

Health Innovation Community Partnership

November 6, 2020 Meeting Summary

Zoom Meeting Attendees (59 total): Dulce Acosta, Cecilia Aguilar, Pamela Agustin, Monica Alcaraz, Ari G Arambula, Carolina Aristizabal, Josh Banerjee, Rosa Barahona, Jennifer Brya, Christina Cardenas, Juan Carmen, Ismael Castro, Eliza Chavez-Fraga, Alaina Dall, Desiree Diaz, Yolanda Duarte, Guadalupe Duran-Medina, Deborah Flores, Karen Glenn, Natalie Godinez, Lorena Gomez, Heather Hays, Agnes Hirai, Hank Hsing, Eduardo Ibarra, Mark Kraus, Leticia Lara, Dalila Lopez, Faizah Malik, Andrea Marchetti, Priscilla Marin, Brenda Martinez, Orlando Martinez, Juana Mena, Andrew Moey, Teresa Nuno, Jorge Orozco, Anna Parra, Jorge Partida Del Toro, Dayana Primero, Alicia Ramos, Cristina Ranches, Ruby Rivera, Ruth Rivera, Diego Rodrigues, Bianca Rosales, Rosalind Sagara, Angela Salazar, Edgar Solis, Rosa Soto, Tana Teicheira, Juliana Vidal, Elise Weinberg, Brenda Wiewel, Maggie Woodruff, Beatriz Zaragoza, *plus 3 attendees by phone*

Agenda Item	Discussion Highlights
I. Welcome, Meeting Overview, & Guiding Principles	<ul style="list-style-type: none"> ● Heather Hays welcomed the group to the Zoom meeting, reviewed the agenda, and reviewed the HICP Guiding Principles: <ul style="list-style-type: none"> ○ All participants agree to basic principles prioritizing equity, community resilience, and health in all programs and projects. ○ All participants agree to approach issues with an open mind, be willing to engage in dialogue, and commit to thinking boldly about solutions. ○ Participants will state views and ask genuine questions. ○ Participants will seek to avoid monologues and arguments; move to conversations where participants are curious and seek to understand various points of view. ○ Participants will explain reasoning and intent; share how we reach our conclusions so that others can understand our divergent reasoning. ○ Participants will attack the problem and not the person, organization, or institution. ○ Participants will define key terms so that we can attain a shared understanding. ○ Participants will share all relevant information. ○ Participants will always arrive prepared for the meeting. ○ During meetings, only one person speaks at a time; we will not engage in sidebar conversations. ○ Participants will work to develop a comprehensive, common set of information with which to solve problems and make decisions. ○ Participants will jointly design next steps ● The Meeting Agenda and presentation slides were provided in an email to participants. ● Dalila Lopez provided Spanish-English interpretation and provided translation in the chat.
II. Group Sharing and Discussion	Election Reflections:

- **Heather Hays** (via video): We just want to make space to share, like we usually do when there is a lot going on in our community.
- **Ari G Arambula** (via video): Based on the news this morning, the Senate is back in play basically, and the Presidential Election looks soon to be concluded with a selected candidate. Generally that is good news for us, but it's important to remember there were 70 million people who voted for the opposing candidate. We need to figure out what they wanted and what they thought this candidate could deliver so we can address it. This is an opportunity to challenge ourselves to learn more about what our country is interested in, what it needs, how it can work together, and whether we can really be a United States.
- **Heather Hays** (via video): Well said, this is a time for learning and listening. I feel like I've been so focused on the national election.
- **Teresa Nuno** (via video): Building on Ari's comments, locally we have the five-women power Board of Supervisors now, with Holly Mitchell, who has a very strong agenda on communities and families, and looks at communities holistically. She has a good record in the community and with nonprofits. Nationally, I have no more nails left. Echoing Ari and Heather, what does this mean for us locally? There are a lot of divisions across the nation. This can encourage more collective thinking and action.
- **Orlando Martinez** (via video): I've been following the elections as well. We're seeing a lot of division between the Democratic party, like between progressives and moderates, and I think these are conversations we've needed to have. About the future of the party, the win was very marginal. We need to see how we can attract younger voters, progress policies. These policies are being supported here, and they shouldn't be sacrificed just to appeal to moderates and conservatives. This won't happen overnight. Concrete communication is important, and maybe some changes in leadership hopefully. I'm optimistic. It's bittersweet. We'll keep moving this work forward.
- **Heather Hays** (via video): I think bittersweet is right. It's not an overwhelming victory.
- **Teresa Nuno** (via video): It was interesting to me how strong the Latino force came out to vote, locally, in our County, and in state and nationally. As everyone has mentioned the work to do, as a Latino population with a strong vote power moving forward, I thought it was interesting to see divisions across the nation as well in our base. I'd like to learn more about that.
- **Heather Hays** (via video): There is a sense for many of us, if people aren't voting in their best interest. And if they aren't, how do we help in the education aspect of that?
- **Ruby Rivera** (via video): I can echo what everyone shared nationally but locally I thought the election was pretty surprising. Some of the propositions that were on the ballot, for a liberal state to take the type of stance that it took, on Affirmative Action, on unions... For those to not pass, it was very telling of the reality we live in in California, and how truly divided this state is. But the hope that I do have is the passage of Measure J, and the fact that such an important grassroots effort was passed in the County.
- **Cecilia Aguilar** (via chat): Many people have been having problems with their hearts due to the stress of the election.

