning experience for all of us.

My sincere hope for you is that each of you will leave this gathering feeling that you have received nourishment for your mind and your soul. And I want to thank you sincerely for attending today and for helping us make this a successful event.

Sincerely,

A handwritten signature in black ink, appearing to read "Curley Bonds".

Curley Bonds, M.D.

Chief Medical Officer

JORGE PARTIDA, PSY.D. AND SANDRA T. CHANG, PH.D.

Los Angeles County Department of Mental Health Speakers Bureau Co-Directors



It is with great excitement that we welcome you all to the 2022 Speakers Bureau Multicultural Community Mental Health Conference. Your presence today means so much to us. We have planned this conference with a deep desire to strengthen and increase services to our diverse communities, promote well-being and showcase the professional and talented experience of our Speakers Bureau members and United Mental Health Promoters. We do so with great affection and desire to reduce disparities impacted by language and/or cultural barriers.

The LACDMH Anti-Racism, Diversity, and Inclusion (ARDI) Division which includes the Speakers Bureau and the United Mental Health Promoters programs is comprised of multi-talented clinicians and promoters who are members of the communities they represent. Their passion and commitment come from experience and desire to serve. We are committed to bring the message of wellness and recovery especially during challenging times marked by economic uncertainty, prolonged war, and violence. We acknowledge that the realities of racism continue to permeate every aspect of our society. For these and many other reasons, this conference embodies the message of mental health, wellness and recovery, which is

more important than ever before. We recognize the healing aspects of culture and the importance of bridging services to historically underserved populations. We therefore join our communities to co-create relevant solutions and eliminate barriers to services. Addressing these and other related concerns became the driving force behind this year's conference theme: **"Elevating Diversity and Community to Empower Healing and Wellbeing."**

The ARDI Division, Speakers Bureau members, and United Mental Health Promoters, are thrilled to offer their knowledge, wisdom, and experience in delivering our second annual multicultural community conference. They have developed workshops with the strength and rich diversity of all our communities in mind. We invite you to join us for these two days filled with approximately 70 workshops being delivered in Arabic, Cambodian, English, Farsi, Korean, Mandarin, Russian, and Spanish.

Our heartfelt appreciation is extended to all Speakers Bureau members and United Mental Health Promoters, their supervisors, volunteers, and conference participants. We acknowledge the support of the LACDMH executive leadership team, and the conference planning committee for their commendable tenacity to make this conference a reality. Through our shared learning and experiences we are able to collaborate and create more responsive services with the aim of forging stronger families and communities. It is our deepest hope that you know we care deeply about your wellbeing and that you matter. We hope you walk away with practical information to promote mental health, wellness, healing, and empowerment within your community. We celebrate the rich diversity of LA County and acknowledge the strength, resilience, and power that comes from preserving our cultural traditions.



Sincerely,

Jorge Partida Del Toro, Psy.D., Chief of Psychology and ARDI Division Chief

Sandra Chang, Ph.D., ARDI Division, Cultural Competency Unit Program Manager

ABOUT OUR CONFERENCE

The 2022 Speakers Bureau Multicultural Community Mental Health Conference represents a collaborative and creative process to celebrate LA County's rich diversity; identify holistic cultural approaches that promote recovery and resilience; and positively impact equity, anti-racism and inclusion in our community. The conference aims to provide culturally accessible and relevant tools that community members can use in order to address life stressors. Presenters are members of the Speakers Bureau, and the United Mental Health Promoters, who have lived and shared experience working with diverse communities. The theme of this year's conference is **"Elevating Diversity and Community to Empower Healing and Wellbeing."**

This 2-day conference is an opportunity to elevate the power of diversity and shared experiences. The tracks of the conference are:

1. Healing Practices and Wellness – holistic approaches employed by diverse cultures, including healing and coping rituals and rites
2. Advancing Anti-Racism, Diversity, and Inclusion (ARDI) – strategies to advance equity, anti-racism, inclusion, and accessibility for all cultural and spiritual communities
3. Thriving After Trauma and Violence – the journey of recovery and resilience from adverse experiences, including gang and intrafamily violence, mass shootings, COVID-19, war, recession, etc.
4. Family Systems and Lifespan Psychosocial Considerations – culture-specific approaches to address age-specific and developmental needs

The conference will feature over 70 workshops, which will be delivered in Arabic, Cambodian, English, Farsi, Korean, Mandarin, Russian, and Spanish. Collectively, the workshops will reflect the wisdom that presenters have acquired from hundreds of direct service hours to our communities and organizations.

CONFERENCE AT A GLANCE

DECEMBER 7, 2022

8:30 – 9:30 AM

INAUGURAL SESSION*

BLESSING AND LAND ACKNOWLEDGEMENT*

Michael Whitehorse Aviles (Gabrieleno Tongva)

INTRODUCTION TO THE CONFERENCE*

- Master of Ceremonies: Jorge Partida Del Toro, Psy.D.,
- Mistress of Ceremonies: Sandra T. Chang, Ph.D.,
Speakers Bureau Co-Directors, LACDMH

ADDRESS BY SUPERVISOR (VIDEO LINKS)*

Board of Supervisors: Hilda L. Solis, Supervisor, First District

Board of Supervisors: Holly J. Mitchell, Supervisor, Second District

WELCOME*

- Lisa H. Wong, Psy.D., Interim Director, LACDMH
- Connie D. Draxler, M.P.A., Acting Chief Deputy Director

9:30 – 10:00 AM

KEYNOTE SPEAKER*

D'Artagnan Scorza, Ph.D.

Executive Director, Racial Equity at Los Angeles County CEO

10:00 – 10:15 AM

BREAK

10:15 AM – 12:15 PM **WORKSHOPS SESSION A**

12:15 – 12:45 PM **LUNCH & RECREATIONAL ACTIVITY**

12:45 – 2:15 PM **WORKSHOPS SESSION B**

2:15 – 2:30 PM **BREAK**

2:30 – 4:15 PM **WORKSHOPS SESSION C**

4:15 – 5:00 PM **COMMUNITY DIALOGUE AND CLOSING REMARKS FOR DAY 1***

*Captioning, ASL available

CONFERENCE AT A GLANCE

DECEMBER 8, 2022

8:30 – 9:45 AM

WELCOME REMARKS*

MORNING BLESSING*

Reverend Barbara Brooks, D.Min.

WELCOME MESSAGE*

Curley Bonds, M.D., Chief Medical Officer, Clinical Operations,
LACDMH

INTRODUCTION TO LACDMH ARDI DIVISION AND PANEL

Jorge Partida Del Toro, Psy.D., Sandra T. Chang, Ph.D.,
Speakers Bureau Co-Directors, LACDMH

**PANEL DISCUSSION - “FROM ADVERSITY TO EMPOWERMENT:
HOW OUR DIVERSE COMMUNITIES OVERCOME THE EXPERIENCE OF
RACISM”**

Fabiola Cueva; Junko Nagamatsu, B.A.; Keren Goldberg;
Martel Okonji, M.A.Ex.; Romalis J. Taylor; Steve S. Kang, M.S.;
Sylvia Gonzales-Youngblood, United Mental Health Promoter

9:45 – 11:00 AM

WORKSHOPS SESSION A

11:00 – 11:15 AM

BREAK & WELLBEING ACTIVITY

11:15 AM – 12:15 PM

WORKSHOPS SESSION B

12:15 – 12:45 PM

LUNCH

12:45 – 1:45 PM

WORKSHOPS SESSION C

1:45 – 3:45 PM

WORKSHOPS SESSION D

3:45 – 4:00 PM

BREAK

4:00 – 5:00 PM

COMMUNITY DIALOGUE – YOUR VOICE, YOUR NEED*
CLOSING CEREMONY*

*Captioning, ASL available

CONFERENCE WORKSHOPS

WEDNESDAY, DECEMBER 7 – SESSION A: 10:15 AM - 12:15 PM

Complex Trauma within the Armenian Community

Presenter: Anna Yaralayan, Psy.D.

Language: English

This presentation will define Complex Trauma on an individual and collective level. It will specifically educate about collective Complex Trauma within the Armenian Community. It will provide information on the Armenian history, the Armenian Genocide, and the psychological impact of exposure to ongoing historical trauma on the Armenian people and will discuss about the difficulties that arise because of adapting to or surviving these experiences. It will also provide information on some treatment options through cultural perspective, and the concept of resilience within the Armenian Community.

Emotions That Block Your Path (Emociones que detienen tu camino)

Presenter: Carmen Aparicio, United Mental Health Promoter

Language: Spanish

In this presentation, participants will learn the following: recognizing their recurrent thoughts, recognizing their beliefs and taking the first step to manage their emotions in assertive way.

En este taller los participantes aprenderán sobre los pensamientos recurrentes, identificarán sus creencias limitantes para dar el primer paso para gestionar sus emociones de forma asertiva.

Finding Peace After an Abusive Relationship (Encontrando Paz después de una Relación Abusadora)

Presenters: Glenda Coti, L.M.F.T.; Nancy Calderon

Language: Spanish

En esta presentación discutiremos el tema del abuso de pareja. En la primera parte cubriremos: definiciones, estadísticas, y los efectos del abuso sobre la salud mental en los niños/adolescente. En la segunda parte de la presentación, escucharemos la historia de sobrevivencia de una mujer para encontrar paz y estabilidad para ella y sus niños.

Healing through Literature and Writing (Sanando con escritura y literatura)

Presenter: Joaquin Lopez, United Mental Health Promoter

Language: Spanish

This workshop will discuss how one can, through writing, heal traumas and turn unfortunate events in our lives into strengths. Using literature, stories, writing and reading can help individuals find meaning and new perspectives on life situations.

Este taller discutirá cómo uno puede, a través de la escritura, curar traumas y convertir eventos desafortunados en una fortaleza. Usando literatura, historias, escritura y lectura puede ayudar a encontrar significado y nuevas perspectivas a diferentes situaciones de la vida.

Healthy Families from a South Asian Perspective

Presenters: Anshu Agarwal, Psy.D.; Payal Sawhney, L.C.S.W.; Sheetal Ayyathan, M.S.

Language: English

The presentation will look at a South Asian family unit and address how each member engages in self-care and conflict resolution, and how family members come together to make a healthy collectivistic family unit. Upon completion of the training, participants can identify a healthy South Asian family's norms and behaviors. They will also understand how the health of South Asian families living in the U.S. can be impacted by immigration and strict cultural norms. This presentation will address the strengths and challenges faced by South Asian families that house multiple generations. Also, the presentation will cover how the right guidance can help the family unit to solve their challenges.

**“Positive anything is
better than
negative nothing”**

— Elbert Hubbard

Mental Health and Schools Identifying African American Students as Behavioral Risks

Presenter: Keisha Robinson, United Mental Health Promoter & Community Health Worker

Language: English

This Workshop will cover implicit biases and how African Americans are impacted in the educational system. The Workshop will provide an overview of cultural biases, historical biases, racial achievement gaps, standardized testing used as racial instruments of a biased system, factors impacting African American learners, learning styles, statistics of African American learners, and solutions to the problems. There are many factors that contribute to the way in which educators perceive African American students as behavioral risks which include unconscious implicit biases, institutional discrimination through standardized testing, and how factors like poverty can impact an African American's ability to learn or be prepared for early education. Although this workshop covers the details impacting African American students, it has been revealed that these challenges impact all people of color, including Black, Latin(a/o/x), Native American, as well as some Asian students. The workshop will also address systematic racism.

Mental Health and Wellness Tools for Everyone

Presenter: Jorge Partida Del Toro, Psy.D.

Language: English

What is mental health and wellness? Having and developing healthy personal, professional, and social relationships can improve quality of life and reduce risk of serious illness. This workshop will provide participants with useful wellness recommendations and practical exercises that are easy to understand and apply. Prevention and early intervention remain the most effective ways of sustaining overall well-being. Participants will learn helpful hints to apply to daily life and improve overall wellness while reducing daily stressors.

Self-Care & Self-Love for Women

Presenter: Jennifer Hernandez, M.S.W., L.C.S.W.

Language: English

This workshop will primarily focus on offering Spanish-speaking persons who identify as women, a safe place to address the importance of self-care and well-being. There will be an emphasis on understanding how self-care is a radical way of self-love, especially for women of color who often give so much to others. The purpose and benefits of self-care on one's overall well-being will be explained, in a way that is culturally sensitive and responsive. Examples of ways to incorporate relaxing and fulfilling activities will be discussed. Most importantly, tips on preventing burnout will be addressed in the context of caring for ourselves and implementing healthy boundaries. Lastly, realistic goal setting and follow-through for a healthier future will be presented.

Social Isolation Among Older Adults

Presenters: Haydeh Fakhrabadi, Psy.D.;

Naaz Mirreghabie, L.C.S.W.

Language: English

Social isolation and loneliness are public health issues here in the United States and globally. Factors such as culture, immigration, and language can further compound issues and lead to serious mental and physical health issues. The participants will learn about who is at higher risk and strategies to manage social isolation and make simple changes to live a healthy and productive life. This presentation is a part of the Mental Wellness Series by the Anti-Stigma Discrimination Team.

**“If you can’t fly, run.
If you can’t run, walk.
If you can’t walk, crawl,
but by all means, keep moving.”**

— Martin Luther King, Jr.

WEDNESDAY, DECEMBER 7 – SESSION A: 10:15 AM - 12:15 PM

When Life Calls You to a Distant Land, Part of Me Leaves With You

Presenter: Sandra T. Chang, Ph.D.

Language: English

The decision of a family member to look for a better future in a distant land brings about challenging experiences in the short and long run for all members of the family who stay behind. Among them, the difficult preparation and acceptance of the departure, confusion, and pain due to the separation, a sense of loss and abandonment, emptiness in the familial constellation for adults as well as youth and children. Even though life goes on and everyone searches for ways of overcoming the absence of the member who is far away, the family is never the same. Its members face changes in daily living and in lifestyle as a result of not having an intact family. This decision of going far away often causes a disequilibrium in the family environment which may lead to negative consequences in the couple relationship, between parents and their children, among siblings, and other family members, thereby impacting their physical, mental, emotional, and spiritual well-being of its members. In some cases, also bringing about the manifestation of mental health conditions. This workshop will explore how the disruption in family life affects its members differently. It will also explore strategies to prepare the entire family for the changes that are about to come, and the impact of the separation in family relationships.

Who Do You Think We Are? A Narrative Change Workshop (LGBTQIA+ Community)

Presenter: Benjamin Carlton, M.B.A.

Language: English

Defining people by their challenges is stigmatizing. Far too often stories that center the LGBTQIA+ community are told from a deficit framed point of view. We focus on our challenges and problems while ignoring the other half of our story. Asset-Framing is a narrative model that defines people by their assets and aspirations before noting challenges and deficits. Asset-Framing is a cognitive skill for priming associations of genuine 'worth' rather than priming fear as our sole motivator for equitable action. Learn how to tell equitable stories that invest in the LGBTQIA+ community for our continued benefit to ourselves and society while accurately noting the systematic challenges we face.

**It is during
our darkest moments
that we must focus
to see the light."**

— Aristotle

WEDNESDAY, DECEMBER 7 – SESSION B: 12:45 PM - 2:15 PM

Grief and Loss (Perdida y Duelo)

Presenter: Blanca A. Diaz, United Mental Health Promoter

Language: Spanish

In this workshop, participants will learn about grief and loss. They will learn the different stages and how it's expressed in the Latino culture. We will review how culture can help individuals and community overcome losses of loved ones as well as other types of losses.

En este taller, los participantes aprenderán sobre el duelo y la pérdida. Aprenderán las diferentes etapas y cómo se expresa en la cultura latina. Revisaremos cómo la cultura puede ayudar a las personas y la comunidad a superar las pérdidas de seres queridos, así como otros tipos de pérdidas.

Increasing Awareness through Cultural Humility for Korean Community (문화적 겸손을 통한 한인 공동체의 인식 향상)

Presenters: Esther Lee, Ph.D.; Hyun Kyung Lee, Ph.D.; Kathy Moon, L.C.S.W.

Language: Korean

Throughout much of its history, Korea has been invaded, influenced, and fought over by its larger neighbors. It has suffered about 900 invasions during its 2,000 years of recorded history. Thus, due to the historical and cultural makeup of Koreans, the need to defend from other cultures and countries are inbred into the Korean people's souls, which might also influence Korean American's cultural identity, values, and worldview. As Korean Americans live in a growing multicultural society, it would be beneficial to understand cultural humility and explore internal cultural bias to increase cultural awareness and reduce pre-assumptions. Especially, while humbleness is one of the primary virtues in Korean culture, cultural humility might be a still obscure concept to be rediscovered in order to truly appreciate richness of diverse cultures and promote healing and recovery in our community. This presentation will introduce cultural humility and provide an opportunity for participants to learn more ways to increase their cultural awareness and reduce potential bias about other cultures particularly in Korean cultural aspects.

오랜 역사 동안 한국은 주변의 큰 이웃 나라들에 의해 침략을 받고, 영향을 받고, 또한 싸워 왔습니다. 기록된 2,000년의 역사 동안 한국은 약 900번의 침략을 겪으며 고통받았습니다. 따라서 이같은 한국인의 역사적, 문화적 구성으로 인해, 다른 문화와 국가들로부터 자신을 방어해야 할 필요성이 한국인의 영혼에 뿌리를 내리고 있으며, 이는 또한 미국에 사는 한국인들의 문화적 정체성, 가치 및 세계관에도 영향을 미쳤다고 볼 수 있습니다. 문화적 인식을 높이며 선입견을 줄이기 위해, 문화적 겸손을 이해하고 내면의 문화적 편견을 탐색하는 것은, 성장하는 다문화 사회에 살고 있는 한국계 미국인들에게 도움이 될 것입니다. 특히, 겸손은 한국 문화의 기본 미덕 중 하나이지만, 다양한 문화의 풍요로움을 진정으로 이해하고 우리 지역 사회의

치유와 회복을 촉진하기 위해 재발견되어야 할, 여전히 모호한 개념일 수 있습니다. 이번 발표는 문화적 겸손을 소개하고, 특히 한국의 문화적 측면에서 참석자들의 문화적 인식을 높이고 다른 문화에 대한 잠재적 편견을 줄이는 많은 방법을 알아보는 기회를 제공하게 될 것입니다.

Self-Care: Connecting to Our Inner Healing (照顧自己:和我們的內在療愈連結)

Presenter: Jennifer Duh, M.S.W., L.C.S.W.

Language: Mandarin

We live in a fast pace world and deal with different forms of demands on a daily basis. Sometimes, we can easily lose life balance because of all sorts of external factors and internal distress. Do you believe that we have the ability to create inner healing? It is never too late to create time for ourselves and listen to our needs. Taking good care of our well-being is a lifetime commitment!

我們生活在一個快節奏的世界中,每天都要處理不同形式的需求。有時候,我們很容易因為各種外在因素和面對內心的苦惱而失去生活的平衡。您相信我們有能力創造內在的自我療愈嗎?為自己創造一些時間並傾聽我們的需求。永遠不會太晚。照顧我們的幸福是一生的承諾!

Social Isolation Among Older Adults

(ی‌ایهانت و ی‌عامت‌جا ی‌اوزنا)

Presenters: Haydeh Fakhraadi, Psy.D.;

Naaz Mirreghabie, L.C.S.W.

Language: Farsi

رب دن‌اوت یم ی‌ایهانت و اوزنا هن‌وگچ هک می‌زوم‌ای
دراذگب ری‌ثات ام‌ناور تم‌الس و ین‌ام‌سج تم‌الس
ی‌ایهانت و اوزنا تی‌ری‌دم ی‌گن‌وگچ اب‌طابت‌را رد
هب دوخ ی‌گدنز رد هداس تی‌اری‌ی‌غت یری‌گراکب و
راب‌رپ /ه‌دن‌زاس و م‌لاس ی‌گدنز کی‌نت‌شاد روطنم
دی‌ایمن تفای‌رد ار تی‌ای‌رطن

“Spread love everywhere you go.”

— Mother Teresa

Stress and Mental Health: How to Overcome Psychological Stress and Support Physical and Emotional Wellbeing (Стресс и психическое здоровье: Методы преодоления психологического стресса и поддержки эмоционального и физического благополучия.)

Presenter: Halina Maruha, L.C.S.W.

Language: Russian

Modern life forces a person to live in constant stress. And although stress is a natural reaction of the body, necessary for it to cope with the effects of various stressors, chronic stress has negative consequences for our mental and physical health. This presentation will help you develop an understanding of the nature and types of stress, learn about the causes of psychological and emotional stress, and gain a deeper understanding of the impact of stress on our health. You will also learn about stress resilience and stress management techniques that will help you maintain optimal mental health.

Современная жизнь вынуждает человека жить в постоянном стрессе. И хотя стресс – естественная реакция организма, необходимая для того, чтобы он мог справиться с воздействиями разных стрессов, хронический стресс имеет негативные последствия для нашего психического и физического здоровья. Эта презентация поможет Вам сформировать представление о природе и видах стресса, узнать о причинах возникновения психологического и эмоционального стресса и получить более глубокое понимание о влиянии стресса на здоровье. Вы также сможете ознакомиться со способами преодоления стресса и повышения стрессоустойчивости, которые помогут Вам поддерживать оптимальное психическое здоровье.

Symptoms and Treatment of Anxiety During and Post COVID-19 (AI/AN Community)

Presenters: Harrelson Notah, United Mental Health Promoter; Iva Maes, United Mental Health Promoter

Language: English

This workshop will explain the difference between symptoms of anxiety and anxiety disorders. It will discuss cultural protective factors and resiliency of Urban Native Americans. The workshop will provide community resources to support Native American health and wellness.

The Role of Faith in Mental Health Treatment and Recovery

Presenters: Jorge Partida Del Toro, Psy.D.; Father Frank Buckley SJ

Language: English

What role, if any, does a person's faith in a higher power play in the process of treatment and recovery from mental illness and addiction? In AA, step two of the 12 steps tradition states, "we came to believe that a power greater than ourselves could restore us to Sanity." In psychology, famous thinkers, such as Freud, Jung and many others, have written extensively about the existence of the psyche or soul of an individual and have emphasized self-awareness and the influence of unseen and immeasurable forces in our lives particularly as related to the treatment of mental illness and recovery process.

Understanding Childhood Traumatic Stress (Entendamos el Estrés Traumático Infantil)

Presenter: Adriana Martinez, United Mental Health Promoter

Language: Spanish

This workshop will focus on how to identify Post Traumatic Stress Disorder (PTSD) in young children and teenagers, how to understand when a stressful situation becomes a traumatic event, and how to best help them overcome their struggles.

Este taller se centrará en cómo identificar el trastorno de estrés postraumático (TEPT) en niños y adolescentes, cómo comprender cuándo una situación estresante se convierte en un evento traumático y cómo ayudarlos a superar sus dificultades.

African American/Black Military Service: Duty-Honor-Abuse

Presenter: Latrina Morgan, Psy.D.

Language: English

Discuss the love/betrayal historical relationship African American/Black military has with the America. Explore the impact this relationship has had on the psyche of African American/Black veterans and their families.