Community Action - Orlando Martinez, Inner City Struggle

- There is a mobilization tomorrow in Boyle Heights with the Eastside Contingent. This will be a really great opportunity to blow off some steam, show solidarity, and voice your opinions on the issues.
 - Details (on slides)
 - Mariachi Plaza, 9AM
 - March + Car Caravan
 - Wear a Mask + Practice Social Distancing
- Comments
 - **Ari G Arambula** (via video): We have received some pushback from the Democratic Party about not wanting to create a negative scene, so we need to make sure that we have safety protocols and that there aren't any confrontations that will take away from what you just said was the intention.
 - **Orlando Martinez** (via video): We'll have social distancing, we'll have peacekeepers. We don't want to get into any confrontations. We'll be abiding by police guidelines, we've been in communication with them.
 - **Ruby Rivera** (via video): If I can jump in, I'm with Inner City Struggle, and I'm the lead on peacekeeping and the liaison with National Lawyers Guild and the police. We're celebrating votes. We're standing together across the nation to defend the validity of votes; there will be sister marches across the nation. It will be huge, but it is definitely meant to be peaceful and celebratory.
 - **Monica Alcaraz** (via video): I would just make sure you reiterate peaceful and celebrating votes, because from what you're saying and the flier, it's a little different. It might help to emphasize in messaging that this is celebrating votes and making sure every vote is counted.
 - **Ari G Arambula** (via video): The other touchpoint I'd make is with LAPD. With some of these events with sports and all that, they've been trying to control the response rather than just guide the response. Let them know there will be peacekeepers and they should collaborate with them.
 - **Ruby Rivera** (via video): This protest has a coalition that has been organizing it with different organizations and they've been in contact with LAPD. There is a moratorium on permits, but we have the 1st Amendment right to demonstrate. They are in communication with us as peacekeepers from all the different march points. We've thought through if there are counter protesters and made plans.
 - **Pamela Agustin** (via chat): HICP members, pls join! And bring a poncho/rain coat bc it is likely to rain. HICP members, pls join! And bring a poncho/rain coat bc it is likely to rain.
 - **Ruby Rivera** (via chat): ruby@innercitystruggle.org
 - **Monica Alcaraz** (via chat): we can be in a car

	<ul style="list-style-type: none"> ■ Ruby Rivera (via chat): so sorry my internet dropped. yes car caravan email me ruby@innercitystruggle.org ○ Orlando Martinez: orlando@innercitystruggle.org
<p>III. Announcements & Partner Sharing</p>	<p>Updates from Supervisor Solis' Office - Elise Weinberg, Office of Supervisor Hilda L. Solis</p> <ul style="list-style-type: none"> ● CARES Act <ul style="list-style-type: none"> ○ [no slides; just talking] ○ Federal legislation that resulted in funding being given to states and counties. <ul style="list-style-type: none"> ■ Given its size, LA County received a good amount however we are still advocating for more since there is a need as you are aware. ■ We are still in the process of distributing. That money does need to get spent by December 30th. ■ Funding is flexible - the County is able to spend it as we see fit on the ground with addressing the health crisis head on, and the many disparities we've seen. ○ Supervisor Solis' throughline is equity; she pushed the County to allocate \$30 million to community health workers, or promotoros. <ul style="list-style-type: none"> ■ Though this money needs to be spend by December 30th, we hope these programs can sustain long term ■ Two departments: Department of Public Health (receiving a significant portion), Department of Mental Health <ul style="list-style-type: none"> ● DPH program <ul style="list-style-type: none"> ○ Already started hiring health workers as DPH employees <ul style="list-style-type: none"> ■ Training; workforce pipeline ○ Contracting with community organizations and agencies to become community health workers or promotoros <ul style="list-style-type: none"> ■ Likely will result in 100s more promotoros in District 1 and other parts of LA County ● DMH program <ul style="list-style-type: none"> ○ Training existing promotoros on additional health aspects especially as they relate to the current crisis ○ Food Insecurity <ul style="list-style-type: none"> ■ Supervisor Solis has always worked with discretionary funds to address food insecurity, but as a whole the County has only really addressed this issue through CalFresh. <ul style="list-style-type: none"> ● That has changed drastically since March. We've now been hosting three food distributions on a weekly basis; we've served thousands of families at each of those distributions.