Childhood Adverse Experiences, Trauma and Resilience (Experiencias Adversas de la Infancia, Trauma y Resiliencia)

Presenter: Suyapa Umanzor, L.C.S.W

Language: Spanish

In this workshop, the participants will learn about the adverse childhood experiences, how those experiences impact our mental health, the physical response to trauma and the resources necessary to become resilient.

En este taller, los participantes aprenderán sobre las experiencias adversas de la infancia, cómo esas experiencias impactan la salud mental, la respuesta física al trauma y los recursos necesarios para la resiliencia.

Expanding Multicultural Bridges and Finding Healing in Times of Crisis

Presenters: Ana Bernal, M.A.; Bernice Mascher, M.A.; Cody Hanable, M.S.W.; Johana Lozano, B.A.; Michael Fields; Rev. Barbara Brooks, D.Min.; Rev. Christian Ponciano, M.B.C., B.Th.; Richer San, B.S.; Romalis J. Taylor; Sade Richardson, B.A.; Senait Admassu, M.S.W.; Shannon Rivers, M.A.; Sylvia Gonzales-Youngblood, United Mental Health Promoter. Panel presentation coordinated and moderated by Dr. Sandra T. Chang.

Language: English

This multicultural panel presentation will highlight the significance of lifting the ancestral history and experiences of injustice, oppression and trauma lived by underserved communities based on race/ethnicity, spirituality, sexual orientation, gender expression, and physical disabilities.

The panelists represent the current leadership of nine different committees. Among them, the Cultural Competency Committee (CCC), the Faith-Based Advocacy Council (FBAC), and the seven Underserved Cultural Communities (UsCC) Subcommittees: Access for All, Black and African Heritage, Asian and Pacific Islander, American Indian/Alaska Native, Eastern European/Middle Eastern, Latino, and LGBTQIA2-S. The panelists will share opportunities for community involvement in various committees which focus on enhancing culturally and linguistically inclusive services, and the specific needs in each cultural group. Come learn about these committees and their projects, and how to join your voice to these committees for the greater good of our communities.

Grief and Loss (슬픔과 상실)

Presenters: Paul Kang, United Mental Health Promoter; Myung Hwa Chung, United Mental Health Promoter

Language: Korean

This workshop introduces the grieving person to the meaning of grief, the stages of grief they may experience, learning coping skills, and how to explain death to a child. Anyone interested in the grieving process is welcome.

이 워크숍은 슬픔을 겪는 사람에게 슬픔의 의미, 그들이 경험할 수 있는 슬픔의 단계, 대처 기술, 그리고 아이에게 죽음을 설명하는 방법을 소개합니다. 애도의 과정에 관심이 있는 사람이라면 누구나 환영합니다.

Immigration and Resilience

Presenter: Gloria F. Leiva, United Mental Health Promoter

Language: English

This presentation will look at a migration as a natural phenomenon in the history of mankind. The participants will understand the impact of immigration on mental health and identify the immigrant's stressors, symptomatology, and protective factors upon completion of this training.

Mental Health and People of Color in 2022: An Interactive Forum Exploring Truths, Falsities and Facts for Empowerment

Presenter: Daniel Myatt, United Mental Health Promoter

Language: English

Participants of this presentation will engage in a Question and Answer-themed workshop that addresses myths and misconceptions widespread throughout communities of color in the age of COVID-19, have an opportunity to share their opinions on issues related to their mental health, and ultimately explore sound approaches, both practical and evidence-based, rooted in a healthy, stigma-free outlook for optimal mental well-being

Muslims Daily Prayers as Meditation

صلاة المسلمين اليومية هي نوع من التفكير المطلوب لتقوية (الصحة النفسية والعقلية)

Presenter: Rubou (Ruby) Sous, United Mental Health Promoter

Language: Arabic

المسلمون مطالبون بالصلاة خمس مرات في اليوم. ستستعرض هذه المحاضرة العلمية آثار التفكير والتأمل على الصحة النفسية والعقلية من خلال الصلوات الخمسة اليومية التي يمكن أن تكون طريقة عملية لمساعدة الأفراد في الجالية المسلمة والآخرين بالتغلب على التوتر و الضغوط العصبية وزيادة الشفاء و التواصل الروحي وبناء المرونة. كما سيتم تغطية ما هو التفكير و التأمل و أهميته على الصحة النفسية والعقلية.

Promoting Resilience and Success within the American Indian/Alaska Native Community

Presenters: Angela Trenado, L.C.S.W.; Violeta Kim, L.C.S.W.; Jason Carrasco, L.M.F.T.

Language: English

This workshop will highlight testimonials and success stories within the American Indians and Alaska Natives (AI/AN) community. Although there may have been intergenerational transmission of trauma, the AI/AN community come from a place of resilience. A brief overview of historical truths will be told of the loss of culture, land, language, spirituality and the impacts on the (AI/AN) people.

Stories will be shared in hopes to inspire, and to promote community well-being. Resources will be shared to further help and heal the community from the past. Participants may expect to share in an interactional workshop to discuss the history and will be able to learn of the resilience of individuals and their journey of healing. They will learn about strength-based approaches to making positive changes with the help from access to mental health services.

Self-Care & Self-Love for Women (El Autocuidado Y Amor Propio En Las Mujeres)

Presenter: Jennifer Hernandez, M.S.W., L.C.S.W.

Language: Spanish

Este taller se enfocará principalmente en ofrecer a las personas que hablan español y que se identifican como mujeres, un lugar seguro para abordar la importancia del autocuidado y el bienestar. Habrá una conversación en comprender cómo el cuidado personal es una forma radical de amor propio, especialmente para las mujeres diversas que a menudo dan tanto a los demás. Se explicará el propósito y los beneficios del cuidado personal en el bienestar general de uno, de una manera que sea culturalmente sensible y receptiva. Se incorporarán ejemplos de cómo incorporar actividades relajantes y satisfactorias. Los consejos para prevenir el agotamiento se abordarán en el contexto de cuidarnos a nosotras mismas e implementar límites saludables. Por último, se presentará el establecimiento de objetivos realistas y el seguimiento para un futuro más saludable.

“Your worst enemy cannot harm you as much as your own unguarded thoughts.”

— Buddha

Advocacy 101

Presenters: Amparo Ostojic, United Mental Health Promoter; Johana Lozano, B.A.

Language: English

The workshop will explain what advocacy is, where to go to advocate and how to make an effective public comment. The goal is for individuals to learn strategies to advocate for themselves and their community to advance equity, anti-racism, inclusion, and accessibility. The workshop will explain the importance of having a collaborative approach when looking to make changes in public systems. It will explain step by step how to compose an effective public comment. It will address the importance of being prepared to offer solutions instead of complaints.

Can Mom Come Out to Play? Understanding the Game of Self-Care for Parents of Special Needs Children

Presenter: Florence Bracy, B.A.

Language: English

This workshop will enlighten many strategies to implement self-care with the emphasis on special needs parents. There will be several strategies revealed in parenting children with the special needs and how to save yourself as a parent to optimize your energy, mental agility, hope and well-being. The presenter has 30 years of experience in the special needs community, specifically Autism. She will share how she has learned to compartmentalize and sustained her energy, mental acuity, and mindfulness while raising her son who has autism. You will also learn how to create and execute your self-care lifestyle plan.

Finding Peace After an Abusive Relationship

Presenters: Glenda Coti, L.M.F.T.; Nancy Calderon

Language: English

The first part of this workshop will cover: definition of relationship abuse, types of abuse, statistics, effects on children/adolescents, and long-term effects of abuse on mental health. In the second part, you will hear a woman's journey to break free from abuse, find peace and stability for herself and children.

Holiday Blues

Presenters: Haydeh Fakhrabadi, Psy.D.; Naaz Mirreghabie, L.C.S.W.

Language: English

Holidays can be a challenging time for seniors who have suffered losses or who are feeling alone and without family or social support. This seasonal presentation discusses strategies to combat feelings of sadness or "the blues" during the winter holidays. This presentation is part of the Mental Wellness Series which is an outreach and engagement strategy provided by Los Angeles County Department of Mental Health (LACDMH) Outpatient Services Division, Anti-Stigma and Discrimination Team. Mental Wellness Series provides prevention services primarily by increasing awareness of mental wellness for older adults throughout Los Angeles County, particularly among underserved and underrepresented communities.

LGBTQIA2-S+: Alzheimer's and Dementia an Understanding

Presenter: Bill Sive

Language: English

A short program introducing a basic understanding of Alzheimer's and Dementia with a special focus on Alzheimer's and Dementia through an LGBTQ+ lens. Understanding unique barriers and barriers to care for the LGBTQ+ community. Workshop includes history of Alzheimer's, treatment, behavior, behavior modification, innovation in treatment, barriers to care. This program is designed for LGBTQ+ community members who have not participated in Alzheimer's or Dementia educational forums/workshops and have a desire for furthering their own education in an LGBTQIA2-S+ friendly environment.

**"If there is no struggle,
there is no progress."**

— Frederick Douglas

Mental Health and Stigma: The Filipino American Experience

Presenter: Belinda Rabano, United Mental Health Promoter

Language: English

This workshop would aim to present public data on: high rates of mental health conditions among Filipinos and Filipino Americans; higher rates of depression among Filipino Youth; very low rates of help seeking, despite many healthcare workers in community; factors contributing to mental health conditions; history of colonialism and loss of cultural identity; cultural factors and stigma; Filipinos are an invisible minority in the US; they don't fall neatly into API category due to long history of colonialism. The presentation will also have a discussion of the immigration experience including immigration and "assimilation" experience which is very different from other API ethnic groups and intergenerational conflict which is the biggest source of conflict in the home of Filipino Americans.

Muslims Daily Prayers as Meditation

Presenter: Rubou (Ruby) Sous, United Mental Health Promoter

Language: English

Muslims are required to pray five times per day. This presentation will cover the effects of meditation through the daily prayers that can be a practical way to help the Muslim community and others cope with stress, increase spiritual healing, and build resiliency. The importance of meditation on mental health will also be covered.

Resilience Throughout the Lifespan

Presenter: Lorraine Viade, Psy.D.

Language: English

This presentation will cover resilience as a source of hope, recovery, and well-being along the lifespan with practical tools and ways to cope with loss, grief, change and trauma as lessons and gifts. The participants will understand the power of perspective in change and learn ways to find meaning, purpose and joy in the face of human suffering.

Rez Robics and Other Healthy Practices for American Indians

Presenters: Melanie Cain, Ph.D., M.P.A.;

Javier Serna, M.S.W., M.P.A.

Language: English

The focus of the workshop is to incorporate culture into healing and wellness practices. Rez Robics and PLEASE (Treat Physical illness, balanced Eating, avoid mood Altering drugs, balance Sleep, get Exercise) skill will be discussed to identify how skills can positively impact mental and physical well-being. This workshop will provide an example of Rez Robics, a Native American style of exercise utilized within the Indian Health Service. Participants will have an opportunity to participate in a 10-minute exercise activity. PLEASE skills, (Treat Physical illness, balanced Eating, avoid mood Altering drugs, balance Sleep, get Exercise) are a Dialectical Behavior Therapy (DBT) skill designed to help with healthy decision making and emotional wellness. The importance of exercise and healthy behaviors will be addressed in managing health disparities among American Indians/Alaska Natives. Exercise will be tied into other ways to adopt healthy behaviors as a daily practice and method of wellness. Some Dialectical Behavior Therapy terms will be utilized to explain skills for healthy practices.

Social Media and the Impact of Mental Health

(Las Redes Sociales y El Impacto en La Salud Mental)

Presenter: Suyapa Umanzor, L.C.S.W

Language: Spanish

In this workshop participant will learn about the impact of social media on our mental health. Participants will be able to identify situations with ineffective use of social media and how that impact relationships. At the end of the workshop participants will learn how to do a digital detox.

En este taller, los participantes aprenderán sobre el impacto de las redes sociales en nuestra salud mental. Los participantes podrán identificar situaciones con un uso ineficaz de las redes sociales y cómo eso afecta las relaciones. Al final del taller, los participantes aprenderán cómo hacer una desintoxicación digital.

The Role of Faith in Mental Health Treatment and Recovery (El Rol de la Fe en la Salud Mental y el Proceso de Tratamiento y Recuperación)

Presenters: Jorge Partida Del Toro, Psy.D.;
Rev. Christian Ponciano, M.B.C., B.Th.

Language: Spanish

¿Qué importancia o rol tiene la fe de una persona en su salud mental y el proceso de tratamiento y recuperación? ¿Hasta qué punto se debe considerar la espiritualidad o la fe de una persona en el proceso de tratamiento para aquellos que sufren de enfermedades mentales y/o adicciones? Dentro de la comunidad de Alcohólicos Anónimos y sus 12 pasos, el paso dos afirma: “Ilegamos a creer que un poder mayor que nosotros mismos podría restaurarnos a la cordura.” En la psicología, pensadores famosos, como Freud, Jung y muchos otros, han escrito extensamente sobre la existencia de la psique o el alma de un individuo y han enfatizado la autoconciencia y la influencia de fuerzas invisibles e incommensurables en nuestras vidas, particularmente en lo relacionado con el tratamiento de las enfermedades mentales y el proceso de recuperación. En esta presentación de panel, que será dirigida por Celina Rodriguez, famosa periodista, y personalidad de radio y televisión, y el Dr. Jorge Partida, participantes tendrán la oportunidad de aprender de varios líderes religiosos y espirituales sobre este importante tema. Participantes aprenderán practicas personales que fácilmente se pueden incorporar en la vida diaria para mejorar el bienestar mental, reducir ansiedad y sobresalir de enfermedades mentales y adicciones.

When Life Calls You to a Distant Land, Part of Me Leaves With You (Cuando La Vida Te Llama a Otra Tierra, Parte De Mi Se Va Contigo)

Presenter: Dra. Sandra T. Chang

Language: Spanish

La decisión de un familiar de buscar un mejor porvenir para su familia en tierras lejanas, trae consigo experiencias desafiantes a corto y largo plazo para los familiares que se quedan atrás. Entre ellas, la difícil preparación y aceptación de su partida, confusión y dolor por la separación, sentido de perdida y abandono, vacío en la constelación familiar tanto para adultos como para los jóvenes y niños. Aunque la vida sigue, y se buscan formas de sobrellevar la ausencia de quien ahora vive lejos, la familia ya no es la misma. Se intenta seguir adelante, encarando cambios en la rutina diaria y en el estilo de vida y tratando de solventar los desafíos de no tener a la familia completa. La decisión de ausentarse puede causar un desequilibrio en el ambiente familiar, lo cual conlleva a repercusiones negativas en la relación de pareja, entre padres e hijos, hermanos, hermanas y demás familiares afectando así el bienestar físico, mental, emocional y espiritual de sus miembros. En algunos casos, dándole cabida a la manifestación de condiciones mentales. Este taller explorará como la ausencia de una familiar afecta el a los miembros de la familia según de fase de vida y estrategias para preparar a la familia para los cambios que se avecinan y el impacto de las relaciones familiares.

“It is okay to have depression, it is okay to have anxiety and it is okay to have an adjustment disorder. We need to improve the conversation. We all have mental health in the same way we all have physical health.”

**— Henry Charles Albert David, Duke of Sussex
A.K.A. “Prince Harry”**

Intergenerational Trauma within the African American Community

Presenter: Kevin R. Collins Sr., United Mental Health Promoter

Language: English

This workshop is designed to provide an insight on how the traumas of individuals and their ancestors affect one's mental health. We will discuss the transmission between generations and gain an understanding of what these individuals suffer from. Taking into consideration their social environment, resources that demonstrate how some mitigate the intergenerational association will be also shared.

Mental Health and Chinese Americans (美國華裔與心理健康)

Presenters: Wanyu Chang, Psy.D.; Jacqui Cheng, L.M.F.T.; Jennifer Duh, M.S.W., L.C.S.W.; Derek Hsieh, Ph.D., L.C.S.W.

Language: Mandarin

Please join us for a candid conversation about mental health and Chinese Americans with a panel of Chinese-speaking mental health professionals from the Los Angeles County Department of Mental Health. Topics of discussion include why Chinese Americans might be reluctant to seek mental health services, signs and symptoms of common mental health problems, general prognosis and efficacy of treatment for common mental disorders, recommendations for prevention such as helpful practices to manage stress and increase well-being, as well as resources available to support the mental health and well-being of Chinese Americans in LA County. By attending this panel discussion, we hope you will walk away with some valuable information about mental health for yourself, your loved ones, and those you may encounter who might need support. We also welcome you to openly dialogue with us during this panel discussion.

請加入與我們洛杉磯心理衛生局的華語心理健康專業人士們的對話，一起探討美國華裔心理健康議題的華語心理座談會！主題包括為什麼華裔不太願意尋求心理健康服務；什麼是心理健康的常見症狀和危險信號；了解壓力與身心健康之間的關係，和學習一些如何紓解壓力和增加幸福感的方法。此外，參與

者還可以了解一些治療效果以及適用於華裔的心理健康相關資源。希望您能在此可以學到一些對自己、家人、朋友有幫助的資訊，並有機會與其他人分享這些資源

Mental Health and Wellness Tools for Everyone (Herramientas Para Mejorar Nuestra Salud Mental)

Presenter: Jorge Partida Del Toro, Psy.D.

Language: Spanish

¿Que significa la salud mental y bienestar emocional? La habilidad de desarrollar y mantener relaciones saludables, ya sean personales, profesionales o sociales puede mejorar la calidad de nuestras vidas y reducir el riesgo de enfermedades y trastornos serios. Este taller brindara útiles recomendaciones y ejercicios prácticos que fácilmente se pueden aplicar para mejorar nuestro bien estar. La prevención e intervención primaria siguen siendo las mejores maneras para sostener el bienestar. Participantes de este taller aprenderán herramientas útiles para aplicar y mejorar el bienestar y reducir el estrés de la vida diaria.

Men's Pathways to Awareness and Healing

Presenter: Jeff Watkins, United Mental Health Promoter

Language: English

The workshop will focus on understanding the impact of mental health struggles on men and their role in their families. A discussion about the stigma associated with the male gender will be discussed and how it is a barrier to effectively seeking support or being able to problem solve the issues that come up within the family unit. This presenter has firsthand experience living with an ex-wife who became symptomatic for borderline personality disorder and tried to deal with it by denying the disorder was real. It affected the whole family, and the presenter went on to make poor choice after poor choice in life and in his relationships. Finally, after his son was diagnosed at age 14 with bipolar disorder and ADHD with anxiety (and got himself into all kinds of trouble) he was able to surround himself with people with various experiences who really cared and helped him stop beating himself up and went on a mission to get better.

Nurturing Self-Love and Community Care through Guided Breathwork, Meditation, and Journaling

Presenter: Jessica Lin, B.A.

Language: English

Feeling burnt out and running on autopilot? Join us for meditation and breathwork with certified yoga teacher Jessica Lin. You'll learn to let go, be more at ease, and become more self-aware. While yoga seems prevalent, Jessica's offerings are uniquely body positive and trauma informed. Come and learn from a queer and disabled woman of color for a culturally competent practice. Even the shyest and most introverted of participants will feel at home. Come as you are. No equipment or experience necessary (a.k.a. no mat needed) - you can even join from the office. Beginners are welcome.

Retracing My Ancestral Roots to Promote Healing

Presenters: Jessica Mosher, M.B.A., DrPH student

Language: English

Sharing the presenter's story of healing from generational trauma by researching the journey of her Yaqui (Yoeme) ancestors from Sonora, Mexico to California. Discovering the secret of her native heritage after her mother turned her back on her family to break the cycle of trauma, claiming they were all villains. The presenter's difficult journey through the higher education system and how engaging in her culture brought healing. Finally how the presenter was able to bring healing by retelling her story through the discovery of the heroes in her Yaqui family tree.

Supporting Latinx and Hispanic Clients: Understanding and Addressing Cultural Considerations to Empower Their Well-Being

Presenter: Deborah Villanueva, D.S.W., M.S.W., L.C.S.W.

Language: English

No culture is a monolith, therefore, understanding the multitude of differences and nuances that exist within the Latinx and Hispanic culture, are essential in being able to empower the well-being of this community. This session will focus on that crucial component of culturally focused empowerment, and how it can exemplify the resilience of the Latinx and Hispanic people. This training adds a much-needed dimension of the importance of beliefs and traditions related to wellness, and in building inclusive spaces for their experiences.



“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do.”

— Eleanor Roosevelt

Advocacy 101 (Abogacía 101)

Presenters: Amparo Ostoic, United Mental Health Promoter; Johana Lozano, B.A.

Language: Spanish

El taller explicará qué es la abogacía, adónde ir para abogar y cómo hacer un comentario público efectivo. El objetivo es que las personas aprendan estrategias para abogar por sí mismos y por su comunidad para promover la equidad, el antirracismo, la inclusión y la accesibilidad. El taller explicará la importancia de tener un enfoque colaborativo cuando se busca hacer cambios en los sistemas públicos. Explicará paso a paso cómo redactar un comentario público eficaz. Se abordará la importancia de estar preparados para ofrecer soluciones en lugar de quejas.

An Overview of Native/Indigenous History: Impacts to their Health, Spiritual Well-being, and Social Structures

Presenters: Shannon Rivers, M.A.; Sylvia Gonzales-Youngblood, United Mental Health Promoter

Language: English

This workshop will provide a historical overview of the impacts of colonization faced by Indigenous peoples/First Nations people. The First Nations Fact Sheet will discuss current mental, emotional, and social challenges experienced by Native American community members nationwide, in California, and in Los Angeles County. Additionally, a brief overview will be shared regarding the ongoing impacts of the Mission and colonial systems and how today they lend themselves to historical and generational trauma including displacement, relocation, and invisibility but also resilience and healing for Indigenous people of California and Los Angeles. *These topics can be sensitive to individuals; please be mindful of your own comfort level for this type of conversation.

Cambodian Genocide, Cambodian Culture, and PTSD Mental Health

របបប្រល័យពូជសាសន៍កម្ពុជា របបធម៌ខ្មែរ និង សុខភាពផ្លូវចិត្ត PTSD

Presenter: Rose Om Hieng, United Mental Health Promoter

Language: Khmer

This presentation will discuss “Cambodian genocide/Cambodian culture/PTSD and mental health” in relation to the Cambodian community. Many Cambodian people have been through genocide and torture that cause an effect of PTSD and mental health issues. This workshop will provide information about the stereotypes, and the risk and factor regarding PTSD, and the resources that are available within our community. The presentation can help Cambodian people to break down the fears and shame and believe that they are not alone. The participants can have an open a conversation about the PTSD and learn how to prevent it.

បទបង្ហាញនេះស្តីអំពី “របបប្រល័យពូជសាសន៍ នៅកម្ពុជា/របបធម៌កម្ពុជា/PTSD និង សុខភាពផ្លូវចិត្ត” ទាក់ទងនឹងសហគមន៍ កម្ពុជា។ បុរាណប្រាជនកម្ពុជាជាច្រើនបាន ឆ្លងកាត់អំពើប្រល័យពូជសាសន៍ និងការផ្ទុះ ទារុញកម្ម ដែលបណ្តាលអោយមាន PTSD និង បញ្ហាផ្លូវចិត្ត។ កម្មវិធីសិក្សាសាលានេះនឹង ផ្តល់ព័ត៌មានអំពីរបៀបដែលមិននឹកស្មានដល់ ហានិភ័យ កត្តាទាក់ទងនឹង PTSD និងធនធាន ដែលមាននៅក្នុងសហគមន៍របស់យើង។ ការ ចូលរួមសន្ទនាបាននេះ អាចជួយបុរាណប្រាជនកម្ពុជា ដើម្បីបំប្លែងការភ័យខ្លាច ភាពអាសាស់ ហើយ ជឿថាពួកគេមិនមែនមានតម្លៃនាក់ឯងនោះ ទេ។ អ្នកចូលរួមអាចបរិភោគការសន្ទនា និងរៀន ពីរបៀបការពារ។

**“Not until we are lost
do we begin to understand ourselves”**

— Henry David Thoreau

Empathy Not Just Sympathy (Empatía no solo simpatía)

Presenter: Claudia Razo, United Mental Health Promoter

Language: Spanish

We will explore the importance of creating mental health in our community through creating true empathy dealing with racism and discrimination that comes with being an immigrant. This workshop will look at the importance of knowing how to learn new recovery tools, empowerment in your community as being able to heal all the roles that you represent as a peer, facilitator, Promoter, community leader, mother, daughter, wife, friend, but above all human being. Lastly, the presentation will discuss how working empowers you and gives you the strength to tell the community that it can be healed.

Exploraremos la importancia de crear salud mental en nuestra comunidad creando una verdadera empatía frente al racismo y la discriminación que conlleva ser inmigrante. Este taller verá la importancia de saber aprender nuevas herramientas de recuperación, el empoderamiento en tu comunidad como poder sanar todos los personajes que representas como compañera, facilitadora, Promotora, líder comunitaria, madre, hija, esposa, amiga, pero ante todo ser humano. Por último, la presentación discutirá cómo el trabajo te empodera y te da la fuerza para decirle a la comunidad que se puede sanar.

Grief is A Journey: Finding Your Path Through Loss (失去與悲傷的旅程:面對失去, 好好悲傷)

Presenter: Renee Chao, B.S.W.

Language: Mandarin

Any loss can cause grief, including the loss of a relationship, your health, your job, or a cherished dream. Learn how to better cope with what you're feeling and process your emotions in ways that allow you to heal. Grief is not a disease that can be cured in a short time, but a long journey. You don't need to deliberately forget or try to get yourself out of it soon. There is no rule that defines whether someone's grief reaction is normal or abnormal,

intense or mild; there is no end to grief, and even in bereavement, you continue to be connected to the person who has left, but in a different way.

任何的失去, 都會引起悲傷, 包括失去健康, 工作, 一段關係, 或是夢想。學習如何更好的接住自己的感受, 並允許自己從悲傷中療癒, 在情緒中自處。悲傷不是能在短期內痊癒的疾病, 而是條漫長的旅程。你不需刻意遺忘, 或努力讓自己早日走出傷痛。沒有任何規則能定義某個人的悲傷反應是正常或異常, 程度是強烈或輕微; 悲傷也沒有所謂的終結, 即使在喪親之慟之中, 你仍然繼續與離去者維持著連結, 只不過是以不同的方式進行。

Holiday Blues

(دای عا نامز رد یکانمغ ساسح)

Presenters: Haydeh Fakhraadi, Psy.D.;

Naaz Mirreghabie, L.C.S.W.

Language: Farsi

ار یزی زع هک ینادنم لاس یارب تالی طعت نامز
زا ای و، دنتسه اهنت و یوزنم، دنا هداد تسد زا
رادروخ رب هداوناخ و ناتسود یت یامح یاه هک بش
دنتسین
دشاب تخس و زیگنارب شلاچ ینارود دن اوت یم
اب هزاربم و تیری دم یارب ینارنخس ثحبم نی
ار یتام ادقا و اهدربهار، هودنا و مغ ساسح نی

**"I am bent, but not broken.
I am scarred, but not disfigured.
I am sad, but not hopeless.
I am tired, but not powerless.
I am angry, but not bitter.
I am depressed,
but not giving up."**

— Unknown

THURSDAY, DECEMBER 8 – SESSION C: 12:45 PM - 1:45 PM

How Music & Creative Expression Can Help Me Heal from Trauma

Presenters: Stevie McBride, L.M.F.T.; Jasmynn Smith Abernathy, L.M.F.T.; Jared Baisley, B.A.; Natasha Townsend, B.S.; Élishia Sharie

Language: English

Many people who come from low-income backgrounds and live in high-crime areas are affected by trauma and violence. This workshop is designed to provide an evidence-based approach that will help participants identify trauma symptoms, learn about coping mechanisms and use creative expression to begin to heal from traumatic events or situations. A combination of music and mental wellness tools will be used to help attendees reconnect with their inner strength after experiencing trauma. The workshop will begin with an engaging audience check-in that consists of a discussion about highs and lows for the week and self-care. We will transition into a listening session of a song for a lyrical breakdown that illustrates how creative expression can help one cope with difficult emotions. Afterwards, there will be a simple explanation of how the human brain relates to trauma and how it regulates the body and emotions. Lastly, the attendees can participate in a creative writing prompt to help them manage their negative emotions in a productive way.

LGBTQIA+ Youth 101

Presenters: Luis Vasquez

Language: English

The purpose of this workshop is to help attendees gain tools, skills and knowledge around LGBTQIA+ youth which in turn better serves their LGBTQIA+ youth's unique needs and foster safer spaces. Upon completion of this workshop, participants can be expected to: understand the important terminology in the LGBTQIA+ community and the most frequent terms used by youth; recognize the importance of pronoun and chosen name usage, as well as comfortability in asking for correct pronouns/ addressing mis gender; learn tools and skills to create and foster safer spaces for LGBTQIA+ youth.

Mental Health in Youth

Presenters: Vanessa Ruiz, United Mental Health Promoter; Lizbeth Ortega Flores, United Mental Health Promoter

Language: English

This workshop is designed to provide an insight into mental health in youth including warning signs. We will discuss how trauma plays a role in youth mental health, specifically describing adverse childhood experiences, going into risks and protective factors. We will also describe what adults can do to help youth experiencing traumatic events.

THURSDAY, DECEMBER 8 – SESSION D: 1:45 PM - 3:45 PM

Armenian Parenting Seminar

Presenter: Avo Soltanian, L.M.F.T.

Language: English

Currently, Armenian Community is faced with many mental health challenges. Among these challenges is parenting issues and understanding mental health issues. Most Armenian families living in the Southern California are new immigrants and due to lack of acculturation and lack of education they have difficulty understanding mental health needs of their children. Many Armenian parents express feeling helpless in how to address their children's mental health issues. Therefore, desperately they are looking to Armenian professionals for guidance and mental health education. Through this

presentation we can bring awareness to Armenian families regarding mental illnesses in children and adolescents. Also, parents will learn how to utilize mental health resources to address their children's mental health needs.

Grief and Loss

Presenter: Gloria F. Leiva, United Mental Health Promoter

Language: English

This workshop introduces the meaning of grief and the stages of grief they may experience. Participants will also learn coping skills and how to explain death to a child.

Healing My Inner Child (Sanando Mi Niño Interior)

Presenter: Guadalupe Corona Arvizu, L.M.F.T.

Language: Spanish

This presentation will provide an opportunity to explore the self, by engaging in practice of basic exercises to begin or continue that inner search that could lead us to find the integral essence with which we were born and thus improve aspects of our personality. An open conversation about the importance of recognizing the injured inner child that lives within, a reflection to increase self-awareness with the purpose of increasing self-knowledge, improving our mental health, and strengthening resilience.

Una oportunidad para explorar el Yo. Al involucrarnos en la practica de ejercicios basicos para comenzar o continuar esa busqueda interior que podria llevarnos a encontrar la esencia integral con la que nacimos y asi mejorar aspectos de nuestra personalidad. Una conversacion abierta sobre la importancia de reconocer al niño interior herido que vive dentro de uno mismo, una reflexion para aumentar la autoconciencia con el proposito de aumentar el autoconocimiento, mejorar nuestra salud mental y fortalecer la resiliencia.

Immigration, Adaptation, and Resilience (Inmigración, Adaptación y Resiliencia)

Presenter: Blanca A. Diaz, United Mental Health Promoter

Language: Spanish

In this workshop, participants will understand the Impact of Immigration on mental health. They will be able to identify the challenges and the grieving process of immigration. They will identify actions that we can take to help immigrants during their acculturation process and how to build their resilience.

En este taller los participantes comprenderán el Impacto de la Inmigración en la salud mental. Podrán Identificar los retos y el proceso de duelos de la inmigración. Identificaran acciones que podemos tomar para ayudar al inmigrante durante su proceso de aculturación y como construir la resiliencia.

Implementing Indigenous Cultural Safety: Action for All Communities

Presenters: Bernice Mascher, CCC Co-Chair; Belinda Najera, Psy.D.; Farrah Ferris, M.S.W., A.S.W., Cultural Competency Committee (CCC) membership and community presenters. This workshop includes a welcome by Sandra T. Chang, Ph. D. and will be moderated by Mercedes Aguirre.
Language: English

Indigenous scholars, health practitioners, and activists in New Zealand, Australia, Canada, and Africa have developed a transformational tool to improve peoples' mental health and wellness by fostering a safer, more effective health care system through cultural safety. This session will provide an overview of the history, literature, definition, and strategies to use cultural safety in all communities. Participants will learn how to address the inherent power imbalance in a clinical encounter between receiver and provider; and will become more equipped to advocate for their needs by sharing information and building equal partnerships. Presenters will issue a call to action for everyone to go beyond cultural competency, and practice cultural safety as a bridge to reduce social inequalities and health disparities; and integrate the indigenous experience in individual and community healing.

Mental Health and Stigma (Salud Mental y Estigma)

Presenter: Carmen Aparicio, United Mental Health Promoter

Language: Spanish

The participants will learn what mental health is. They will also learn what mental health stigma is and how they can reduce stigma.

En este taller los participantes aprenderán acerca del duelo y la perdida, las diferentes etapas, como las personas lo experimentan, lo afrontan y como se ve en los niños.

**“You do not find the happy life.
You make it.”**

— Camilla Eyring Kimball

Recovery and Resilience Experiences in People Facing Multiple Adversities through Support Groups with a Community Focus (Experiencias de recuperación y resiliencia en personas que enfrentan múltiples adversidades a través de grupos de apoyo con enfoque comunitario)

Presenters: Julio Celada; Claudia Razo; Martha Velasco; Judith Vargas
Language: Spanish

A group of adults who face experiences of psychosocial discomfort associated with multiple oppressive adversities, find in mental health support groups with a community focus and led by Peers, a liberating space where they share experiences, resources, mutual help and cultural richness. Narratives of life experiences, empathic leadership, cultural identity, and common aspirations help members rewrite their stories and engage on the journey of recovery, resilience, and empowerment. Thus, after two and a half years of the COVID-19 Pandemic, they can tolerate frustrations, show positive attitudes, participate in networks of mutual support and have a sense of community.

Un grupo de adultos que enfrentan experiencias de malestar psicosocial asociado a múltiples adversidades opresivas, encuentran en los grupos de apoyo en salud mental con enfoque comunitario y liderados por pares, un espacio liberador donde comparten experiencias, recursos, ayuda mutua y riqueza cultural. Las narrativas de las experiencias de vida, el liderazgo empático, la identidad cultural y las aspiraciones comunes ayudan a los miembros a reescribir sus historias y participar en el viaje de recuperación, resiliencia y empoderamiento. Así, luego de dos años y medio de la Pandemia del COVID-19, pueden tolerar frustraciones, mostrar actitudes positivas, participar en redes de apoyo mutuo y tener sentido de comunidad.

The Crown Act “It’s Not Just About Hair”

Presenter: La Trina Morgan, Psy.D.
Language: English

The presentation will address what the Crown Act is and the history of how hair, religious and cultural head covering in America has been used to discriminate, de-humanize, create self-hate, myth, etc. Dominant culture determines what type of hair length etc. is professional, neat, clean, appropriate.

Unaccompanied Immigrant Children and the Triple Trauma Paradigm

Presenters: Shantel Vachani, J.D., M.S.W.; Sandra Chang, Ph.D.; Perla Aragon, L.C.S.W.
Language: English

This workshop will explore the unique experiences of Unaccompanied Immigrant Children (UIC) and provide resources to support these children. UICs are a highly vulnerable subpopulation of immigrant children with complex socio-emotional, health, linguistic, cultural, and legal needs. Due to extensive trauma experienced in their country of origin, harm suffered during their journey to the United States, and negative experiences while in immigration custody, something we the triple trauma paradigm, UICs often present with heightened risk factors. In 2021, an unprecedented number of UIC were apprehended by Customs and Border Patrol and placed into immigration custody under the care of the Office of Refugee Resettlement (ORR). Most UICs, sometimes after a prolonged detention, are reunified with a sponsor in the United States while their fight their immigration case. In 2021, Los Angeles County had more UICs released from ORR custody into the community than any other county in the United States. As social service providers, school officials, faith-based organizations, and community members, it is important that we understand the unique socio-emotional, health and legal needs of this highly vulnerable subsection of immigrant children so that we can best support them in the spaces we may interact with them.

“The bad news is time flies. The good news is you’re the pilot.”

— Michael Altshuler

We Have Always Been Here: A Dialogue Among Queer Generations

Presenters: Rebecca Gitlin, Ph.D.; Kelly Wilkerson, L.C.S.W.; Andre Moton; Bill Sive; Carl Highshaw; Coyote Park; Cynthia Ruffin; Queen Chela Demuir; Richard L. Zaldivar; Zero Osterlind

Language: English

Rebecca Gitlin (she/her) and Kelly Wilkerson (she/her) will facilitate a panel discussion featuring 2-3 LGBTQIA2-S “elders” (age 55+) and 2-3 LGBTQIA2-S youth (age 18-25). The panel discussion will center on several key themes, including: (a) the differences and similarities in our collective sociopolitical landscape as it relates to gender and sexuality, including discrimination and celebration of LGBTQIA2-S identities and lived experiences; (b) specific lifespan and developmental considerations for affirming practice with LGBTQIA2-S communities of different generations; (c) key milestones of LGBTQIA2-S oppression and liberation over the past 60+ years; and (d) what older LGBTQIA2-S adults and LGBTQIA2-S youth want each generation to know, and what they can each learn from/about one another. Co-presenters and panelists will jointly discuss implications of the panelists’ comments for promoting culturally responsive practice within LACDMH and other systems of care.



SCHEDULE OF WORKSHOPS BY LANGUAGE

DECEMBER 7, 2022

| Date | Language | Time | Title |
|------|----------|------------------------------------|--|
| 12/7 | Arabic | Session 1C (2:30pm to 4:15pm) | Muslims Daily Prayers as Meditation صلاة المسلمين اليومية هي نوع من التفكير المطلوب لتقوية الصحة النفسية والعقلية |
| 12/7 | English | Session 1A (10:15am to 12:00pm) | Complex Trauma within the Armenian Community |
| 12/7 | English | Session 1A (10:15am to 12:00pm) | Healthy Families from a South Asian Perspective |
| 12/7 | English | Session 1A (10:15am to 12:00pm) | Social Isolation Among Older Adults |
| 12/7 | English | Session 1A (10:15am to 12:00pm) | When Life Calls You to a Distant Land, Part of Me Leaves with You |
| 12/7 | English | Session 1A (10:15am to 12:00pm) | Mental Health and Wellness Tools for Everyone |
| 12/7 | English | Session 1A (10:15am to 12:00pm) | Self-Care and Self-Love for Women |
| 12/7 | English | Session 1A (10:15am to 12:00pm) | Who Do You Think We Are? A Narrative Change Workshop |
| 12/7 | English | Session 1A (10:15am to 12:00pm) | Mental Health and Schools Identifying African American Students as Behavioral Risks |
| 12/7 | English | Session 1C (2:30pm to 4:15pm) | African- American/Black Military Service: Duty-Honor-Abuse |
| 12/7 | English | Session 1B (12:45pm to 2:15pm) | The Role of Faith in Mental Health Treatment and Recovery |
| 12/7 | English | Session 1B (12:45pm to 2:15pm) | Symptoms and Treatment of Anxiety during and Post Covid-19 |
| 12/7 | English | Session 1C (2:30pm to 4:15pm) | Expanding Multicultural Bridges and Finding Healing in Times of Crisis |

| Date | Language | Time | Title |
|------|----------|------------------------------------|---|
| 12/7 | English | Session 1C (2:30pm to 4:15pm) | Immigration and Resilience |
| 12/7 | English | Session 1C (2:30pm to 4:15pm) | Mental Health and People of Color in 2022: An Interactive Forum Exploring Truths, Falsities and Facts for Empowerment |
| 12/7 | English | Session 1C (2:30pm to 4:15pm) | Promoting Resilience and Success within the American Indian/Alaska Native Community |
| 12/7 | Farsi | Session 1B (12:45pm to 2:15pm) | Social Isolation Among Older Adults ی‌ی‌اهنت و ی‌عامت‌جا ی‌اوزنا |
| 12/7 | Korean | Session 1B (12:45pm to 2:15pm) | Increasing Awareness through Cultural Humility for Korean Community 문화적 겸손을 통한 한인 공동체의 인식 향상 |
| 12/7 | Korean | Session 1C (2:30pm to 4:15pm) | Grief and Loss 슬픔과 상실 |
| 12/7 | Mandarin | Session 1B (12:45pm to 2:15pm) | Self-Care: Connecting to Our Inner Healing 照顧自己: 和我們的內在療愈連結 |
| 12/7 | Russian | Session 1B (12:45pm to 2:15pm) | Stress and Mental Health: How to Overcome Psychological Stress and Support Physical and Emotional Wellbeing Стресс и психическое здоровье: Методы преодоления психологического стресса и поддержки эмоционального и физического благополучия. |
| 12/7 | Spanish | Session 1A (10:15am to 12:00pm) | Finding Peace After an Abusive Relationship Encontrando Paz después de una Relación Abusadora |
| 12/7 | Spanish | Session 1A (10:15am to 12:00pm) | Healing through Literature and Writing Sanando con escritura y literatura |
| 12/7 | Spanish | Session 1A (10:15am to 12:00pm) | Emotions That Block Your Way Emociones que detienen tu camino |

| Date | Language | Time | Title |
|------|----------|-----------------------------------|--|
| 12/7 | Spanish | Session 1B (12:45pm to 2:15pm) | Grief and Loss Perdida y Duelo |
| 12/7 | Spanish | Session 1B (12:45pm to 2:15pm) | Understanding Childhood Traumatic Stress Entendamos el Estrés Traumático Infantil |
| 12/7 | Spanish | Session 1C (2:30pm to 4:15pm) | Childhood Adverse Experiences, Trauma and Resilience Experiencias Adversas de la Infancia, Trauma y Resiliencia |
| 12/7 | Spanish | Session 1C (2:30pm to 4:15pm) | Self-Care & Self-Love for Women El Autocuidado y Amor Propio en las Mujeres |



SCHEDULE OF WORKSHOPS BY LANGUAGE

DECEMBER 8, 2022

| Date | Language | Time | Title |
|------|----------|------------------------------------|--|
| 12/8 | English | Session 2A (9:45am to 11:00am) | Holiday Blues |
| 12/8 | English | Session 2A (9:45am to 11:00am) | Resilience Throughout the Lifespan |
| 12/8 | English | Session 2A (9:45am to 11:00am) | Mental Health and Stigma: The Filipino American Experience |
| 12/8 | English | Session 2A (9:45am to 11:00am) | Muslims Daily Prayers as Meditation |
| 12/8 | English | Session 2A (9:45am to 11:00am) | Advocacy 101 |
| 12/8 | English | Session 2A (9:45am to 11:00am) | Finding Peace After an Abusive Relationship |
| 12/8 | English | Session 2A (9:45am to 11:00pm) | LGBTQIA2-S+: Alzheimer's and Dementia an Understanding |
| 12/8 | English | Session 2A (9:45am to 11:00am) | Can Mom Come Out to Play? Understanding the Game of Self Care for Parents of Special Needs Children |
| 12/8 | English | Session 2A (9:45am to 11:00am) | Rez Robics and other Healthy Practices for American Indians |
| 12/8 | English | Session 2B (11:15am to 12:15pm) | Supporting Latinx and Hispanic Clients: Understanding and Addressing Cultural Considerations to Empower Their Well-Being |
| 12/8 | English | Session 2B (11:15am to 12:15pm) | Intergenerational Trauma within the African American Community |
| 12/8 | English | Session 2B (11:15am to 12:15pm) | Men's Pathways to Awareness and Healing |
| 12/8 | English | Session 2B (11:15am to 12:15pm) | Retracing my Ancestral Roots to Promote Healing |

| Date | Language | Time | Title |
|------|----------|------------------------------------|--|
| 12/8 | English | Session 2B (11:15am to 12:15pm) | Nurturing Self-Love and Community Care through Guided Breathwork, Meditation, and Journaling |
| 12/8 | English | Session 2C (12:45pm to 1:45pm) | An Overview of Native/Indigenous History: Impacts to their Health, Spiritual Wellbeing and Social Structures |
| 12/8 | English | Session 2C (12:45pm to 1:45pm) | Mental Health in Youth |
| 12/8 | English | Session 2C (12:45pm to 1:45pm) | How Music & Creative Expression Can Help Me Heal from Trauma |
| 12/8 | English | Session 2C (12:45pm to 1:45pm) | LGBTQIA+ Youth 101 |
| 12/8 | English | Session 2D (1:45pm to 3:45pm) | The Crown Act “It’s Not Just About Hair” |
| 12/8 | English | Session 2D (1:45pm to 3:45pm) | Grief and Loss |
| 12/8 | English | Session 2D (1:45pm to 3:45pm) | Implementing Indigenous Cultural Safety: Action for All Communities |
| 12/8 | English | Session 2D (1:45pm to 3:45pm) | Unaccompanied Immigrant Children and the Triple Trauma Paradigm |
| 12/8 | English | Session 2D (1:45pm to 3:45pm) | Armenian Parenting Seminar |
| 12/8 | English | Session 2D (1:45pm to 3:45pm) | We Have Always Been Here: A Dialogue Among Queer Generations |
| 12/8 | Farsi | Session 2C (12:45pm to 1:45pm) | Holiday Blues دای عا نام ز رد ی کانم غ س اس ح |
| 12/8 | Khmer | Session 2C (12:45pm to 1:45pm) | Cambodian genocide, culture and PTSD and Mental Health របបបុរល័យពូជសាសន៍កម្ពុជា វប្បធម៌ ឧម្រែ និង សុខភាពផ្លូវចិត្ត PTSD |
| 12/8 | Mandarin | Session 2B (11:15am to 12:15pm) | Mental Health and Chinese Americans 美國華裔與心理健康 |

| Date | Language | Time | Title |
|------|----------|------------------------------------|---|
| 12/8 | Mandarin | Session 2C (12:45pm to 1:45pm) | Grief Is A Journey: Finding Your Path through Loss 失去與悲傷的旅程:面對失去, 好好悲傷 |
| 12/8 | Spanish | Session 2A (9:45am to 11:00am) | The Role of Faith in Mental Health Treatment and Recovery El Rol de la Fe en la Salud Mental y el Proceso de Tratamiento y Recuperación |
| 12/8 | Spanish | Session 2A (9:45am to 11:00am) | When Life Calls You to a Distant Land, Part of Me Leaves With You Cuando La Vida Te Llama a Otra Tierra, Parte de Mi Se Va Contigo |
| 12/8 | Spanish | Session 2A (9:45am to 11:00am) | Social Media and the Impact of Mental Health Las Redes Sociales y El Impacto en La Salud Mental |
| 12/8 | Spanish | Session 2B (11:15am to 12:15pm) | Mental Health and Wellness Tools for Everyone Herramientas Para Mejorar Nuestra Salud Mental |
| 12/8 | Spanish | Session 2C (12:45pm to 1:45pm) | Advocacy 101 Abogacía 101 |
| 12/8 | Spanish | Session 2C (12:45pm to 1:45pm) | Empathy Not Just Sympathy Empatía no solo simpatía |
| 12/8 | Spanish | Session 2D (1:45pm to 3:45pm) | Healing My Inner Child Sanando Mi Niño Interior |
| 12/8 | Spanish | Session 2D (1:45pm to 3:45pm) | Recovery and Resilience Experiences in People Facing Multiple Adversities Through Support Groups with a Community Focus Experiencias de recuperación y resiliencia en personas que enfrentan múltiples adversidades a través de grupos de apoyo con enfoque comunitario |
| 12/8 | Spanish | Session 2D (1:45pm to 3:45pm) | Mental Health and Stigma Salud Mental y Estigma |
| 12/8 | Spanish | Session 2D (1:45pm to 3:45pm) | Immigration, Adaptation, and Resilience Inmigración, Adaptación y Resiliencia |

ABOUT THE PRESENTERS



ADRIANA MARTINEZ is a Mental Health Promoter with Los Angeles County Department of Mental Health (LACDMH) from Palmdale, CA. For more than nine years, Adriana has been working with vulnerable communities in Los Angeles County sharing information on maintaining a healthy lifestyle, and advocating for Latin American families to gain access to equitable health care. In 2019, Adriana joined the Los Angeles County Department of Mental Health (LACDMH) in the Antelope Valley where she actively works in educating the community to eradicate negative stigma surrounding mental health. During the pandemic, the volunteer health promoters served as a link between community resources and the community affected by COVID-19.