- Through the CARES Act, Supervisor Solis got the County to commit **millions of dollars to different ways of addressing food insecurity.**
 - For example, through grocery vouchers, which provide dignity in allowing families to choose the food they want.
 - There will also be a grant program.

- **Measure J**

- [no slides; just talking]
- Approved a couple of days ago, this measure invests in community.
 - 10% of locally generated funding will be committed to community investments (such as housing, youth, the workforce)
 - This will take a lot of community engagement; voters made clear their wishes; more information in the coming weeks!

Questions and Comments:

- **Monica Alcaraz** (via chat): Supervisor Solis really gets it, I really appreciate her and her team.
- **Dulce Acosta** (via chat): How can we learn more about the workforce advisory?
 - **Elise Weinberg** (via video): I can share the board motion that creates this advisory committee so you can get a sense of who it includes: community, a lot of the County departments that provide social services. This will be a County-wide effort, but the two departments really leading this are the Alternatives to Incarceration (new office out of the Chief Executive Office) and our office of Anti-Racism. Those directors, along with the Department of Health Services, the Department of Workforce Development, and others will really be leading this effort with community.
- **Monica Alcaraz** (via chat): Can we get involved in meetings?
 - **Elise Weinberg** (via video): Absolutely; the voters were very clear about carving out 10% for these purposes. But that leaves a lot of room for what these programs look like. I think this forum will be really key. I would be remiss not to add that Restorative Care Villages was called out in Measure J. Hopefully that results in a lot of housing and support for community.
- **Pamela Agustin** (via chat): Welcome to HICP Elise. Will the promotora program set guidelines regarding hiring? Will undocumented residents be able to apply?
 - **Elise Weinberg** (via video): Yes, absolutely. This program is for community, by community. That's been lacking in the County's COVID-19 response. The health workers brought on need to reflect that.

Police Reform Community Conversation - Ismael Castro and Dalila Lopez, Building Healthy Communities

- **Policing**

- Options for Police Reform:

- Part of a study conducted by University of California, Davis Center for Healthcare Policy and Research in Partnership with Building Healthy Communities Boyle Heights
 - November 6, 2020
- This opportunity comes to us from **two things we know for sure** in terms of policing:
 - Local level spending on policing has grown as a portion of city spending over the past 16 years, even as both violent and property crime-rates dropped to historic lows.
 - Nationwide there is unrest about police brutality and individuals, disproportionately black and latino men, dying at the hands of police officers.
- Are current policing models working? Are there other models that make sense?
- **Opportunity:**
 - Participate in a discussion on options for police reform to potentially change the values, culture, policies, and practices of police organizations in Boyle Heights
 - Two-Hour session with 10 - 12 people, where several options for police reforms will be presented, followed by a discussion with community members and stakeholders, to inform policy recommendations.
- **Upcoming Sessions & Criteria:**
 - **Sessions**
 - Tuesday, November 17, 3:30-5:30pm
 - Wednesday, December 9, 3:30-5:30pm
 - Tuesday, December 15, 3:30-5:30pm
 - **Participants must**
 - be at least 18 years old
 - be a community member from Boyle Heights
 - speak Spanish or English
 - have access to Zoom
- **Participate and Share Opportunity with Others:** if interested, please email the people below
 - Community Session
 - ismael@boyleheightsbhc.org
 - LAC+USC Session
 - dalila@thewellnesscenterla.org
- Doodle
 - Only for members who work with community either as organizers or residents, but not at an institutional level
 - <https://doodle.com/poll/adeqix737p7bt2ma>

Questions and Comments:

- **Priscilla Marin** (via chat): Can we share this poll?

	<ul style="list-style-type: none"> ○ Ismael Castro (via video): Yes, but please let them know that in addition to filling out the doodle poll, they also need to email Ismael or Dalila. <p>3rd and Dangler Committee Update - Rosa Soto [this announcement came after Jorge Orozco’s presentation and before Alicia Ramos’ presentation]</p> <ul style="list-style-type: none"> ● [no slides; just talking] ● A couple months ago we agreed as a Health Innovation Community Partnership to support the 3rd and Dangler Affordable Housing Project with their community benefits planning and organizing. <ul style="list-style-type: none"> ○ Today we have three committees that are active and have meetings today, 11/6 <ul style="list-style-type: none"> ■ Pocket Park Committee <ul style="list-style-type: none"> ● Have had two meetings so far ● 11am today, 11/6 ■ Public Art Committee <ul style="list-style-type: none"> ● Working on the public art on the building facing the street ■ Advisory Committee <ul style="list-style-type: none"> ● Will report to this meeting quarterly ○ If you’re interested in attending any of these meetings, contact Rosa Soto. <p>(No Questions and Comments)</p>
<p>IV. LAC+USC Medical Center Update</p>	<p>LAC+USC Medical Center COVID-19 Updates - Jorge Orozco, Chief Executive Officer, LAC+USC Medical Center</p> <ul style="list-style-type: none"> ● [no slides; just talking] ● We are in the midst of a nation-wide spike, but we haven’t seen that spike here at the hospital, which is interesting. <ul style="list-style-type: none"> ○ 34 inpatients, 16 of which are in ICU, so people are still getting significantly sick. ○ Hospital is kind of waiting for the other shoe to drop, but the hospital is ready. ● We are kind of busy with normal stuff, trying to catch up with a lot of the procedures we had to put on hold because of COVID ● Pivot of operations <ul style="list-style-type: none"> ○ Walk up / drive through testing for all patients prior to procedures/surgeries/appointments <ul style="list-style-type: none"> ■ Also administering vaccinations this way ○ Use of tele-med <ul style="list-style-type: none"> ■ We’ve learned that we can deliver appropriate, quality care this way effectively (not in all cases but in some cases), and we will carry this with us into the future <p>Questions and Comments:</p>