AMPARO OSTOJIC, M.P.A., works as a Supervising Community Health Worker for the United Mental Health Promoters Program in LACDMH. Amparo has a bachelor's in business administration and a master's in public administration from California State University, Northridge. After working for the federal government for ten years, she transitioned to work in the Mental Health field due to her own lived experience. She worked for two years as a State ACCESS Ambassador for Cal Voices and specialized in doing advocacy with the Mental Health Services Act (MHSA) for LACDMH. Amparo has contributed to improving access to public mental health services for the Latino community by making public statements at the Mental Health Commission and LA County Board of Supervisors meetings.



ANA BERNAL, M.A., C.N.P., (They/Them) is a Gender Non-Conforming artist born and raised in East Los Angeles. They are a founder and executive director of Q Youth Foundation, a non-profit organization using the power of storytelling, wellness and survivor centered work to connect the LGBTQIA+ community in California. They earned a master's degree in Nonprofit Management at Antioch University in 2015. They serve as co-chair to LACDMH Underserved Cultural Communities (UsCC) Subcommittee for LGBTQIA2-S+ and a co-chair for the Queer and Trans BIPOC Caucus in the National Women's Studies Association (NWSA) 2018-2022. Currently, they are working as the Project Director and Co-chair for the Sexual Assault Prevention Committee, and they also serve as a lecturer in the Critical Race, Gender and Sexuality Studies Department & Theater Department at Cal Poly Humboldt University.



ANDRE MOTON was born and raised in Long Beach, CA. He will soon start his journey at the AMAAD Institute as the COVID-19 Outreach Access Specialist. Andre has understood the impact of the pandemic and is excited to inform the community on ways to keep them safe. He has grown from once participating in AMAAD's programming to now helping guide the community to access care. His drive comes from experiencing hardships and he channels that energy to help others have better lives. His mission is to bring awareness to young adults who are experiencing homelessness and drug addiction. He is committed to learning and finding new ways to serve his community.



ANGELA TRENADO, L.C.S.W., is affiliated with the Tohono O'odham tribe in Arizona and is an enrolled member of the Ak-Chin Indian Community. She is American Indian from her mother's side and Mexican from her father's side. She was born on the reservation and was raised in Los Angeles. She obtained her Bachelors in Psychology from California State University, Los Angeles and graduated with her Master of Social Work from the University of Southern California. She has worked with the Southern California Indian Center-Indian Child and Family Services and with the American Indian Children's Planning Council to build access to community resources. She is currently a licensed clinical social worker working as a Mental Health Clinical Supervisor. Angela has dedicated most of her career working with LACDMH's American Indian Counseling Center (AICC) to service communities as part of its countywide comprehensive mental health services targeting American Indian/ Alaska Native (AI/AN) individuals, and families with a focus on cultural integration to promote wellbeing. She has provided care for community members of all ages and with all level care needs from Prevention & Early Intervention (PEI) to the Full Service Partnership (FSP) programs. She enjoys providing clinical direct services, program administration, supervision, promoting mental health and building on interagency collaborations. Angela strives on connecting the past, present and future with culturally relevant interventions to promote overall wellbeing in our community.



ANNA YARALYAN, PSY.D., is a Clinical Psychologist who received her first master's degree in Psychology with honors at Pepperdine University, and second master's degree and Doctorate Degree from California Professional School of Psychology in Multicultural Clinical Psychology. She has more than 10 years' experience providing mental health services to individuals, children, and families coming from different economic and cultural backgrounds. She has also facilitated the Domestic Violence Perpetrators group for several years. Currently, she works at LACDMH as the Liaison for the Eastern European and Middle Eastern Population for Underserved Cultural Communities. Here she monitors Mental Health contracts and creates and implements projects which help increase knowledge and awareness about mental health issues and resources available within the Middle Eastern Community. Dr. Yaralyan has conducted Mental Health TV talk shows in the Armenian Language on the Armenian Television Station, ARTN, for several years, providing information about various mental health topics. She still serves as a guest speaker on the ARTN Daily and Evening News to send out greetings and/or to speak about services and resources provided by LACDMH for the Armenian Community. She was also a professor of psychology at Los Angeles City College for more than two (2) years. Currently, Dr. Yaralyan also runs a successful private practice in Los Feliz, CA.



ANSHU AGARWAL, PSY.D., is an LACDMH clinical psychologist who is a blind Indian American male. He was born in India and came to the U.S. as a child. As a therapist, Dr. Agarwal has learned the power of listening and healing through empathy and compassion. Dr. Agarwal sees himself as a therapist that uses a humanistic and client-centered approach to be present with clients. He helps clients build their relationships with their environment, their family and

(**ANSHU AGARWAL** cont'd) themselves, so they can feel connected and less alone. He also likes to help clients sit with their pain instead of trying to feel better because sometimes it is hard to feel better when in pain. He believes in personal growth, and feels that when he grows as a person, he can help his clients grow as people.



AVO SOLTANIAN, L.M.F.T., is founder and director of Anchor Counseling Group. His passion and curiosity about human psyche since he was 15 years old spurred him to pursue his undergraduate degree from UCLA and graduate with honors. It is what drove him to pursue his undergraduate degree from UCLA and graduate with honors. It is what enabled him to further his education and obtain a Master of Science degree in clinical psychology from California State University of Fullerton. For the last 19 years he has been practicing psychotherapy in Southern California. He has extensive experience treating psychological disorders and has worked for organizations such as College Hospital, Glendale Adventist Medical Center, MCLA Psychiatric Medical Group, and The Walt Disney Company. Also, for the last five years he has volunteered for Department of Mental Health Eastern European Middle Eastern Underserved Cultural Communities subcommittee. He has always held the conviction that everyone deserves to have access to mental health. With this belief he formed Anchor Counseling Group in 2017. His goal was and is to provide quality mental health that is accessible to everyone. Since inception the group has helped thousands of underserved individuals and families.



BELINDA NAJERA, PSY.D. With a focus on culturally responsive therapy delivery, Belinda Najera, Psy.D., (Latinx, San Carlos Apache unregistered) is an accomplished licensed clinical psychologist, employed as a member of the American Indian Counseling Center's treatment team. Serving disenfranchised populations including individuals who are gang involved, unhoused, in hospice care, living in poverty, indigenous, two-spirit, developmentally disabled, and dual-diagnosed populations, has been her focus and inspiration since she began her training. Dr. Najera completed her undergraduate education at UCLA as a psychology major and received her master's and doctoral degree in clinical psychology at Pepperdine University. Dr. Najera has had extensive training and experience engaging underserved consumers at well-respected institutions including: the City of Hope Pediatric Oncology program, UCLA Semel Institute (formerly NPI), UCLA LAB School, Cedars Sinai Hospital, and Saint John's Medical Center. As the first member of her family to attend college, she is grateful for the strength she finds in her heritage. Through these experiences, she has learned to deeply value the support and the challenges that can be found in one's culture.



BELINDA RABANO is a Mental Health Promoter, Service Area 8. After more than 20 years' experience in journalism and public relations, Belinda began a second career in mental health advocacy in 2016. Since then, she has served as a past President and Board Member of the Long Beach affiliate of the National Alliance on Mental Health (NAMI). Drawing on her lived experience, she is an experienced instructor in NAMI Family-to-Family programs, Mental Health First Aid, and other workshops. In 2021, she joined the DMH Mental Health Promoters program, where she focuses on outreach to the Filipino and other AAPI communities.



BENJAMIN CARLTON, M.B.A., is an actor, activist, and author of *I'm Black, I'm a Minister, and I'm Gay*. He studied communications and received his MBA from Florida A & M University. In 2013, he co-founded BMe Community, a national movement of community builders led by Black people. BMe's 400+ Fellows have raised over \$400 million, earned 67 national awards and helped over 2 million families secure educational, economic, human rights, health and wellness opportunities. Benjamin has trained the world's leading authorities to include the Bill & Melinda Gates Foundation, CBS Viacom, The Obama Administration, GM Financial, Comcast Universal, and JP Morgan Chase. In 2016, he came out as a gay minister in TheRoot.com that generated national discussion. The TEDx speaker took his message of authenticity on the road and encourages his audiences to live their best authentic lives every day. In 2021, he launched STAN for LOVE, a global tour designed to elevate the Black Queer experience.



BERNICE MASCHER, M.A. is currently serving as a Co-Chair of the DMH Cultural Competency Committee. Bernice strives to foster competent, safe, and vibrant relationships with community members and staff. Together, she gives knowledgeable feedback, finds innovative solutions, develops unique resources, and builds progressive communities, especially among the marginalized and underserved. Early in her life, Bernice developed a love for diversity as she grew up in Kenya, East Africa. Her years of high school and college in Canada and pursuit of a Bachelor in Illustration at Art Center College of Design in Pasadena expanded her creative efforts to collaborate and grow more culturally competent. After various freelance projects and a 15-year position at Platt College as a Graphic Design Instructor, she continued her education at California State University, Los Angeles, and completed her Masters in Anthropology in 2005. In the early 90s, she became involved in the American Indian community, and formed many of her deeper friendships there, and found her own voice as a cultural broker. Her beliefs, life experiences, training, and advocacy motivates her to encourage others to find their voice as they are welcomed to the table and become empowered to share their stories and concerns. She supports other grassroots efforts such as Helping Hands Organization of Kenya, an NGO her parents started that integrates people with disabilities in primary and vocational classes and "empowers them through education." She continues to interweave her relationships and interests in art, education, spirituality, wellness, and culture to conceptualize and execute solutions through various collaborations that improve the lives of others and create social change.



BILL SIVE has been engaged in the LGBTQ+ community for many years as a youth, adult, and now an Elder. He has contributed his personal time over the years to the Orange County, Long Beach, Los Angeles and South Bay LGBTQ+ Centers. He was one of the original founding members of the then called Gay Student Union at Cypress College, and California State University Long Beach. He currently serves as the President of the Gay Elder Circle, the Vice President of the Long Beach Gray Panthers and is the social media Director for PFLAG Long Beach. He is an active member of the Senior Advisory Committee at the LGBTQ Center of Long Beach. In addition to these roles, he was a contributing community member

(**BILL SIVE** cont'd) for the Master Plan on Aging for the State of California, and currently with LACDMH LGBTQIA2-S+ UsCC (Underserved Cultural Communities) Subcommittee. Bill has been a mentor for the Diversity and Inclusion Committee at Comerica Bank, TEDxCSULB, mentor for the Business Resource Group Drive: Equality at Hyundai Motor America and PRISM at American Honda Motors. He believes in a strong LGBTQ+ community and attends many forums advocating for LGBTQ+ inclusionary policies. This included work for LGBTQ+ inclusion in the 2020 Census, the first ever LGBTQ+ Senior National Day of Advocacy and an age friendly Pride Guide with SAGE USA. He believes in giving back to our community by actively participating in various charitable events.



BLANCA A. DIAZ is currently a Mental Health Promoter with LACDMH. She facilitates in-person and virtual mental health awareness workshops and engages the community in discussions to decrease mental health stigma. In addition, she provides support to the Spanish Support Groups. Ms. Diaz is consistently in the community representing the department at outreach events, sharing information about mental health and connecting people to local resources. She is the lead Promotora conducting outreach at the Mexican consulate. She has presented at high schools, community centers, and senior centers. Outside of LACDMH, she has volunteered for Al-Anon groups, learned the 12-step process and has led multiple meetings. She has volunteered at the Los Angeles Women's Center educating the community on domestic violence. Ms. Diaz is eager to help the community and they can always count on her support.



CARL HIGHSHAW, D.S.W., M.S.W., has led the Arming Minorities Against Addiction & Disease (AMAAD) Institute as Founder and C.E.O. since 2014. His work centers around the provision of integrated social work-related services. As the AMAAD Institute senior executive, he has fully developed a local grassroots community-based organization whose mission is "to facilitate personalized individual access to programs and services that foster safe and supportive healthy environments for people to live, learn, and develop to their fullest potential." Dr. Highshaw's approach for AMAAD is coordinated in a manner that is not exclusive of any group; however, it is intentionally inclusive and especially culturally relevant to Black lesbian gay, bisexual, transgender, questioning/queer, non-binary, and gender nonconforming (LGBTQ+) individuals who are disproportionately impacted as the result of systemic inequities. He has more than twenty-five years of nonprofit program and administrative management experience. Prior to the AMAAD Institute, Dr. Highshaw served in several roles prioritizing the needs of Black communities. He formerly served as the Deputy Director of In The Meantime Men's Group, developing and implementing a rapid HIV testing program as well as overseeing the administration of various health education and risk reduction programs for Black gay men. Other roles include Contract Program Auditor in the Capacity Building Unit of LA County Division of HIV and STD Programs, Administrative Director of Long Beach Lesbian & Gay Pride, and Director of Community Outreach and Education for Los Angeles LGBT Center. Dr. Highshaw completed his Bachelor of Psychology from Western Illinois University, his Master of Social Work (MSW) degree from Washington University and his

(**CARL HIGHSHAW** cont'd) Doctor of Social Work (DSW) from the University of Southern California. Dr. Highshaw also received a substance use disorder (SUD) Certification and Human Resources Management Certification from California State University-Dominguez Hills.



CARMEN APARICIO is currently a Mental Health Promoter with the Los Angeles County Department of Mental Health. She enjoys providing the community with accurate and helpful information that decreases stigma and increase access to community resources. Her passion for the work has encouraged her involvement in various Promoter Programs. She is a Health Promoter for Esperanza Community Housing, a Nutrition Promoter for the UCLA-Kaiser Nutrition and Obesity Prevention Program, and she facilitates self-care workshops for women at the Lanterman Regional Center. In addition, she is certified as a workshop facilitator for the prevention of Diabetes. Carmen is involved with LOSH UCLA working around health and safety issues. She is a Lead Promotora at the East LA Women's Center Domestic Violence Prevention and HIV Program. She volunteers as a Promotora and facilitates workshops at Cancer de Mama Every Women Counts, VPH and Covid-19 vaccine. Carmen values learning and providing quality services and has been trained in Mental Health First Aid. She recently graduated from the first Vision y Compromiso Promotora Institute Course and is currently taking classes to learn more about Emotional intelligence.



CLAUDIA RAZO is a Mental Health Promoter for LACDMH. She immigrated from Mexico and is passionate about helping the Latino Spanish Speaking community understand mental health and not suffer alone. She strives to empower individuals to engage in their healing and help the community. She is a mother, and her son inspires her every day to be the best version of herself possible. She has always wanted to help others and remembers feeling a lot of anxiety and depression even as a 7-year-old child. She immigrated to the United States, got married and gave birth to her son. After childbirth, she experienced severe postpartum depression. The severity led her to seek mental health support, and this started her on the recovery and healing path. She became involved in peer support and facilitating peer groups. She has been a Spanish Support Group facilitator for 15 years. She was also a founding member of the Promotores de Salud Mental Program and helped contribute to its expansion. She has been a Promotora for 11 years. Through her role as a Promoter, she has also collaborated on Public Health Projects to inform the community about Lead Toxicity and the Zika Virus. She has extensive training as a peer specialist and many health and mental health topics. She started the first Promotora Conference in Huntington Park. She has also presented in over 15 conferences including in Sacramento, CA. Claudia lives to serve her community and ensure they feel empowered and are aware of resources that can help.



CODY HANABLE, M.S.W., A.C.S.W., was born and raised in Los Angeles County and is community-based mental health professional who specializes in working with the deaf and hard of hearing populations in Los Angeles. Cody earned his Bachelor of Psychology from University of Colorado, Colorado Springs (UCCS) with a minor in Deaf Studies. Upon graduation, Cody returned to Los Angeles and earned a master's degree in social work from the University of Southern California (USC). Cody currently works for an agency providing therapeutic services to families with a deaf or hard of hearing member through direct, culturally appropriate mental health services in American Sign Language and English. Cody serves as an elected co-chair for the Los Angeles County Department of Mental Health (LACDMH) Underserved Cultural Communities (UsCC) subcommittee: Access for All. Access For All is stakeholder driven to build greater awareness in order to increase access to mental health services for the deaf, hard of hearing, blind, and physically disabled. In addition to co-chairing Access for All, he co-chairs the Advocacy Council for Abused Deaf Children (ACADC) which is part of the Los Angeles Child Abuse Prevention Council that strives to reduce the incidence of child abuse and neglect while promoting education to the public about deaf, hard of hearing child abuse and family violence issues.



COYOTE PARK (he/they) is a 2 Spirit, (Korean, German, Yurok Native) artist from Honolulu, Hawai'i that currently lives in Tongva Territory (Los Angeles). They are a transgender artist that centers their practice in photography, writing, performance, painting, producing, and creative direction as modes of storytelling. Park merges their written work with their passion for image making through their photo series entitled "All Kin is Blood Kin" (2020 - current) surrounding themes of chosen family, rebirth, and intimacy. Their current works of theirs are "Heart of a Shapeshifter: 2Spirit Love Medicine" a poetry, short essay, and prose collection; and "Destiny in Sedona" a QTBIPOC love story film. Their work is a pathway to healing and dreaming up new worlds.



CYNTHIA RUFFIN, M.A., has been on the forefront of social justice for more than 25-years and is thrilled to be a part of the growing team at The AMAAD Institute. With training in front-line counseling at Vanier College in Montreal (her hometown), theatre at the American Conservatory Theatre in San Francisco and Nonprofit Management at Antioch University in Los Angeles, she has found the perfect blend of creativity, activism and professionalism. Her theatre activism began with her work serving LGBTQ+ youth who had been kicked out of their homes for being gay and had resorted to survival sex and she has gone on to work with survivors of domestic violence, ex-addicts, felons and ex-felons and people struggling with homelessness. Cynthia has helped create youth programming, written full-length plays and produced events and shows at the Social Circus Company Wise New Mexico and Fringe Benefits Theatre in Los Angeles. Most recently, she served as the director of COLORS LGBTQ Youth Counseling Services where she grew the agency's capacity, doubling the number of clients served and the number of clinicians providing those services. Cynthia is founder and director of the production company Revolutionary Angel Productions, a ground-breaking mission-based and value-driven production company investing in communities

(**CYNTHIA RUFFIN** cont'd) by producing socially relevant content for businesses, nonprofits and educational institutions. She is published in the anthology *Cootie Shots: Theatrical Inoculations Against Bigotry* and she continues to write, direct and perform.



DANIEL MYATT is a Mental Health Promoter and Speakers Bureau presenter with LACDMH and promotes empowerment, access to resources, and eradication of mental health stigma. He has worked with the National Alliance on Mental Illness' (NAMI) Urban Los Angeles affiliate since 2012, facilitating its *Family-to-Family* mental health classes, training others to do the same, and offering outreach throughout Southern California. For over a decade, he provided case management and service coordination to individuals with severe mental health challenges in LA's Skid Row area, helping them secure and maintain housing and pursue recovery. Daniel has a BA from Columbia College Chicago, and despite accolades as an indie filmmaker, drama instructor, and soon-to-be-published author, he feels most proud and privileged to work as an advocate and ally of those struggling with mental illness.



DEBORAH VILLANUEVA, D.S.W., M.S.W., L.C.S.W., is a licensed clinical social worker at LACDMH's American Indian Counseling Center in Cerritos, CA. She currently works with Native American, Alaskan Native, and Indigenous Latin American Families and young adults using an eclectic, culturally sensitive approach tailored to the unique needs of each client. Dr. Villanueva has over 15 years of experience in a variety of settings, with diverse clients, including both long-term and brief interventions, and with various areas of expertise within child and adolescent Psychotherapy addressing Trauma and PTSD. Dr. Villanueva is an international speaker, who engages with foreign audiences around the world through lectures, workshops, and seminars on women related issues. Dr. Villanueva graduated from the University of Southern California with a doctorate in social work in order to better hone her learning around working on larger scale social problems. She draws inspiration from the work she does with underserved cultural communities within Los Angeles County. She is a member of the National Association of Social Workers (NASW), in which she currently serves in the role of Assistant Region I Director for the California Chapter.



DEREK K. HSIEH, L.C.S.W., PH.D., is the Mental Health Clinical Program Head of LACDMH's Long Beach Asian Pacific Islander Family Mental Health Center. He has also managed the Psychiatric Mobile Response Teams (PMRT) that respond to mental health crises in the community and provided consultation and assistance to law enforcement agencies. He is passionate about training mental health professionals on suicide prevention and is an authorized AMSR (Assessing and Managing Suicide Risk) trainer for the Suicide Prevention Resource Center (SPRC). Dr. Hsieh has provided Clergy Academy trainings in the Chinese faith-based communities. In addition, he has served on national and international deployments with the Red Cross and Tzu Chi Foundation to provide disaster mental health services and has published many peer-reviewed articles in psychiatry, psychology, and social work.



ÉLISHIA SHARIE is an accomplished singer, songwriter, performer, graphic designer, and photographer. Élishia Sharie brings with her a diverse background in entertainment and media, expanding well over a decade. She has published songs for TV and Film and has performed on some of the most iconic stages in Los Angeles. Élishia Sharie has also worked behind the scenes for some of the world's coolest personal brands, celebrities, and media companies, like NBCUniversal and Participant Media, creating unique branding materials and photography. In addition to her flourishing career as an artist, Élishia Sharie serves as the Chief Brand Officer at Music for Your Mental Health, a nonprofit that provides mental health and wellness programs and support for Los Angeles County youth and their families. With her passion for music, entertainment and giving back to the community, she is able to push the organization's mission forward through user experience, brand strategy and design.



ESTHER LEE, PH.D., is currently a Supervising Psychologist in the Contract Management & Monitoring Division (CMMD) of the Quality & Risk Management Bureau in LACDMH. She works with the clinical team of the legal entity contract management and monitoring unit and works with Low MCA and SA 8 Legal Entity providers. She has worked for LACDMH since 1997 and focused on providing quality services that are clinically and culturally sound to all residents of Los Angeles County. Her areas of expertise include chronic mental illness, cross cultural mental health, law enforcement mental health, homeless outreach and mental health, specialized foster care, program development, domestic violence, and dual diagnosis, among others.



FABIOLA CUEVA is a Spanish Support Group Facilitator for the Los Angeles County Department of Mental Health. She was born in Guadalajara Mexico and has been supporting senior citizens in Wilmington, CA, for the last 10 years. She is passionate about helping the Latino community and facilitates a group in Spanish for Senior Citizens in San Pedro. She provided a space for connection and emotional support during the pandemic via telephone. She supported them in coping with feelings of loneliness, depression and stress. She helped share coping skills with them and enjoys the connections they build. She also taught them how to use technology to keep in touch with family and friends.

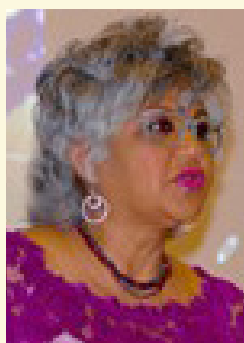


FARRAH FERRIS, M.S.W., is a proud member of the Hoopa Valley Tribe (Hupa) and descendant of Yurok, Karuk, and Redwood Creek Tribes. Farrah is honored to work within Tongva/Chumash/Tataviam territory with our Native children and families. She received her Master of Social Work (Mental Health Clinical Concentration) degree at University of Southern California (USC) and Bachelor of Social Work at California State University, Puvungna (Long Beach/CSULB). She currently works as a therapist and Program Coordinator for the Prevention and Aftercare that integrates cultural and community interventions to prevent and/or reduce child abuse and neglect. Farrah considers it an honor to continue to work for the United American Indian Involvement (UAI) family/community - and honor our strong relatives before us, current relatives and our future by relatives empowering Native individuals, families, and communities to not only survive,

(**FARRAH FERRIS** cont'd) but to thrive through meaningful, cultural connections to help our UAI community RISE. Farrah has experience as a social worker and mental health clinician with urban and rural reservation communities - with older adults living with dementia; individuals at high risk living with severe persistent mental illness and community members displaced/experiencing homelessness (TAY and Child); as well as a transitional living shelter and adult/family wraparound program in urban and reservation services; domestic violence/interpersonal violence; tribal TANF program; creating a collaboration network for tribal and non-tribal agencies. Farrah is also a current co-Chair for the Los Angeles County AI/AN UsCC group which aides in increasing mental health awareness and services for AI/AN community.



FATHER FRANK BUCKLEY SJ is a Jesuit priest and clinical psychologist. He completed his pre and post doctoral fellowship in the counseling center (CAPS) at University of San Francisco. The theme of his doctoral dissertation is “Flourishing on a Jesuit campus” about which he remains very passionate to this day. His interest in mindfulness, meditation, contemplation, and Eastern spirituality has taken him to Jesuit communities in Nepal, Thailand, India, and Tibet. His interests focus on neuroscience, Ignatian spirituality, and addiction. During his first year after ordination, he worked as the drug/ alcohol case manager for MSC South, the largest homeless shelter in San Francisco. He also helped initiate the St. Vincent de Paul’s Wellness Center in San Francisco, a program focused on an integrated approach to addiction and mental illness through a wellness model. Fr. Frank is currently a clinical psychologist at Homeboy Industries. Homeboy Industries is the largest gang prevention program in the world. The mission of Homeboy Industries is to provide hope, training, and support to formerly gang-involved and previously incarcerated men and women. Fr. Frank loves to share his work of integrating the neuroscience by prioritizing safety and social engagement to experience well-being in our everyday normal lives.



FLORENCE BRACY, B.A., spent her career in the corporate and the non-profit arena working as a marketing manager, program manager, grant writer, while simultaneously raising her son who was diagnosed with autism. She was always the one who asked the hard questions, no one else wanted to ask or was afraid to ask. Twenty-two years ago, when her son was diagnosed with autism, her voice transitioned to become her son’s voice, advocating for his special needs. During this time she wrote to relieve her frustration of living with autism while attempting to secure services for him. Her writings became the basis for her book, “Help Me Understand My Child: A Mother’s Truth About Autism.” It is a gripping story about her family’s crusade to get the best treatment for her son, a moving psychological journey of a mother’s, father’s and sister’s struggle to understand their own consciousness and compassion to rise to the occasion. She earned a B.A. degree in Speech Communication and is certified in Public Relations, Special Needs Advocacy. Ms. Bracy currently serves as a member of the Interagency Coordinating Council on Early Intervention, a state-wide group which advises on policy for the developmentally disabled. She serves on the board of Fiesta Educativa and The Galen & Cathy Reeves Community Foundation.

(FLORENCE BRACY cont'd) She is the Founder and Family Autism Advocate for Bugle Horn Autism Support Group which has serviced over 1,000 parents in the six and half years.



GLENDACOTI, L.M.F.T., is a Mental Health Clinician II with LACDMH (since 2014). She obtained her bachelor's degree in Social Work from California State University Los Angeles (2000) and, her master's degree in Marriage and Family Therapy from Phillips Graduate Institute (2005). Glenda has been working with adolescents, young adults, and families throughout her career in the mental health field. She is currently working with youth involved in the Juvenile Justice System. She has been fortunate to have worked with other disenfranchised groups, including domestic violence survivors, trauma survivors and dually diagnosed individuals. She comes from a low Socioeconomic Status (SES) family in Guatemala and was raised with many limitations and lacking basic needs. When she was 13 years old, she was forced to migrate to the United States and has resided in Los Angeles County since then. She is aware, first-hand, of the impact of poverty on children and adolescents. She is raising a family and hopes to guide and inspire them to give back to their community. She believes in the power of relationship building to promote change, strength, and compassion.



GLORIA F. LEIVA is a Mental Health Promoter with LACDMH and a cosmetologist at heart. She attended and graduated with a degree in Cosmetology in her home country of Guatemala and subsequently migrated to the United States. She is the mother of a wonderful young lady who inspired her to become involved in the community 26 years ago. In an effort to seek support services for her daughter, who has a disability, she got involved in advocacy and became a Mentor, Advocate, Parent Support Group Facilitator, Peer Support Partner, Family Resource Center Specialist and a Mental Health Promoter. Gloria has extensive experience facilitating support groups for different agencies. She has held leadership roles at Fiesta Educativa, South Central Regional Center and the Jeffrey Foundation. Gloria's daughter is a Regional Center service recipient and through this involvement, she became active with the Board of Directors. Subsequently, she became a member, Secretary, Vice-President and is currently serving her second 2021 to 2023 as a President of the Board of Directors of the Lanterman Regional Center. Gloria is the first Hispanic women to have this position. Gloria became a Mental Health Promoter with DMH in 2018. She is passionate about working with the community and loves to share information about mental health and available resources. She is determined to help break the mental health stigma that exists in her community and it's a compassionate advocate.



GUADALUPE CORONA ARVIZU, L.M.F.T., began her profession as a promotora comunitaria (community promoter) in October 1996 obtaining a certification in women's reproductive health and mental health topics from planned parenthood Los Angeles in collaboration with Hathaway child and family services. She provided workshops related to issues affecting families and children including alcohol and drugs, domestic violence, child abuse, and communication skills to Latino families throughout the city of Los Angeles and Los Angeles County. She

(**GUADALUPE CORONA ARVIZU** cont'd) continued her education obtaining her bachelor's degree in human development in April 2009 and master's degree in marriage and family therapy in May 2012 from Pacific Oaks College in Pasadena, CA. She started working with LACDMH on February 27, 2017, as a mental health clinician providing clinical support and guidance to the Mental Health Promoters.



HALINA MARUHA, L.C.S.W., is a psychiatric social worker at Palmdale mental health center. She is a native Russian and Belarusian speaker. She provides field-based and clinic-based outreach and engagement, mental health clinical assessment, treatment plan development, individual and group psychotherapy, psychosocial rehabilitation, and case management services. Halina immigrated from the Republic of Belarus where she obtained bachelor's and master's degrees in history with minor in education and bachelor's degree in modern foreign languages (English/German) with minor in economics and management. In Belarus, she worked in the government, private, and non-profit sector as a teacher, translator/administrative assistance, and project coordinator. After immigrating to the United States, Halina continued her career as a teacher until she earned master's degree in social work from California State University, Los Angeles, with an aging and families' concentration. Graduating from Cal State L.A. School of social work was a starting point in her service to underserved communities in Los Angeles County.



HARRELSON NOTAH, United Mental Health Promoter (Diné), works with the LACDMH, where he delivers mental work workshops based on empowerment and strength-based approach, he shares his lived experiences to reduce stigma in the Urban Native American community. Harrelson received a M.S.W. degree with emphasis on Older Adult Populations from Long Beach State, BS in Criminal Justice and Minor in American Indian Studies. Harrelson works in higher education as an Academic Counselor. He supports First-Generation college students with academic advising, career planning, financial aid guidance and mentoring that ensure student success and wellness.



HAYDEH FAKHRABADI, PSY.D., is a licensed clinical psychologist who is fluent in English and Farsi. She received her M.A. in clinical health psychology in 2001 and graduated from Pepperdine University with a doctoral degree in clinical psychology in 2006. Dr. Fakhrabadi has been employed by LACDMH since 2008. She works with Older Adult Prevention and Early Intervention, Anti-Stigma and Discrimination, and Suicide Prevention teams providing education to older adults, their support systems, and caregivers. She also provides mental health training to Farsi speaking communities. She is the lead trainer for the Outpatient Services Division providing training to DMH workforce, mental health providers, and other community-based organizations on mental health issues.



HYUN KYUNG LEE, PH.D., is a licensed clinical psychologist currently working with LACDMH where she focuses on promoting cultural awareness, reducing disparities, and improving cultural competence and cultural humility. Dr. Lee received her doctoral degree (Ph.D.) from University of Minnesota. Prior to working at LACDMH, she worked at various hospitals, colleges, and community counseling settings and provided clinical services such as individual, couple and group therapy, psychological assessment, diagnostic evaluation, crisis intervention, training/education, and supervision to diverse populations. She grew up in South Korea and is bilingual in English and Korean.



IVA MAES, United Mental Health Promoter, works with LACDMH. She is a member of the Assiniboine/Gros Ventre tribes from Fort Belknap, Montana, and is also San Felipe Pueblo. In 2013, she became a wellness outreach worker volunteer for LACDMH and volunteered at American Indian Counseling Center (AICC) in Cerritos, California. During this time, she was awarded LACDMH WOW Newbie/Rookie Volunteer of The Year and LACDMH Most Innovative WOW Volunteer of the Year. Because of Iva's effort, AICC was awarded a Native Seed Grant to restore AICC's Community Garden and they will soon be growing fruits, vegetables, and medicine tobacco from the many different tribes located in the southwest region of the United States. Iva is passionate about working with AI/AN community to continue to highlight the culture and traditions of the community with the goal of encouraging community support and overall resiliency. Iva currently focuses on outreaching to the AI/AN community to bring awareness about mental health by providing educational mental health workshops and increase access to services.



JACQUI CHENG, L.M.F.T., has a master's degree in Marriage and Family Therapy. She worked at different outpatient mental health programs for approximately 16 years. She has experience working with children and adolescent in the foster care system as well as in the school system. Jacqui worked as a therapist and case manager working with adults who are severely impaired by their mental illness, then worked as a supervisor in a forensic outpatient program working with severely mentally ill parolees. After that she worked as a program director for an Older Adult Full Service Partnership Program, serving older adults who are significantly and severely impaired by their mental illness. Jacqui is currently working as a Clinical Supervisor at an outpatient program serving adults 18 years old and up.

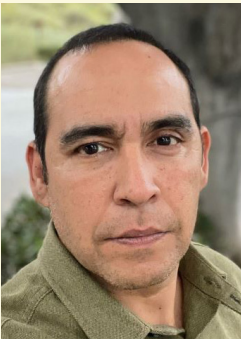


JASMYNN S. ABERNATHY, L.M.F.T., is a California-based Licensed Marriage and Family Therapist. She obtained her master's degree in clinical psychology from Pepperdine University and has since worked in various settings, including the child welfare system, non-public schools, community mental health programs, and non-profit organizations. Mrs. Abernathy currently owns a private practice, Willow Therapy and Counseling, where she supports individuals and couples in healing their relationships. She focuses on overcoming trauma, managing difficult emotions, reducing burnout, and enhancing relationship connections. Having worked with a very diverse clientele, Mrs. Abernathy remains understanding of cultural differences and values. This is also evident through her charitable work

(**JASMYNN S. ABERNATHY** cont'd) in which she serves as a board member of High Impact Society, a nonprofit organization that focuses on social and environmental justice for the BIPOC community.



JARED BAISLEY, B.A., is an accomplished musician and engineer, has been working in the music industry for over 10 years. Baisley is a Billboard #1 songwriter and has worked with Interscope, Warner Brothers, and various other record labels to write and produce music for a wide range of artists. In addition, Baisley has worked with underprivileged youth and led the choir at Centennial High School in Compton, California, where his students, in grades 9–12, went on to perform a first-class ensemble throughout the Greater Los Angeles area. In addition, Jared Baisley is the Co-Founder and Chief Operations Officer at Music for Your Mental Health, a nonprofit that focuses on providing youth and their families with alternative methods of mental health and wellness supports such as music therapy and peer-to-peer learning environments. Jared has successfully established community partnerships that allow Music for Your Mental Health to continue to assist youth in healing trauma and acquire healthy coping skills.



JASON CARRASCO, L.M.F.T., is a Licensed Marriage, Family, and Child Therapist working with the American Indian Counseling Center (AICC), a mental health clinic with the Los Angeles County Department of Mental Health that specializes in serving the American Indian/Alaska Native (AI/AN) community. Jason is Yaqui Indian and has walked the “Red Road” for over the last 25 years. He helps to facilitate numerous traditional Lakota, and California bear ceremonies in both California and Arizona. Jason has extensive experience in residential, outpatient, and inpatient psychiatric hospitals. He has facilitated treatment services including assessment, substance abuse treatment, crisis intervention, consultation, education, and mental health therapy services for individuals and families with co-occurring disorders.



JAVIER SERNA, M.S.W., M.P.A., is a Mexican American who grew up in Highland Park. He is a father and husband. He graduated with a Masters in Social Work from CSULA in 2013 and a Master of Public Administration degree from CSUN in 2018. He has been an employee with the Department of Mental Health since 2013. His passion is to work with underserved mental health communities. Currently, He is a clinical supervisor at American Indian Counseling Center (AICC) where he works with the American Indian and Alaskan Native population. Working at AICC has been very fulfilling for him and he is reminded daily of the importance of culture and how it can be incorporated into our mental and physical well-being.

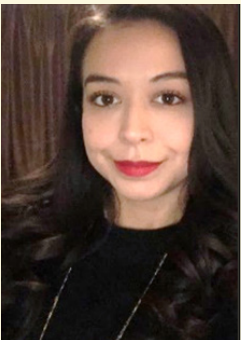


JEFF WATKINS has firsthand experience living with a family member who became symptomatic for borderline personality disorder and tried to deal with it by denying the disorder was real. It affected the whole family and Jeff went on to make poor choice after poor choice in life and in his relationships. Finally, after his son was diagnosed at age 14 with bipolar disorder and ADHD with anxiety, he was able to surround himself with good people with various experiences who really cared and helped him stop beating himself up and he went on a mission to get better. For the past 12 years Jeff has been very involved with NAMI on multiple levels.

(**JEFF WATKINS** cont'd) This spring he joined the LACDMH Promoters Program in Service Area 7 on hopes of bringing his experiences to help remove stigma, increase awareness of mental health issues, and help people to get hooked up with resources that can help them and their families.



JENNIFER DUH, M.S.W., L.C.S.W., is a licensed clinical social worker and currently working at LACDMH as a clinician for the past 13 years. She graduated from California State University, Fullerton with BA in child & adolescent study major and received her Master of Social Work degree with older adult and family concentration from California State University, Long Beach. Jennifer was born and raised in Taiwan, the Republic of China, and immigrated to the U.S. with her family at the age of 16. She is motivated to serve and give back to the Chinese community to address the stigma towards mental health in this population. She worked as a consultant at the department of social service in a Chinese adult day health center and as field instructor for USC MSW interns in a Chinese senior department social service unit for few years. She developed health/mental health well-being Chinese workshops and received certification of QPR gatekeeper training to conduct these workshops in the Chinese community. She also has a meditation facilitator certification.



JENNIFER M. HERNANDEZ, M.S.W., L.C.S.W., is the Service Area 2 Health Neighborhood and Faith-Based Liaison for LACDMH. She graduated from California State University, Northridge, with a Master of Social Work (MSW) degree. After graduation, she began working with LACDMH providing outpatient clinical services in an underserved Service Area and became a Licensed Clinical Social Worker. Ms. Hernandez has most recently worked as a community liaison in at-risk communities of the San Fernando Valley, through two Health Neighborhood Coalitions. Additionally, she has provided outreach and support to faith-based leaders and congregations. She serves as a crisis responder with the DMH After-Hours Psychiatric Mobile Response Team (PMRT), responding to community calls where an immediate evaluation is necessary to determine most appropriate level of psychiatric care. Prior to working with LACDMH, Ms. Hernandez served in various capacities with domestic violence organizations. She is a Salvadoran American, and strongly believes in the importance of collaborative efforts with underserved cultural communities.



JESSICA LIN (she/they) is a queer, 2nd generation, Taiwanese Chinese American with over 15 years' experience in holistic health. As a certified yoga teacher, she teaches with an emphasis on body inclusivity and decolonization. On stage, she speaks passionately on topics such as LGBTQ+ mental health, decolonized yoga in the modern world, self-care to prevent burnout, and more. Her workshops and panel contributions would best be described as interactive and engaging. With a B.A. in art from Scripps College, she is also the founder of the internationally acclaimed art festival, SoCal Zine Fest. In her free time, Jessica enjoys hiking, hosting board game nights, and photographing cats in her neighborhood.



JESSICA MOSHER, M.B.A., is a Yoeme (Yaqui). She has lived her life walking in two worlds, Indigenous and American, and never really feeling like she belongs in either one. She goes out of her way to be available to those who share the same journey. She has taken it upon herself to learn the ways of others and engage them with respect and without any prejudice. Much of her academic research has focused on closing the gaps caused by inequities and getting resources for those in need. She plans on continuing to be a resource by sharing her difficult journey through the formal education system, that was not created with minorities in mind, and how she progressed from academic dismissal to being inducted in the Delta Mu Delta honor society with a 4.0 GPA. She is in the final year of her DrPH Health Policy and Leadership program at Loma Linda University School of Public Health. Her dream is to use her education in the service to her people.



JOAQUÍN M. LÓPEZ was born in 1966, in Jamundí, Valle, Colombia. While learning to read and write, poetry came to him with the rhythm of vowels and consonants. It was a great encounter and discovery at the same time. The same words he could use to survive in a sullen, urging world of practical results for subsistence could be used to create parallel worlds of beauty and fantasy. In other words, poetry was the key that transmuted him into a god, a god of word and wit. His first writings were published in the newspaper El Rotativo Diferente de Jamundí at an early age. For his literary work, Joaquin has won several awards and collaborated with several publications both here in the USA and in Colombia. In 2017, Joaquin became part of the Mental Health Promoters program. In his role as Promoter, Joaquin has highlighted several presentations in the community and provided support to his community.



JOHANA LOZANO, B.A., (she/her/hers) is a chemist, behavioral health, environmental, and education advocate and consultant. She currently serves as the co-chair for the Cultural Competence Committee. Johana has worked with companies such as the National Resource Defense Council, Sierra Club, and LAist. Additionally, she has volunteered with the Center for Asian and Pacific Family on educating the youth about sexual assault and domestic violence, as well as having helped allocate over \$22 million dollars from the LACDMH budget towards serving the underserved cultural committees and formerly incarcerated people. Johana has also worked with statewide organizations and politicians such as Cal Voices and Supervisor Hilda Solis to create mental health policies that focus on peer-to-peer services and behavioral health justice for the most underrepresented people, especially children with disabilities. She graduated from Grinnell College with a bachelors in Chemistry, a Certificate of Mandarin Language Acquisition from Fudan University, and attended USC Rossier School of Education. Johana is a POSSE Scholar, a Boren Scholar, and a Robert Noyce Scholar. Her work has been featured in The International Journal of Justice and Sustainability, Grinnell College Magazine, and Lives of Women.



JORGE PARTIDA, PSY.D., is Chief of Psychology and Chief of the Anti-Racism, Diversity, and Inclusion (ARDI) Division at LACDMH. Prior to DMH, Dr. Partida has served as Deputy of Behavioral Health for San Francisco's DPH and Director of the PsyD program at JFK University. He is a clinical and research psychologist, specializing in addiction and trauma. He is also an author, consultant and national speaker integrating Native Ancestral Teachings with traditional Western psychotherapy. Born in Guadalajara, Jalisco, Mexico, Dr. Partida immigrated to Chicago at nine years of age and there, obtained his bachelor's degree in Clinical Psychology from Loyola University and his PsyD from The Illinois School of Professional Psychology (ISPP). Dr. Partida has been a consultant on many national and international projects designing and implementing clinical programs to address addiction, education, health, community building, diversity and spirituality. He has worked with local and national governments to coordinate services for those most impacted by poverty, war and displacement. He has worked in Liberia, Africa in the repatriation of boy soldiers, forming "intentional communities" in war and poverty-impacted countries such as Colombia, Peru, and Mexico. Dr. Partida has extensive experience presenting mental health segments for television and radio with networks, including Univision, Telemundo, HITN-TV, CBS, UPN, NBC, and PBS.



JUDITH VARGAS is a first-gen Latinx who grew up in Southern California, witnessing the impact of oppressive systems and their adverse effects upon Latinx communities. Committed to mitigating the adverse effects of these factors, she received her BA in Psychology at Cal State University Northridge in 2015 and has worked in Social Services and Behavioral Health agencies in an array of leadership roles at both local and state levels for the past eight years. Dedicated to addressing the unique mental health needs and the liberation and humanization of Latinx communities, she is currently pursuing a Master of Arts in Clinical Psychology with an Emphasis in Marriage and Family Therapy with Latinx communities at Pepperdine University's Graduate School of Education and Psychology (GSEP). She is the co-founder of GSEP's Aliento Community Organization (ACO) and an active member of the Diversity Council. Some of her community service work includes facilitating seminars and workshops that center on culture and liberation psychologies. She has also assisted with facilitating Spanish support groups at multiple community mental health agencies. Judith plans to pursue her Psy.D. to become a licensed psychologist and fulfill a needed role of representation in the field in both the private practice and community setting. Judith aims to oversee her agency to provide mental health and well-being services to build bridges, lessening the disparities and disconnection by increasing trust and utilizing mental health services within Latinx communities.



JULIO E. CELADA, was born in Lima-Perú. He has a foreign medical degree as a physician with specialties in Psychiatry and Rehabilitation, and Psychologist. He also completed a Master's degree in Cognitive Behavioral Therapy and doctoral studies in psychiatry at the Complutense University of Madrid, Spain. In Peru, he worked at the Edgardo Rebagliati Hospital and the Universities of San Marcos. Dr. Julio Celada migrated to Madrid, Spain in the early 90's and there

(**JULIO CELADA** cont'd) he was responsible for the Eating Disorders Unit of the Esquerdo Hospital. In the early 2000, Dr. Celada migrated to the United States and since 2005 to the present, he has been working as a Mental Health Services Coordinator at the Department of Mental Health in Los Angeles County where he developed and coordinates the Support Groups in Spanish and Latino Community Outreach Program targeting Latinx community members. Also, he is a Professor of Psychology Counseling and Culture of Pepperdine University, Director of the "Mental Health and Well-being" newsletter and consultant to projects that use art, theatre, and music to mobilize a sense of well-being. In addition, he has received recognition from the Department of Mental Health, the Los Angeles County Board of Supervisors, the Mayor of the City of Los Angeles, and the California State Legislative Assembly members. Lastly, Dr. Celada, identifies with the principles of human solidarity and social justice. He writes books, opinion articles, and collaborates with national and international community mental health projects in USA, Peru, and Spain.



JUNKO NAGAMATSU, B.A., was born and raised in Japan. At the age of 20, she lost her hearing. After much struggle, she began to adapt to the deaf world by learning Japanese Sign Language and American Sign Language. Her motivation to learn more about deaf culture led her to study abroad in the United States where she received a B.A. in Deaf Studies with a concentration in Human Services from California State University Northridge. Currently, Junko is the Legal Advocate at Greater Los Angeles Agency on Deafness, Inc. (GLAD). She joined GLAD in 2016 as a Community Advocate after dedicating nearly 15 years as a certified counselor at a drug and alcohol rehabilitation program for the deaf and hard of hearing in Whittier, CA. Through advocacy and empowerment, Junko has inspired significant positive changes in deaf and hard of hearing individuals and the community. In addition to working at GLAD, Junko is a member of the Access for All Underserved Cultural Communities subcommittee within LACDMH. As a member, her focus is on expanding access to mental health services to the deaf and hard of hearing population in Los Angeles County.



KATHY MOON, L.C.S.W., is currently a Mental Health Clinical Supervisor in United Mental Health Promoters Program. After obtaining her MSW at UCLA, Kathy worked at Children's Hospital LA then at Metropolitan State Hospital (MSH). Kathy was born in South Korea and immigrated to the U.S. as a teen. Adjusting to a new culture while learning a new language and living in bi-cultural settings contributed to Kathy becoming interested in working with others, to help ease the pain, emotional difficulties, and confusion. Maturing as a person and growing as a clinician provides new perspective on various situations and Kathy wants to continue to plant the seeds for hope and growth for everyone she encounters on her path.



KELLY WILKERSON, L.C.S.W. (she/her), works as a Health Program Analyst within LACDMH's Anti-Racism, Diversity, and Inclusion (ARDI) Division. In this role, Kelly serves as the Liaison for the American Indian/Alaska Native (AI/AN) and LGBTQIA2-S Underserved Cultural Communities (UsCC) subcommittees. She has held this position for the last six years helping to organize community stakeholders under the framework of the Mental Health Services Act and has been the lead coordinator for five mental health conferences focused on reducing the stigma of mental health for AI/AN and LGBTQIA2-S populations. Prior to her current position with LACDMH, she worked as a Senior Therapist with children in foster care providing direct clinical services to children and families, conducting home studies for potential adoptive and foster parents, and providing training for foster parents regarding the needs of foster youth, including those who identify as LGBTQ+. She has been trained in and has conducted trainings utilizing the PRIDE Model of Practice for Foster and Adoptive Families and is a certified S.A.F.E. Home Study evaluator.



KEREN M. GOLDBERG is honored to have been part of the Los Angeles County Department of Mental Health from 1999 until 2019. During the last ten years of her tenure, she directed and developed the DMH Faith-Based Advocacy Council, an interfaith, Countywide group of clergy leaders brought together to learn about mental illness and to advocate for including clients' spirituality in their mental health services. As part of a team in the former DMH Community and Government Relations Division, she participated in organizing several initiatives including an annual mental health and spirituality conference held at the L. A. Catholic Cathedral, the Roundtable in each service area bringing clergy and mental health staff together to address mutual cases, and in producing Town Halls focused on issues pertinent to clergy of all faiths. In the sum of these activities, Keren Goldberg had the opportunity, through the department, to promote among all people an appreciation for different faiths, and the value of learning together across religions, races and cultures. For participants in these programs, they are experiences that give hope and a vision for a better world.



KEVIN R. COLLINS SR., is a Community Health Worker with the Los Angeles County Department of Mental Health. He is currently a student at Arizona State University pursuing a degree in Interdisciplinary Studies. He has a wife Keshia, six children, and eight grandchildren. His story starts in South Central Los Angeles during the 1970's and 80's. He didn't run with the gangs; he ran from them. It was either fight or flight, he fought a few times, but he was a track star and never ran track. During the summer breaks his brother and him worked with their grandfather cutting yards. His grandfather told him stories of his ventures during the 1910's to 1950's while in Alabama. He began studying the time periods his grandfather spoke of through the encyclopedia's they had at his grandparents' home. At a young age, he learned that some people truly hate him because of his skin color, and some people who look like him hate him as well. This led him to trying to understand why we as black hate each other. College and working for LACDMH opened him to further studying Intergenerational Trauma and its effect on African American Blacks and what are somethings we can do to come out of

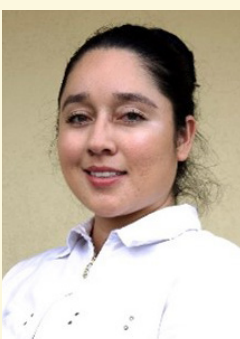
(**KEVIN R. COLLINS SR.**, cont'd) this. The lessons learned in his study took him back to one conclusion, misunderstanding or lack of understanding can become hatred. Most black people hate themselves and don't even know it or know why. This hatred is fueled by the television and movies which portrayed them as, slaves, dumb, jobless, drug dealer, killers, etc., it all becomes the reality some African American Blacks live.



KEISHA ROBINSON is a Mental Health Promoter and Community Health Worker for LACDMH-SA 6. She was born and raised in South Los Angeles, California. As a resident of South Los Angeles, she witnessed many traumatic events and learned to discover the positive possibilities in life by allowing that to be her focus. She attended Downtown Business Magnet High School and earned her High School Diploma while working part-time to support her family. She was accepted to California State University Dominguez Hills where she attended the Summer Bridge Program, but she decided to serve her country after completing her freshman year. She enlisted in the navy for 5 years and received an Honorable Discharge. She attended Los Angeles Southwest College where she earned my Associates Degree in Interdisciplinary Studies, Social and Behavioral Science, and Administration of Justice. She spent several years working in the classroom with students K-12 before working in Special Education. In addition, she volunteered with Ameri Corp helping at-risk students in underserved communities. She enjoys advocating and doing outreach to support the needs of the community. She is committed to learning, sharing her experiences, and breaking stigma on mental health. she wants to encourage and empower others in community to remain resilient, in spite of any adversities.



LATRINA MORGAN, PSY.D., is a licensed clinical psychologist at LACDMH, specializing in personality disorders, trauma and forensic issues in community settings. Born in Los Angeles, Dr. Morgan received her B.A. degree in psychology from the University of California, Irvine. She received her master's degree in psychology from the Antioch University Los Angeles, her Psy.D. from the Phillips Graduate University and Paralegal Certificate from the University of Los Angeles California Extension. Dr. Morgan has worked in state hospital forensic settings, college settings, and community mental health settings. Dr. Morgan has interest in program designing, trauma, relationship dynamics, and forensic issues in community mental health settings.



LIZBETH ORTEGA FLORES Is a Community Health Worker for the LACDMH United Mental Health Promoters Program. She is a graduate of CSU Dominguez Hills with a Bachelor of Arts degree in Human Services: Mental Health Recovery. In her role as a Community Health Worker, she has received training to become an effective mental health educator and has participated in promoting the mental health workshops. She finds this role important because she sees the value in reducing stigma around mental health and helping others learn about mental health. Prior to working as a Community Health Worker, she volunteered for the Los Angeles Department of Mental Health as a Wellness Outreach Worker in which she facilitated a peer support group for anxiety. During her time at \

(**LIZBETH ORTEGA FLORES** cont'd) CSU Dominguez Hills, she completed three internships related to Human Services. Knowing the importance of self-care for mental health, she enjoys going out with friends, singing, reading, and listening to music.



LORRAINE VIADE, PSY.D., is a Licensed Clinical Psychologist with over 20 years of experience in community service. During the last 14 years, she participated in various projects working with youth and children in conjunction with the Department of Children and Family Services. Dr. Viade consults regularly in the areas of racial disparity and clinical considerations for youth and children who receive regional center services. Dr. Viade has specialized training in Intellectual Disabilities and Mental Health. She is a strong advocate for youth and promotes Adverse Childhood Experience awareness. She participates in the DMH multicultural awareness activities in her role as a member of the DMH Speakers Bureau. She writes about film and television from a psychological perspective. Dr Viade is a strong advocate for people with special needs, those who have suffered adverse childhood experiences and those who experience sexual exploitation. Her pronouns are she/hers/ella.



LUIS VASQUEZ is passionate about serving inner-city marginalized youth. He believes through trusting relationships and critical supports that complement their natural gifts and curiosities; Youth can reach their greatest potential. Luis is honored to advance the impact and mission of Rainbow Labs through building a network of champions, committed to accelerating opportunities for its youth. Luis Vasquez is a veteran non-profit administrator, with more than 16 years of experience in the greater Southern California region as an executive, project manager, administrator, business development, operations, communication specialist and service provider. At a very young age, Luis noticed firsthand how uneven the playing field was for kids that were different. For the past decade, he has worked in the public education and non-profit industry to change the narrative and disrupt the outcomes for youth. In his former roles Luis has led, one of the largest and most successful social service partnership programs in Los Angeles County dealing with youth development and trauma informed coaching. Serving more than 13,000 K-12 aged youth every year, the program provided a comprehensive array of educational and enrichment services in 28 different organizations across Southern California and he's from East Los Angeles and a 12 year NAVY veteran and proud of it!



MARIA (MARTHA) E. VELASCO is a Spanish Support Group facilitator for the LACDMH. She has over 10 years of experience and leads 2 support groups weekly. In addition, she mentors new group facilitators and empowers all new group members. She also assists other organizations such as NAMI and Project Return. Ms. Velasco values the power of culture to stimulate wisdom and healing. Ms. Velasco is a firm believer in the power of positive thinking in the workplace, in the community and around all people. She regularly participates in developing wellness campaigns to help the Latino community with effective mental health techniques. Maria has extensive training in mental health recovery strategies.

(**MARIA “MARTHA” E. VELASCO** cont’d) She has certifications from NAMI, DMH and other community partners. She has received recognition from LACDMH Service Area 7 Town Hall Team, Recognition of Outstanding Service and Contributions for more than 10 consecutive years as Volunteer Group Facilitator in the Groups de Support in Spanish and outreach to the Latin community, among others. Maria Velasco plans to continue increasing her knowledge in mental health to help the Latino community and transmit hope and recovery to people with mental health struggles.



MARTEL OKONJI, M.A.EX., has over 15 years of experience working with communities, nonprofit leaders, administrators, and legislators in the fields of education, juvenile justice, public health, and homelessness. Drawing on his personal experiences navigating homelessness, coupled with a scholar-practitioner approach, Okonji focuses his efforts on equity and justice, working to liberate and heal communities. Okonji’s experience includes working with a wide variety of agencies and institutions to develop programs, direct organizational development projects, implement resource centers, and engage communities towards progressive change. Currently, Okonji is a director with Los Angeles Room & Board, overseeing four newly developed housing sites and wraparound services. He also serves as Mental Health Commissioner for Los Angeles County, Founder of DCT Consulting and Board President for Seed House Project, while working toward a Ph.D. in leadership and change at Antioch University.



MELANIE J. CAIN, PH.D., M.P.A., is from the Santa Clara Pueblo and Jicarilla Apache tribes in Northern, New Mexico. She is a licensed Psychologist and Mental Health Clinical Program Manager with the Los Angeles County Department of Mental Health at the American Indian Counseling Center. She graduated with her Ph.D. in Counseling Psychology from Oklahoma State University in May 2007 and obtained a Master of Public Administration through California State University, Northridge in December 2021. Her primary focus is on managing a directly operated mental health clinic and integrating culturally informed services into the daily operations. She has worked with the Conscious Culture Psychology Clinic and provided mental health services to urban adults and youth. Prior to her work with Los Angeles County, she worked at the San Diego American Indian Health Center where she provided therapy and served as the project coordinator for the first urban American Indian youth center, supported by San Diego County Prevention and Early Intervention (PEI). In addition to her experience with psychology, Dr. Cain is a veteran of the United States Air Force and is proud to say she comes from three generations of Native American women who have enlisted in the Armed Forces. As a psychologist, Dr. Cain’s interests lie in understanding ways to promote mental wellness among Native people. This encompasses developing a greater understanding of the biopsychosocial issues which affect the community and how cultural experiences serve as protective factors and promoters of health and wellness.



MERCEDES (MERCY) AGUIRRE is a Mental Health Promoter who works in the LACDMH. She is of Peruvian descent and is a first-generation immigrant. She received a bachelor's degree in psychology from California State Dominguez Hills and is in the process of pursuing a master's degree in social work. She has worked with young adults with special needs for ten years. Mercy is passionate about working with underserved communities to promote prevention and early intervention. As a Mental Health Promoter, Mercy focuses on providing educational mental health workshops in Spanish and English with the goal of reducing mental health stigma and improving access to care.



MICHAEL FIELDS aka Mikey has volunteered and worked in the public health sector for over 5 years and is currently a Co-Chair for the LGBTQIA2-S UsCC Subcommittee. He works as the Outreach Specialist and a Certified HIV Tester/Counselor for In the Meantime Men's Group, Inc. He's a Los Angeles native who has passion and is dedicated to helping others by offering his time while providing resources/opportunities. Mikey is a proud Black gay man who has never let adversity win. He has survived homelessness, depression, and addiction. He has been living with HIV since 2006 and has been resilient in every sense of the word. Honesty, dedication, and gratitude are the principles he strives to live by, and it's always rooted in Love.



MICHAEL WHITEHORSE AVILES was born in San Fernando, California, and is a member and elder of the Gabrieleno Tongva San Gabriel Band of Mission Indians, a descendent of the California Mission System established by Spain in the 1700's. He is also a descendant of the Southern Piauete and Western Shoshoni People of the Mojave River, in the Mohave Desert near what is now Victorville, California. His family was part of the government boarding school system which was designed to assimilate the Native Americans to non-Native ways and traditions at Sherman Indian Institute in Riverside, California. For the last two years, he has been working as a Tribal Monitor who oversees construction sites that require deep digging, to look for ancestral remains and artifacts. In service, he is a Vietnam era Veteran of the United States Air Force, and Veteran of the California Air National Guard. For all of his life, he has always been involved in the arts, musician, photographer, graphic design (owner of the M.A. Art Works Screen Printing and Graphic Design Co.), sculptor, and all other art mediums. Recently in June of 2016, he completed a commission of a fine arts oil painting on canvas for the State of California Indian Heritage Museum in Sacramento, California, for the Juan Batista De Anza California History project where the painting is on display. For about 18 years, he has played Native Flutes throughout California, Washington State, and Oregon for special events such as Pow wows, memorials, ceremonies, and concerts, the latest venue being Pachanga Resort and Casino. Other instruments include the violin, piano, and bass guitar. For five years, he has organized pow wows throughout Southern California with the latest one held on the 2nd weekend of November honoring our Veterans, Native or non-Native, for the Native American Veterans Association helping and working with Veterans. He is involved with Tribal matters such as officiating Ancestral Reburials, funerals, teaching and talking with students and groups on California Native History. Today

(**MICHAEL WHITEHORSE AVILES** cont'd) he dances in pow wow circles as a Gourd Dancer (formerly a Northern Traditional Dancer), a Dance founded by the Kiowa people, Dancers who are Veterans, a Warrior Society.



MYUNG HWA CHUNG is a Mental Health Korean Promoter at LACDMH. She has a Master of Arts in Christian Counseling and has studied marriage and family therapy. She has served Service Area 3 since March 2021. Shortly after the pandemic began, a Korean mother committed suicide and Ms. Chung had to find a place where her children could get some counseling support. During the process of looking for a place for them, Ms. Chung realized the seriousness of mental health issues amongst Koreans, and applied for the Promoter position with LACDMH. Ms. Chung would like to use this opportunity to present how we can be a good assistant in the grieving process for youth or young children. She would like to share how important it is to educate people with the feeling of loss and how they can process their grief and loss according to their developmental stage.



NAAZ MIRREGHABIE, L.C.S.W., is currently a psychiatric social worker at LACDMH. She earned her bachelor's degree in Psychology and Social Behavior from the University of California, Irvine and her Master's degree in Social Welfare from the University of California, Los Angeles. In her professional role, she provides culturally inclusive services with LACDMH for the Farsi-speaking community in Los Angeles. Naaz has also led various groups to meet the needs of her community including Farsi speaking cultural groups and smoking cessation. Naaz has also served as an apprentice to facilitate intergroup dialogue among employees of Los Angeles County. Naaz is passionate about increasing and facilitating conversations regarding race, culture, and access to care for all individuals in Los Angeles. She has lobbied representatives at the capitol on behalf of her constituents for increased access to healthcare and supportive services. Throughout her career, Naaz has demonstrated the ability to provide field based psychiatric services in untraditional locations to meet the needs of the community while embracing a strengths perspective and multicultural lens. Naaz has presented on panels and at conferences; and as a child of immigrants, understands the struggle of first-generation individuals accessing mental health services. She is passionate about speaking to others regarding mental health to decrease the stigma of accessing services.



NANCY CALDERON is a community member who lives in the Metro LA area. She has two children; one 30 years old and another eight years old. Originally from Mexico, she came to the U.S. as many did seeking a better life for herself and her family. In her late 20s, she met a man and got married and was very much in love. This relationship turned very violent and abusive leaving her in fear for her life and the life of her child. With the help of community organizations, she escaped from the abuser. Years later, she fell in love again and this man showed no signs of being abusive and they lived well for some years. However, the abuse that was happening was emotional/psychological, and was shattering her self-esteem. She mustered the strengths to leave again. She had never stopped utilizing

(**NANCY CALDERON** cont'd) counseling services and attending seminars and this has been pivotal in her recovery. Despite these difficult life experiences, Nancy is a very optimistic person and loving mother. She would like to share her story of survival with others to illustrate that relationship recovery is attainable with continuous work and dedication.



NATASHIA TOWNSEND, B.S., has focused on philanthropy and community transformation throughout her career. She is the founder and Chief Executive Officer of High Impact Society, a nonprofit that aims for social and environmental justice for Black, Indigenous and people of color, and has over 12 years of experience working with purpose-driven organizations. She remains committed to creating systemic change and improving the social and economic well-being of underserved communities. Ms. Townsend's professional experience includes areas of focus in healthcare, mental wellness, education, workforce development, and social and environmental justice. She has led numerous public service programs and has collaborated with partners such as the National Center on Elder Abuse (NCEA) at the University of Southern California (USC) Keck School of Medicine, the Cooperative Economic Empowerment Movement (CEEM), and the Office of Senator Connie M. Leyva. Natasha holds a Bachelor of Science in Sociology from the University of California Riverside and certifications in organizational management, strategic planning and conflict resolution, which have contributed to her success in program development and outreach. Natasha will continue to be an advocate for the community and make an impact by doing work that matters.



PAUL KANG is a LACDMH United Mental Health Promoter who is bilingual in Korean and English. He has a master's degree in Divinity and studied marriage and family therapy. He has served Service Area 4 since May 2021. The difficulty in mental health treatment due to the stigma and the high suicide rate among Korean Americans motivated him to become a mental health promoter. He is passionate about mental health particularly Grief and Loss issues due to having lost his beloved wife from cancer during the pandemic. He loves to share his lived experience on the stages of Grief and Loss and how his family has found resilience in the past two years.



PAYAL SAWHNEY, M.H.A., M.S.W., L.C.S.W., is a licensed mental health practitioner with over 20 years of experience. She has worked in various hospitals in various cities in the field of mental health. She has extensive experience in successfully planning and launching community projects for prevention of mental illness and enhancement of well-being in the South Asian Community. Payal is the President of Saahas for Cause, a non-profit organization she founded, that actively serves South Asians in Orange and Los Angeles counties. Her organization works to better acculturate South Asians, do preventing and interventional work related to domestic violence and mental health.



PERLA ARAGON, L.C.S.W., is a Child Advocate Supervisor with The Young Center for Immigrant Children's Rights, an organization dedicated to advocating for the best interests of unaccompanied immigrant children in immigration detention. Perla is a bilingual, Licensed Clinical Social Worker, based out of the Los Angeles office. She holds a Master's degree in Social Work from the University of Southern California. Perla has over 13 years of post-graduate experience. Prior to joining the Young Center, Perla worked as a Children's Social Worker for the Department of Children and Family Services (DCFS) where she conducted child abuse and neglect investigations and provided family preservation and family reunification services. Perla then went on to join the Los Angeles Mayor's Office of Gang Reduction and Youth Development (GRYD) where she served as a Regional Program Manager. Perla provided ongoing technical assistance and training to GRYD contracted providers. Perla also helped coordinate Summer Night Lights (SNL) programming for communities impacted by poverty and violence. Perla later joined Children's Bureau. As a supervisor, she guided and supported the Prevention Team staff and MSW interns. Perla also oversaw the implementation of prevention contracts and programs. Most recently, Perla worked for the Department of Mental Health where she conducted mental health assessments, mental health linkages and crisis intervention for children and youth with an open case with DCFS in order to prevent family separation and minimize multiple placements for youth in foster care. Perla is dedicated to advocating for and working alongside young people who have been impacted by abuse, neglect and trauma.



QUEEN CHELA DEMUIR has been in service to the LGBTQ community with a journey that expands over two decades. Queen Chela has a formal education as a journalist. After working many years with the LGBT community, with expertise in trans issues, she learned access to culturally competent support and affirming services for black trans people were limited. She started a weekly support group to have conversations with the community, and this weekly support group materialized into the first formal trans organization in Southern California, started by a black trans woman "Unique Woman's Coalition" was born. Queen Chela is the founder of "TransGiving Dinner" dinner with all the traditional trimmings of a holiday meal, but mostly to have a sense of community and togetherness. TransGiving Dinner became a family reunion event, and the community looks forward to each year and is now celebrated in more than 6 different states across the country. Queen Chela is a founding member of Trans-Unity Pride, now known as Trans Pride LA, the first trans pride in the United States. In September 2021, Chela Demuir and UWC entered a partnership with AIDS Healthcare Foundation to create the. first-ever "We Work" styled workspace called The Connie Norman Transgender Empowerment Center, a 20,000 square-foot building that has been repurposed to function as a sort of 'WeWork' space for Trans-led organizations to have a place to call home and to build capacity to better serve Trans and Non-binary communities at large. Chela currently serves as the International Vice President for FLUX, a national division of AIDS Healthcare Foundation (AHF) dedicated to creating safe spaces for Trans and Gender Non-Conforming individuals through advocacy, events and innovative marketing. Chela serves on the West Hollywood Social Justice Task Force and the Board of Advisors for the Elizabeth Taylor AIDS

(**QUEEN CHELA DEMUIR** cont'd) Foundation.



REBECCA GITLIN, PH.D. (she/her), is a licensed psychologist with LACDMH's Anti-Racism, Diversity, and Inclusion (ARDI) Division. She currently serves dual roles as LACDMH's LGBTQ+ Specialist and Women's and Reproductive Mental Health Specialist, and she is a member of the ARDI Staff Advisory Council. Dr. Gitlin's current work focuses on evaluating and improving DMH's provision of culturally responsive, trauma-informed clinical services for LGBTQIA2-S communities and for women and girls. In addition to her administrative work, Dr. Gitlin provides consultation and didactic trainings on affirming and trauma-informed clinical practice. She previously worked for LACDMH's Countywide Veterans Program. She has co-authored book chapters on women's mental health in primary care settings, working with LGBTQ+ patients experiencing homelessness, and LGBTQ+ veteran mental health.



RENEE CHAO, B.S.W., is currently studying in M.S.W. program at Boston University, working as a social worker and program manager at Tzu Chi USA Headquarters with many years of experience in Charity Mission supporting diverse communities with financial aid, resource linkage, spiritual care, and empowering community members to love and compassion. Before being relocated to the United States in 2016, she worked as a licensed social worker in Taiwan for ten years. This professional experience has deepened her understanding of many social issues and human suffering from the lens of culture.



REV. BARBARA BROOKS, D.MIN., was born and raised in Waukegan, Illinois. She graduated from Waukegan Township High School, attended Monmouth College in Monmouth, Illinois, and received a Bachelor of Science degree in German. She later attended USC and received a Master's degree in education with an emphasis on mental retardation. Some professional experiences include: teaching in juvenile court schools, teaching English as a second language, secondary education counseling, and Supervisor of Special Needs Programs (Pre-K through 12) for Compton Unified School District. She served on the College Opportunity Grant selection team for the state of California. She was a UCLA instructor for teaching credentials certification. During her tenure as Supervisor in Compton, she was over Learning Disabled, Deaf and Hard of Hearing, and Visually disabled. She wrote and received a grant from the State of California for preschool deaf and hard of hearing. Organizing community advisory committees was one of the tasks according to PL-94-142. As a retired educator, she continued to find involvement in helping youth thrive. Compton Department of Children and Family Services was conducting a collaborative regarding transition-aged youth. She participated in that collaborative and subsequently joined the South Los Angeles Homeless and Foster Care collaboration. She was ordained an Itinerant Elder in the African Methodist Episcopal Church, and she is serving at First AME Los Angeles Church. She studied and received her Doctorate of Ministry from the United Theological Seminary. She now serves as Vice Chair of Faith-Based Advocacy Council having participated with this group for the past 7 years.



REV. CHRISTIAN PONCIANO, M.B.C., B.TH., was born in Guatemala City and is the oldest of five siblings. He was brought to the U.S. when he was twelve. On his arrival in the City of Maywood, he encountered racial discrimination, bullying, and gang violence. He learned quickly to adapt and assimilate into a new culture, system, and reality. At the age of 18, he started a gang outreach ministry and established a Spanish Bible Club at Garfield High School and Bell High School. His involvement in bringing support, resources, and education to the community and churches started in his late teens and has continued until now. Through the years he has been able to build strategic alliances with different ministries and organizations in the United States and Latin America. He is happily married to Isela, who is originally from Mexicali, Mexico, and with whom they have been blessed to have Tiffany, Natalie, and Nathan. His passion is to serve the Lord and his community. He has a bachelor's degree in theology, a master's in biblical counseling, and is starting a master's in divinity program. He is the President of Avivamiento en tu Ciudad and Rebuild 52 International, as well as the Chair of the Faith-Based Advocacy Counsel.



RICHARD ZALDIVAR is a nationally renowned and well-respected leader in both the Latino and LGBTQ communities. Based in Los Angeles, California, he is often sought for his expertise, leadership and strategic thinking in the topics of community engagement, empowerment, HIV/AIDS, substance abuse, mental health, LGBTQ issues, faith and community politics. Richard is the founder and executive director of the Wall Las Memorias Project, a ground-breaking community health and wellness organization dedicated to serving Latino, LGBTQ and other underserved populations through advocacy, education and building the next generation of leadership. Under his guidance, The Wall Las Memorias Project built the United States' first publicly funded AIDS monument located in East LA. Richard has long been a political force in local, state, national and international politics. In 2016, he was recognized by President Obama at the White House LGBTQ Pride Reception. In 2020, he was instrumental in establishing the Biden campaign's headquarters and presence in LA and was elected as a delegate for "Joe Biden for President" and appointed to the Democratic Platform Committee. Richard has been honored by numerous organizations, elected officials and corporate entities. In 2012, the California State Legislature's Latino Caucus presented Richard with the "Spirit Award," and in 2013, the LGBT Caucus awarded him the "Pride Award," making Richard the only person to receive awards from multiple caucuses from the California State Legislature. The LA Pride Parade honored Richard both in 2013 with the "Connie Norman Spirit Award" and in 2016 as one of the "Legends of Pride." Most recently he was awarded the Zaragoza Award by UPEXT in 2021.



RICHER SAN, B.S., was a founding member and former Board of Director of Golden Coast Bank, the first Cambodian chartered bank in the U.S. He is a president & CEO of Golden Shore Co. Ltd. in Phnom Penh where he has advised on business and economic development efforts in Cambodia. His escape from the Khmer Rouge regime as a teenager has shaped his passion and commitment to improve the lives of Cambodians here and abroad. With other key CT board members, he was instrumental in establishing Cambodia Town in the City of

(**RICHER SAN** cont'd) Long Beach as a Business and Cultural District along the Anaheim corridor. He has been a board member of Cambodia Town since 2006. Mr. San has been a leader in the growth of the Annual Cambodian New Year Parade since it began in 2005 and the Culture Festival in 2009. He is an active Board member of several other community-based organizations including the Cambodian-Coordinating Councils, Long Beach-Phnom Penh Sister Cities, and the Long Beach Sister Cities Inc. He is co-chair of LACDMH's AAPIs Underserved Cultural Communities. He has received numerous awards and recognition from municipal, state and national levels for his community services. Mr. San holds a B.S. in Business Administration from Cal State University of Dominguez Hills. From 2018 to the present, he works for Pacific Asian Counseling Services as their Prevention and Early Intervention (PEI) Outreach Coordinator. His main responsibility is to outreach to underserved communities through culturally appropriate mental health promotion and education services.



ROMALIS J. TAYLOR has an extensive career spanning over 30 years of experience in mental health, social services, and the management field including, program development, administrative systems development, and financial and quality assurance development. He was the chair of the Compton/East Compton Best Start Leadership Group which advocates, develops, and implements community activities to strengthen families with children 0-5 based on the First 5 Strengthening Families Model. He is currently the chair of LACDMH's Black and African Heritage UsCC and the representative for the Under Representative Ethnic Populations Groups on the DMH System Leadership Team. He is a member of the SA Advisory Council 6 in South LA Previously he was a center director in South LA, and a director of Government and Community Relations in LA County for Starview Community Services. He was responsible for non-profit programs, Family Preservation Services, Up Front Assessment program serving Child Welfare referred families to prevent possible detainment, and lastly the DMH's Behavioral Health prevention and early intervention services. Since 2005, Mr. Taylor has been an advocate for the community and involved in processes to strengthen and support families. He has also worked with government agencies, communities, children, youth, and families to improve services in schools, foster care, and clinical service programs. He has implemented innovative services such as Point of Engagement along with presenting at conferences and forums regarding program development, prevention services, field base services, and family support services. He is active in many other community and county advisory councils regarding advocacy and cultural competence in services for African and African American children, youth and families and their well-being.



ROSE OM HIENG is of Cambodian descent and speaks Khmer fluently. Rose grew up in Phnom Penh Cambodia. She graduated Bachelor of Literature in Phnom Penh city. Rose worked for three years with a World Vision Humanitarian from 1973 to 1975. After the Genocide Rose arrived the United States, as a Refugees at the ages of 33. She came to America, in Los Angeles, California, with her husband and her four young children. She received Bachelor of Science in Human Services from University of Pheonix. Her area of specialty is working with

(**ROSE OM HIENG** cont'd) the Inner-city Cambodian community encouraging advocacy to reduce mental health stigma, suicide prevention and discrimination. Rose is passionate about working with underserved Cambodian community and understands those who have experience trauma, PTSD due to genocide. She has experiencing providing linkage to sex offenders, victims of domestic violence, and people experiencing homelessness. As a mental health community health worker, she focuses on providing educational workshops to the Cambodian community with the goal of breaking down the misleading belief and fear about suicide and mental health by encouraging them to have an open conversation about suicide and how to prevent it.



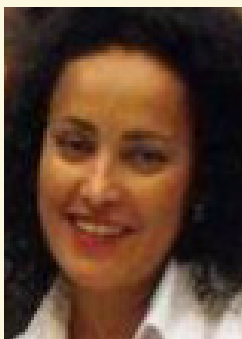
RUBOU (RUBY) SOUS is a Community Health Worker for Los Angeles County working as a Mental Health Promoter for the Department of Mental Health Promoters Program. She immigrated from the Middle East to the United State 30 years ago when she was a teenager. She is fluent in Arabic and English. She received a bachelor's degree in liberal art from Emporia State University in Kansas. For more than 20 years, she has been advocating for minority women rights through education, working in women empowering programs, women shelters and volunteering at different youth mentoring projects. In 2017, she established a small project that works to rescue minority women when experiencing homelessness due to domestic violence. As a mental health promotor, she is committed to educate the underserved communities of Arab and Muslim communities about mental health, stigma reduction, and how to reach the proper services for full recovery.



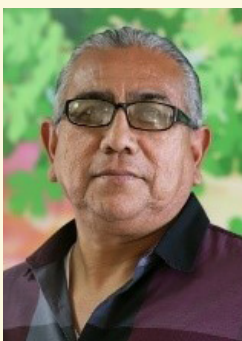
SADE RICHARDSON, B.A., is the Chief Executive Officer for Real World Education, a 501(c)(3) organization with the mission to promote Health and Awareness to the high-needs communities. She is also the Co-Chair for UsCC Black & African Heritage Subcommittee under LACDMH, an aspiring Television Host, and the Principle for S&L Consulting Firm. She goes by her middle name, Victorian. Victorian's calling in the medical field began at age 18, receiving certification as a Medical Office Manager and later earning an Associate in Behavioral Health and Social Science. She has experience in Healthcare Management, Health Insurance, Peer Support, and supportive services. Victorian bachelor's degree in Broadcasting Journalism is from the California State University-Northridge with a minor in Marketing. She also holds consultant certifications. Victorian is passionate and takes helping others very seriously. The work she does in advocacy and increasing culturally relevant support services is through the RWE corp. Victorian influence on the high-needs communities has just begun as she works to impact mental health as the first step to the community's overall health conditions. Victorian is also currently working on a podcast with a co-host about financial literacy. She writes articles on her generational wealth blog called Da Dough Flow to report on the news about the American wealth gap, generational wealth, racial wage gap, racial injustice, social injustice, and financial literacy. Victorian consultant business is to build generational wealth and to show the professionalism of Black women in business, in addition to helping an enterprise improve.



SANDRA T. CHANG, PH.D., is a licensed psychologist with over 20 years of experience in the mental health field and at LACDMH, where she serves as program manager for cultural and linguistic services. In her professional role, she has been a strong proponent for the mental health needs of underserved communities. She spearheaded the implementation of first Latino Health Promoters Program and workgroups for persons with physical disabilities and the LGBTQIA2-S community within LACDMH. Dr. Chang is LACDMH's cultural competence program manager and a co-director of the Speakers Bureau. She has presented at various local and statewide mental health conferences. She has also participated in multiple radio programs and TV newscasts focusing on various aspects of Latino mental health and emotional well-being.



SENAIT ADMASSU, M.S.W., is the founder of the African Communities Public Health Coalition (African Coalition), a Los Angeles based nonprofit organization. Ms. Admassu is extensively recognized for her expertise in community social mobilizing and culturally appropriate facilitation of trainings. In addition to providing community-based workshops and trainings to African descent Immigrants, Ms. Admassu assists LACDMH-Black/African Heritage Underserved Cultural Communities (UsCC) subcommittee in assessing mental health service provision in the African and Caribbean Communities. Ms. Admassu also serves as a Vice Chair of the Western Region against Female Genital Mutilation (FGM) task force, and as a member of CA Mental Health Service Oversight and Accountability Commission - Culturally and Linguistically Competency Committee. Ms. Admassu's education and community advocacy efforts have clearly demonstrated her diligence to mental health consumers, especially those of the black migrants and refugees. Ms. Admassu earned a Master's Degree in Clinical Social Work from the University of Southern California (USC). She earned a Bachelor of Science Degree in Psychology from University of California in Los Angeles (UCLA).



SHANNON RIVERS, M.A., is a member of the Akimel O'otham (River People), he was born and raised on the Gila River Indian Community located in southwest Arizona. Mr. Rivers is a Native American Cultural/Spiritual Leader and advisor to the Indigenous inmate population(s) at the County, State and Federal Prison(s) in Arizona and Central California. Providing spiritual and traditional guidance and healing to incarcerated Native men and women. He holds a bachelor's of science degree from Northern Arizona University, and a Masters in American Indian Studies from the University of California Los Angeles. Currently, Shannon is the Director of Programming for the American Indian Resurgence/Native Ways to College initiative in Los Angeles County and is a lead member of the Poor Peoples Campaign - Indigenous Peoples Contingent of the N/E San Fernando Valley. Along with these roles, Shannon currently serves as the Co-Chair for the Los Angeles County Department of Mental Health American Indian/Alaska Native Underserved Cultural Communities subcommittee.



SHANTEL VACHANI, J.D., M.S.W., is the Managing Attorney in the Los Angeles office with the Young Center for Immigrant Children's Rights, an organization dedicated to advocating for the best interests of unaccompanied immigrant children in immigration detention. Shantel received her joint Law degree and Masters in Social Work (MSW) from UCLA School of Law and UCLA School of Social Welfare, respectively. Shantel has extensive professional experience providing holistic legal and social work advocacy to youth in the foster and juvenile justice systems. Prior to joining the Young Center, Shantel worked as a Clinical Assistant Professor at the USC Suzanne Dworak-Peck School of Social Work in the Children, Youth and Families Department where she taught policy and clinical practice courses to aspiring social workers, including Social Work and the Law, Working with Transition Age Youth and Advocacy for Justice Impacted Youth. Shantel has also worked as an children's rights attorney and social worker in the Children's Rights Project at Public Counsel Law Center, where she provided holistic social work and legal advocacy for youth transitioning out of foster care. Following law school, Shantel was a Soros Fellow and Education Attorney at the Learning Rights Law Center where she developed and directed a multi-disciplinary project called the School-to-Prison-Pipeline Reversal Project, aimed at preventing youth with special needs from being pushed of the educational system and into the juvenile justice system as a results of disability-related behaviors.



SHEETAL AYYATHAN, M.S., holds a master's degree in biotech and is a 65-hours Domestic Violence and Sexual Assault (DVSA) certified professional. She currently volunteers at Saahas for Cause as case manager. In her current role she conducts individual counseling and helps her clients avail public benefits. She also conducts support groups for South Asian women which uses meditation and art therapy as coping and healing toll.



STEVE S. KANG, M.S., is the Director of External Affairs where he oversees communications, grants, special events, government, and community affairs. In addition, Steve is a Commissioner on the Central Area Planning Commission at the City of Los Angeles. Prior to joining KYCC, Mr. Kang served as District Director in the California State Assembly and Executive Director of the Korean American Coalition (KAC). He holds a Bachelor of Arts in Political Science with honors from Columbia University and a Master of Science from The London School of Economics and Political Science - LSE. In 2016, Mr. Kang was honored by the Empowerment Congress as one of 40 Emerging Civic Leaders Under 40.



STEVIE MCBRIDE, L.M.F.T., is a marriage and family therapist and serves as the Clinical Director at Music for Your Mental Health, a nonprofit organization that provides music therapy and wellness workshops as well as other supports for Los Angeles County residents. He also works with children in grades K-12, and families of different backgrounds at The Guidance Center in Long Beach, California. Before becoming a marriage and family therapist, Stevie McBride worked as a Youth Consultant at the Braille Institute in Anaheim for 4years, where he created, supervised, and developed programs for blind and visually-impaired students. McBride has also worked with different musicians, songwriters,

(**STEVIE MCBRIDE**, cont'd) producers which has opened the door for the opportunity to write songs for various artists.



SUYAPA UMANZOR, L.C.S.W., is a licensed clinical social worker for the LACDMH United Mental Health Promoters Program. Suyapa obtained a master's degree in social work and a bachelor's in psychology from California State University, Los Angeles. She has been employed with the LACDMH for 23 years and 26 years with Los Angeles County. Suyapa has worked as a clinician in the psychiatric department at Harbor-UCLA and as a Service Area 4 Impact Unit Coordinator for the intensive program, Full Service Partnership for children and transitional age youth. She is bilingual, bicultural and has experience working with immigrant communities. Suyapa's professional experience includes training in a range of trauma informed evidence-based practices. She has experience working with children, adults, family, and youth of different cultural backgrounds. Currently, she coordinates and oversees a group of multicultural mental health promoters in Service Area 4. Suyapa is passionate about eliminating mental health stigma through mental health advocacy, promoting the importance of emotional well-being and providing resources. Suyapa values helping people reach their full potential by encouraging them to be informed, utilize available community resources, and know they are not alone.



SYLVIA GONZALES-YOUNGBLOOD, Ohlone (Mission Indian), Costanoan Rumsen Carmel Tribe | Chicana, United Mental Health Promoter/Community Health Worker. Sylvia has been an Educational and Disability Rights Advocate/Activist going on 30 years. Sylvia's qualifications and skills began not from colonized education, but from real life experience. She has had many mentors along the way as well attending conferences, seminars, presentations, workshops, trainings, and classes to further her advocacy skills and knowledge. Sylvia considers herself a lifelong learner. Sylvia worked in administration over 30 years in the private sector and she now works in public service as a Community Health Worker with a special focus on the Native American Community. Sylvia is the co-founder and Southern California Administrator of the Community Advisory Committee (CAC) Leadership Collaborative (CACLC). The CACLC is a grassroots organization dedicated to connecting CAC's across California and raising awareness in the special needs community on the importance of the legislative process, community involvement, decision making, and the important and vital role of parent/student leadership and public input. Sylvia is also a past LA County Commission, currently serves on non-profit Boards, Chairs Committee's and participates in many different Collaborative Groups and Listserv's that address the needs in the Disabilities and Native American community. Sylvia is a strong supporter of giving back, positive/effective and meaning collaborations, advancing forward, and most important bridging and filling the gaps to strengthen and build positive role models and leaders within our communities.



VANESSA RUIZ is a Community Health Worker for the Los Angeles County Department of Mental Health United Mental Health Promoters Program, and a student at CSU Dominguez Hills studying Sociology. Her goal in life is to help community members who have been historically underserved to receive mental health support and other necessary aid to reach a better quality of life. She currently works as a Mental Health Promoter listening to people's experiences as they deal with mental health struggles and provides mental health education. She strives to help individuals care for their mental health as well as their family. She is part of a growing movement to increase mental health awareness in hopes of bringing about equity in marginalized communities. Vanessa is proactive in addressing her own mental health through reading supernatural novels, spending time with family, and exploring coffee shops with her fiancé.



VIOLETA KIM, L.C.S.W., is a Licensed Clinical Social Worker working with the American Indian Counseling Center (AICC), a mental health clinic with the Los Angeles County Department of Mental Health that specializes in serving the American Indian/Alaska Native (AI/AN) community. Violeta has committed much of her career to children and families who are involved or at risk of involvement with the dependent court system, from her work at DCFS as a Children's Social Worker/Dependency Investigator and to DMH at Specialized Foster Care (SFC). Her work in mental health clinics began at Edelman Westside Mental Health Center where she worked with adults with chronic mental illness and those involved with DCFS. Following her passion and commitment to children and families involved with DCFS, she went on to work with DMH SFS as a clinician collaborating with DCFS and linking children and families to mental health services in the community. Violeta has been able to continue her commitment and currently supervises the SFC and Child Wellness program at AICC, where she is dedicated to meeting the needs of AI/AN families and children and collaborating.



WANYU CHANG, PSY.D., is a clinical psychologist in the State of California and Taiwan. She is currently working with families who are DCFS involved. She provides mental health screening, psychoeducation, treatment and intervention to individuals who are in needs. In addition to her current role within LACDMH, Dr. Chang has also been working with immigrants and Asian Americans to address their unique mental health needs. Her personal experience as an immigrant provides her own insights to understand the struggles and challenges from different perspectives. She has a variety of experiences working with different age groups, cultural backgrounds, settings, and populations. As a mother, she also has a special interest in maternal mental health.



ZERO OSTERLIND (he/they/it) is a 14 1/2 year old transgender man. Zero started questioning gender identity in 2019/2020. Zero first came out as a lesbian and then started questioning gender identity soon after. Zero then came out as non-binary and tested different names and pronouns. Zero began going to therapy and they helped Zero to find true gender identity, pronouns and name. In December of 2021, Zero went to a gender clinic and got to start hormones on Christmas Day. Zero is thankful to have family and friends that have supported Zero through this journey.

ARDI (ANTI-RACISM, DIVERSITY AND INCLUSION) DIVISION

The ARDI Division is dedicated to creating an anti-racist, diverse, and inclusive Los Angeles County Department of Mental Health (LACDMH). The ARDI Division employs the five domains of Environment, Training, Outcomes, Communication and Leadership to ensure LACDMH is an employer of choice (internal) and an excellent provider of accessible, equitable, and culturally competent services (external).

The actual framework to achieve racial equity in LACDMH is based on six interconnected themes:

1. Anti-Black racial awareness, acknowledgment, and education to promote intrapersonal growth
2. Staff well-being and empowerment
3. Hiring, supervision, and professional advancement
4. Antiracist, culturally congruent and responsive services
5. Partnerships and collaborations across Los Angeles County, city departments, and community stakeholders
6. 6. Commitment, accountability, and respondent responsiveness of executive management and departmental leadership

ARDI DIVISION CONTACT INFORMATION

- ARDI Division (General) - DMHARDIDivision@dmh.lacounty.gov
- Cultural Competency - DMHCC@dmh.lacounty.gov
- Speakers Bureau - DMHSpeakersBureau@dmh.lacounty.gov
- Mental Health Promoter Services - UnitedMHPromoters@dmh.lacounty.gov

JOIN THE CULTURAL TRADITIONS AND CONNECTIONS MOVEMENT!

The Cultural Traditions and Connections project has its roots in the Cultural Competency Committee's "Share your Culture" initiative introduced by Co-Chairs, Mr. Sunnie Whipple and Ms. Bernice Mascher. This initiative engaged community members, consumers, family members, peers and staff alike in presenting on different aspects of their culture; thereby fostering cross-cultural learning, understanding, sensitivity, and appreciation.

COVID-19 has limited our ability to meet in person and it has encroached into our most basic ways of living. Our daily routines have been modified in many ways and have been marked by multiple stressors. Many indeed have been the challenges and the losses that we have endured over the last year. The Cultural Traditions and Connections Project came out of the need to connect with our committee members, inclusive of consumers, family members, peers, advocates, community members, colleagues and co-workers. It was fueled by the need to tell everyone that we care about what is happening within our families, our neighborhoods, our communities, our country and our world.

In the face of so much devastation due to the pandemic, violence, and social unrest, the Cultural Competency Unit collaborated with the CCC to connect us all to a source of positive energy and hope; a way to combat symptoms of depression and anxiety, fears for our compromised well-being and that of our loved ones, isolation, boredom, annoyance, frustration, anger, grief, loss, and hopelessness. We can all share and find nurturing connections by engaging in reading heartwarming articles and reflections that help us relax our tired minds, draw smiles across our faces, and comfort our spirits with a sense of collective caring found in the richness of who we are as human beings.

To all community members,

- Would you like others to learn about your culture?
- Do you like creative writing?
- Would you like to see your writing published in the virtual "Connecting Our Communities" Newsletter?
- Would you like to write an article, anecdote, poem, or reflection?
- Got any content ideas?
- Got great photos you would like to see included?
- Have any reflections or inspirational statements you would like to share?

The Cultural Traditions and Connections Column is released in LACDMH's Connecting Our Community Newsletter on a monthly basis and it is distributed to over 45,000 readers in Los Angeles County.

For more information and to submit ideas, please contact us at:
DMHCC@dmh.lacounty.gov.

To access articles published since the implementation of the Cultural Traditions and Connections Column, visit us at <https://dmh.lacounty.gov/blog/category/cultural-traditions-and-connections>.

ACKNOWLEDGEMENTS



The Conference Planning Committee would like to thank each of you for participating in the 2022 Speakers Bureau Multicultural Mental Health Conference! We also express our gratitude to the LACDMH executive management team; illustrious keynote speakers; esteemed Speakers Bureau presenters inclusive of United Mental Health Promoters and guest co-presenters; and dedicated volunteers for working tirelessly and passionately in creating this community conference. Special thanks to our partners, Vienna To and Imee Perius from the Public Information Office; Dr. John Flynn and Julio Miranda from the Chief Information Office; and Drs. Angelita Diaz-Akahori and Jeff Gorsuch, and Marcela Barajas from the Training Unit for sharing their expertise in creating the online conference registration process. Deep appreciation and thankfulness to every member of the ARDI Division: Cultural Competency Unit, Data and Outcomes Team, United Mental Health Promoters Program, and Spanish Support Groups for coordinating all details that made this conference so special and memorable.

CORE CONFERENCE PLANNING COMMITTEE MEMBERS

Adriana Carrillo
Hyun Kyung Lee

Jorge Partida Del Toro
Kattie Rodriguez

Kumar Menon
Sandra T. Chang

ACKNOWLEDGEMENTS (CONT'D)

Additionally, the co-directors of the Speakers Bureau acknowledge and extend their gratefulness to all Speakers Bureau presenters and their supervisors for your gift of time, knowledge, and caring. This conference embodies the remarkable impact that our Speakers Bureau has in promoting mental health and well-being in our culturally and linguistically diverse communities. It highlights the strong response from the community when mental health information, interventions, and resources are delivered utilizing culturally and linguistically relevant approaches. We also take this opportunity to honor the presenters and LACDMH Programs and Units they represent for their generous contributions to make the 2022 Speakers Bureau Multicultural Community Mental Health Conference a reality:

- Adriana Martinez - United Mental Health Promoter Program
- Amparo Ostojic - United Mental Health Promoter Program
- Angela Trenado, L.C.S.W. - American Indian Counseling Center, Prevention and Early Intervention
- Anna Yaralayan, Psy.D. - Anti-Racism, Diversity, and Inclusion (ARDI) Division, Cultural Competency Unit
- Anshu Agarwal, Psy.D. - Long Beach API Family Services
- Belinda Najera, Psy.D. - American Indian Counseling Center, Prevention and Early Intervention
- Belinda S. Rabano - United Mental Health Promoter Program
- Blanca A. Diaz - United Mental Health Promoter Program
- Carmen Aparicio - United Mental Health Promoter Program
- Claudia Razo - United Mental Health Promoter Program
- Daniel Myatt - United Mental Health Promoter Program
- Deborah Villanueva, D.S.W., M.S.W., L.C.S.W. - American Indian Counseling Center, Prevention and Early Intervention Program
- Derek Hsieh, L.C.S.W., Ph.D. - Long Beach Asian Pacific Islander Family Mental Health Center
- Esther Lee, Psy.D. - Contract Management and Monitoring Division
- Glenda Coti, L.M.F.T. - Juvenile Justice Transitional Outpatient Treatment Services (JJ-TOTS) Program
- Gloria F. Leiva - United Mental Health Promoter Program
- Guadalupe Corona Arvizu, L.M.F.T. - United Mental Health Promoter Program
- Halina Maruha, L.C.S.W. - Palmdale Mental Health Center
- Harrelson Notah - United Mental Health Promoter Program
- Haydeh Fakhrabadi, Psy.D. - Outpatient Services Division
- Hyun Kyung Lee, Ph.D. - Anti-Racism, Diversity, and Inclusion (ARDI) Division, Cultural Competency Unit
- Iva Maes - United Mental Health Promoter Program

ACKNOWLEDGEMENTS (CONT'D)

- Jacqui Cheng, L.M.F.T. - East San Gabriel Valley Mental Health
- Jason Carrasco, L.M.F.T. - American Indian Counseling Center, Prevention and Early Intervention
- Javier Serna, M.S.W., M.P.A. - American Indian Counseling Center, Prevention and Early Intervention
- Jeff Watkins - United Mental Health Promoter Program
- Jennifer Duh, M.S.W., L.C.S.W. - DMH/DHS Collaboration
- Jennifer Hernandez, L.C.S.W. - Service Area 2 Administration- Health Neighborhood & Clergy Engagement
- Joaquin Lopez - United Mental Health Promoter Program
- Jorge Partida Del Toro, Psy.D. - Anti-Racism, Diversity, and Inclusion (ARDI) Division, Chief of Psychology
- Julio Celada - Anti-Racism, Diversity, and Inclusion (ARDI) Division
- Kathy Moon, L.C.S.W. - United Mental Health Promoter Program
- Keisha Robinson - United Mental Health Promoter Program
- Kelly Wilkerson, L.C.S.W. - Anti-Racism, Diversity, and Inclusion (ARDI) Division, Cultural Competency Unit
- Kevin R. Collins Sr. - United Mental Health Promoter Program
- Latrina Morgan, Psy.D. - Augustus F Hawkins Adult Out-Patient Clinic
- Lizbeth Ortega Flores - United Mental Health Promoter Program
- Lorraine Viade, Psy.D. - Specialized Foster Care Metro North Office
- Melanie Cain, Ph.D., M.P.A. - American Indian Counseling Center, Prevention and Early Intervention
- Myung Hwa Chung - United Mental Health Promoter Program
- Naaz Mirreghabie, L.C.S.W. - West Valley Mental Health Center
- Paul Kang - United Mental Health Promoter Program
- Rebecca Gitlin, Ph.D. - Anti-Racism, Diversity, and Inclusion (ARDI) Division, Cultural Competency Unit
- Rose Om Hieng - United Mental Health Promoter Program
- Rubou (Ruby) Sous - United Mental Health Promoter Program
- Sandra T. Chang, Ph.D. - Anti-Racism, Diversity, and Inclusion (ARDI) Division, Cultural Competency Unit
- Suyapa Umanzor, L.C.S.W. - United Mental Health Promoter Program
- Sylvia Gonzales-Youngblood - United Mental Health Promoter Program
- Vanessa Ruiz - United Mental Health Promoter Program
- Violeta Kim, L.C.S.W. - American Indian Counseling Center, Prevention and Early Intervention
- Wanyu Chang, Psy.D. - Specialized Foster Care, SA 2



ACCESS FOR ALL USCC SUBCOMMITTEE

ABOUT

Co-Chairs: Hector Ramirez
Cody Hanable

The Access for All - Underserved Cultural Communities (UsCC) subcommittee that includes Deaf, Hard of Hearing, Blind, and Physically Disabled was established under the Mental Health Services Act (MHSA), with the goals of reducing disparities and increasing mental health access for the disabled community in Los Angeles County. This group works closely with community partners and consumers in order to increase the capacity of the public mental health system to develop culturally relevant recovery-oriented services specific to the disabled community.

Access for All provides DMH 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/access-for-all-uscc

RESOURCES

California Department of Rehabilitation – dor.ca.gov
Disability Community Resource Center – dcrc.co
Disability Rights California – disabilityrightsca.org
5 Acres – 5acres.org/deaf-services
Greater Los Angeles Agency on Deafness Inc. – gladinc.org
Los Angeles Department on Disability Services – disability.lacity.org/services
National Association of the Deaf Resources – nad.org/resources
Painted Brain – paintedbrain.org

Upcoming Virtual Meetings

2nd Wednesday of the month
10:00 AM - 12:00 PM PST

January 11
February 8
March 8
April 12
May 10
June 14

[Join Meeting via MS Teams](#)
or call 323.776.6996
Conference ID: 944 559 689#

Closed Captioning (CART) and ASL
interpreter provided.

For more information or
registration, contact:
Rosario Ribleza
rribleza@dmh.lacounty.gov



AMERICAN INDIAN/ALASKA NATIVE (AI/AN) USCC SUBCOMMITTEE

ABOUT

Co-Chairs: Sylvia Gonzales-Youngblood, Ohlone (Mission Indians)/Chicana
Shannon Rivers, Akimel O'otham

On behalf of the American Indian/Alaska Native (AI/AN) UsCC subcommittee, we would like to take this opportunity to welcome you to the 2022 Speakers Bureau Conference. This conference is an opportunity to engage new community members into this important stakeholder process. The AI/AN UsCC subcommittee offers a unique opportunity to provide feedback and advisement to the Department of Mental Health regarding the specific mental health needs of the AI/AN community, which is so often overlooked. We welcome all Los Angeles County Natives, ancestral home of the Tongva people, and now home to over 160,000 Native Americans and Alaska Natives, as well as millions of Indigenous Peoples from around the world.

WHO WE ARE

The AI/AN UsCC 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 DMH'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. The AI/AN UsCC subcommittee provides DMH 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.

We look forward to meeting you!

dmh.lacounty.gov/about/mhsa/uscc/american-indian-alaska-native-ai-an-uscc

Upcoming Virtual Meetings

1st Wednesday of the month
2:00 - 4:00 PM PST

January 4
February 1
March 1
April 5
May 3
June 7

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID: 806 867 419#

Closed Captioning (CART)
provided.

For more information, contact:
Kelly Wilkerson
KeWilkerson@dmh.lacounty.gov



ASIAN AND PACIFIC ISLANDER (API) USCC SUBCOMMITTEE

ABOUT

Co-Chairs: Kishen Bera
Pastor Peter Kim
Richer San

The API UsCC is composed of members from across all Asian cultural groups, including Pacific Islanders. Our goal is to provide outreach, training, and education to those who are most in need and to develop a community of organizers for our cultures.

dmh.lacounty.gov/about/mhsa/uscc/asian-pacific-islander-api-uscc

ORGANIZATIONS

The API UsCC consists of a diverse group of service providers and community organizations, as well as people who advocate for the mental health needs of Asian and Pacific Islander communities throughout Los Angeles. Here are some of our many groups that may be able to assist you in this time of need:

API Equality LA – apiequalityla.org

Asian Pacific Counseling and Treatment Centers – apctc.org

Pacific Asian Counseling Services – pacsla.com

Saahas for Cause – saahasforcause.org

For more information, contact our co-chairs at:

Leo Lishi Huang: lishihuang@berkeley.edu or

Richer San: rsan@pacsla.org

Upcoming Virtual Meetings

4th Monday of the month
2:00 - 4:00 PM PST

January 23
February 27
March 27
April 24
May 22
June 26

English

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID 848 217 17#

Korean

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID 198 019 363#

Khmer

Call: 866.390.1828
Participant Code: 735 23 31#

Closed Captioning (CART)
provided.

For more information, contact:
Alan Wu – awu@dmh.lacounty.gov



BLACK AND AFRICAN HERITAGE (BAH) USCC SUBCOMMITTEE

ABOUT

Co-Chairs: Romalis Taylor
Sade Richardson

Trying to survive and succeed is not easy. Daily hassles and problems make life difficult. You are not alone. The Black and African (BAH) subcommittee is here for you. The BAH subcommittee was established under the Mental Health Services Act (MHSA), to improve the quality of mental health services within the community. The Black and African communities have many strengths, and each person who attends the meeting impacts how we help one another. We welcome everyone who identifies as Black or African descent to help build community engagement about mental health, social support concerns, etc. Everyone in the community is welcome to attend and participate and provide their input and suggestions to improve the quality of Mental Health services delivered to the Black and African heritage communities. The subcommittee provides DMH with community-driven and culturally specific capacity-building project recommendations and project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma. The BAH subcommittee also addresses the Black, African, and Caribbean immigrants' unmet healthcare needs. Our members include professional and community organizations who provide culturally appropriate services and support to the Black and African communities by providing high quality services in a cultural and holistic manner

dmh.lacounty.gov/about/mhsa/uscc/black-african-heritage-uscc

RESOURCES

The African Communities Public Health Coalition
Mon-Friday, 9:00 a.m. - 5:00 p.m.

For more information, contact:
Senait Admassu - info@africancoalition.org, (213) 909-0985

Upcoming Virtual Meetings

B&AH UsCC

1st Thursday of the month
10:00 AM - 12:00 PM PST

January 5
February 2
March 2
April 6
May 4
June 1

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID: 125 701 924#

Closed Captioning (CART)
provided.

For more information regarding
the BAH UsCC, contact:
Jacqueline Martin
JAMartin@dmh.lacounty.gov

Black Mental Health Task Force
1st Monday of the month,
9:30 AM PST

The Force general meetings:
zoom.us/join/zoom/register/tJ0tf--hQDgJEtVe8j-JcLTrpfEiBkJ7LYPk

For more information, contact:
Nakeya Fields, LCSW
hello@blackmentalhealth.net



Many cultures, one world.

CULTURAL COMPETENCY COMMITTEE (CCC)

ABOUT

Co-Chairs: Bernice Mascher
Johana Lozano
Mercedes Moreno

“MANY CULTURES, ONE WORLD”

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 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.

CCC MISSION STATEMENT

“Increase cultural awareness, sensitivity, and responsiveness in the County of Los Angeles Department of Mental Health's response to the needs of diverse cultural populations to foster hope, wellness, resilience, and recovery in our communities.”

Everyone is welcome!

dmh.lacounty.gov/blog/2022/01/join-lacdmhs-cultural-competency-committee

Upcoming Virtual Meetings

1st Thursday of every month
1:30 - 3:30 PM PST

January 11
February 8
March 8
April 12
May 10
June 14

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID: 112 544 676#

For more information, contact:
Guadalupe Aguilar
GaAguilar@dmh.lacounty.gov



**EASTERN EUROPEAN / MIDDLE EASTERN
UsCC SUBCOMMITTEE**

EASTERN EUROPEAN AND MIDDLE EASTERN (EE/ME) USCC SUBCOMMITTEE

ABOUT

Co-Chairs: Sarkis Simonian
Seta Haig

The Eastern European/Middle Eastern Underserved Cultural Communities (UsCC) Subcommittee encompasses four ethnicities (Armenian, Arabic, Farsi & Russian) and was established under the Mental Health Services Act for the purpose of increasing mental health access and to produce stakeholder priorities which advises DMH's action planning toward development and improvement of its services and partnerships to better engage underserved Eastern European/Middle Eastern communities in Los Angeles County.

EE/ME UsCC subcommittee provides DMH 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 goal to reduce cultural and ethnic disparities in access to care and service delivery.

Meetings are open to the general public and members of the Armenian, Farsi, Arabic and Russian communities. We highly encourage your attendance and participation.

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

Upcoming Virtual Meetings

Last Wednesday of the month
2:00 - 4:00 PM

January 25
February 22
March 29
April 26
May 31
June 28

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID: 107 931 669#

Closed Captioning (CART)
provided.

For more information, contact:
Anna Yaralyan
AYaralyan@dmh.lacounty.gov

FAITH-BASED ADVOCACY COUNCIL (FBAC)

ABOUT

We envision clergy, lay leaders, and all faith communities experiencing wellness and championing mental health. DMH builds community with diverse clergy and faith-based groups, recognizing the vital role of spirituality in reducing stigma and achieving hope, wellness, and recovery. We aim to increase the integration of spirituality and mental health messages and resources, increase awareness of mental health and access to care, and decrease stigma in seeking help for mental health disorders.

SPIRITUAL SELF-CARE MANUAL AND TOOLKIT: EMPOWERING PEOPLE ON THEIR RECOVERY AND WELLNESS JOURNEY

DMH produced the 182-page manual in English in 2012, and translated it into Korean and Spanish. We are disseminating it and providing coaching to faith community leaders who facilitate spiritual self-care groups in their congregations.

WEEKLY MESSAGES

Since mid-March 2020, we have been emailing a message each week to over 1,500 faith community leaders and lay leaders throughout Los Angeles County. These emails contain public health updates, mental health resources, an inspirational message, and project announcements. We are researching and expanding our network to include more congregations and diverse communities.

Countywide faith leaders and DMH community outreach staff meet monthly to build the capacity of clergy and lay leaders to promote mental health in their congregations and communities. We have been focusing on establishing spiritual self-care groups, suicide prevention, and basic mental health training. We also examine how the sacred writings from diverse faith traditions address mental health and wellness.

Everyone is welcome!

Upcoming Virtual Meetings

1st Thursday of the month
10:00 AM to 12:00 PM

January 5
February 2
March 2
April 6
May 4
June 1

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996

English
Conference ID: 372 169 064#

Korean
Conference ID: 561 936 610#

Spanish
Conference ID: 458 379 486#

For more information, contact:
Alan Wu - AWu@dmh.lacounty.gov



LATINO USCC SUBCOMMITTEE

ABOUT

Co-chairs: Betty Mendoza
Daniela Hernandez Chong Cuy
Gabriela Gonzalez
Britany Flores (Youth Co-Chair)

The Latino UsCC subcommittee was established under the Mental Health Services Act for the purpose of increasing mental health access for the Latino community and to identify community priorities that will serve as the basis for DMH's action planning toward development and improvement of its services and partnerships to better engage the Latino community in Los Angeles County.

Meeting monthly, the Latino UsCC provides DMH with community-driven and culturally specific capacity building project recommendations for implementation to increase mental health access, awareness, promotion, and decrease stigma with the goal of reducing cultural and ethnic inequities in access to and quality of care as well as service delivery.

The Latino UsCC subcommittee gives a voice to the diverse Latino community in Los Angeles County. Latinos in Los Angeles County come from many countries including Mexico, El Salvador, Guatemala, Peru, Cuba, Puerto Rican, Argentina, Venezuela, Dominican Republic, and Colombia. Some come from families that have been here for several generations while others are recent immigrants. Latinos are linguistically diverse and speak English, Spanish, as well as indigenous languages including K'iche, Mixtec, Zapotec, and Q'anjob'al. The Latino UsCC subcommittee works hard to make sure to reflect the diversity of the Latino community in all the work that they do.

dmh.lacounty.gov/about/mhsa/uscc/latino-uscc

A downloadable Mental Health Resource Guide created in English and Spanish is available here: casadelafamilia.org/la-county-resources.

Upcoming Virtual Meetings

3rd Tuesday of the month
2:00 - 4:00 PM

January 17
February 21
March 21
April 18
May 16
June 20

[Join Meeting via MS Teams](#)

Call In Information:
English: (888) 204-5987,
access code 9639884#

Spanish: (323) 776-6996,
access code 136 757 960#

Closed Captioning (CART)
provided.

For more information, contact:
Luis Guzman
LGGuzman@dmh.lacounty.gov



LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, INTERSEX, ASEXUAL, AND 2-SPIRIT (LGBTQIA2-S) USCC SUBCOMMITTEE

Co-chairs: Ana Bernal
Mikey Fields

OUR MISSION

We are a subcommittee made up of LGBTQIA2-S organizations, community members, stakeholders, and LACDMH consumers who join forces as part of the Mental Health Services Act to represent the voices of the more than 400,000 LGBTQIA2-S individuals living in Los Angeles County. Our primary focus is outreaching and engaging LGBTQIA2-S community members, advocating for LGBTQIA2-S mental health needs at the Department of Mental Health, assessing strategies for improving mental health services for LGBTQIA2-S community members, identifying and addressing the needs and disparities in services for these consumers, and raising awareness about LGBTQIA2-S identities via capacity building projects across Los Angeles County.

OUR VISION

To create an atmosphere of trust, mutual support, respect, and sharing where we can impart our specific individual and organizational experiences working with diverse LGBTQIA2-S communities in a safe and brave space that is inclusive of the voices of all generations, races, sexual orientations, gender identities, and abilities.

dmh.lacounty.gov/about/mhsa/uscc/lgbtqia2-s-uscc

RESOURCES

dmh.lacounty.gov/resources/lgbtq-resources

Upcoming Virtual Meetings

First Thursday of the month
2:00 - 4:00 PM

January 5
February 2
March 2
April 6
May 4
June 1

[Join by Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID: 542 042 921#

Closed Captioning (CART)
provided.

For more information, contact:
Kelly Wilkerson
KeWilkerson@dmh.lacounty.gov

The LACDMH ARDI Division and Speakers Bureau Planning Committee would like to express their warm gratitude and appreciation to the presenters and collaborators of this conference.



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



Designed by Vienna To from LACDMH PIO