- **Priscilla Marin** (via chat): Thank you Jorge for always keeping up up to date with everything
- **Juana Mena** (via chat): Gracias
- **Heather Hays** (via video): It's great to hear you're able to catch up on the backlog. Are you worried about a new spike with the weather?
 - **Jorge Orozco** (via video): We are seeing that spike around the country; we are a little bit worried about that. SoCal doesn't have a lot of room to grow. This has less to do with space and more to do with personnel. It's always a concern. We have a little room to grow but not a lot.
- **Heather Hays** (via video): Is there a concerted effort to do a public info campaign about what is safe to do with holiday travel?
 - **Jorge Orozco** (via video): Every opportunity we have to something with the media, we always send the message: wash your hands, wear a mask, and keep away from people. Those things work. Yes, over the holidays we've seen a spike; it is a concern. Wash your hands, wear a mask, keep your gatherings very small.
- **Heather Hays** (via video): Sounds like you're getting some rest!
- **Ari G Arambula** (via video): I keep reading that Latinas are the highest percentage in LA County. I keep thinking about a comment you made about sending people home with their own oxygen tanks. That's great, but I'm also wondering if they are sending PPE and education to the caretakers. It seems to me that's how that high rate is happening.
 - **Jorge Orozco** (via video): The people who go home with their own oxygen are pretty much self-sufficient so they don't need caretakers. No, we don't send them home with PPE etc.
 - **Ari G Arambula** (via video): Shouldn't we be providing the N-95 masks and that level of security to the people with whom they live, and to those individuals?
 - **Jorge Orozco** (via video): Good point, I don't think we have the resources to send all of those masks around. I can bring it up with the oxygen program coordinator. I haven't heard that that's what we're doing but we might be.
- **Rosa Soto** (via video): At a previous meeting there was a question about specialty care and getting people to appointments. Can you speak specifically to specialty care?
 - **Jorge Orozco** (via video): The majority of our backlog is specialty care. If patients need this care, we refer them out. We do have some backlogs in certain specialties. We're looking to contract out their care if we can't provide it.
- **Jorge Orozco** (via chat) [later, during Part VI]: In response to Ari's question about PPE and home oxygen program. We haven't been doing this routinely. although I am sure we have or would if requested. But the reason this hasn't come up so much is that we advise patients to self-isolate as best they can from family members and close contacts, until they are no longer infectious. And for those who can't, we have been setting up with DPH QI housing. Finally, for those patients who otherwise insist on returning home to close contacts, there is this final consideration: if family were in close contact with patient when or as they became sick, they likely were already exposed—so we advise expectant management and isolation for them too. I hope this helps, please let me know if you want me to discuss further.

<p>V. Campus Projects Update</p>	<p>Campus Projects Update for LTWH - Alicia Ramos, Department of Public Works</p> <ul style="list-style-type: none"> ● Women's and Children's Hospital Demolition <ul style="list-style-type: none"> ○ 1240 North Mission Road – Corner of Zonal and Mission ○ Project Description <ul style="list-style-type: none"> ■ Demolition of +/- 390,000 sqft – Decommissioned 12-story WCH ■ Demolition of 6 surrounded trailers ■ Demolition of Cooling Tower/Air Compressor and WCH Storage ■ Abatement of hazard materials ■ Creation of surface parking lot until funding for future Restorative Village Psychiatric Hospital are secured. ○ Status and Next Steps <ul style="list-style-type: none"> ■ Debris Removal is complete ■ Structural Demo Service Contract Award – Negotiations with alternate proposer were very successful – Revised Award Target is now December 2020 ● Restorative Care Village – Phase 1 <ul style="list-style-type: none"> ○ 1744 North Mission Road – Corner of State and Mission; next door to WHC ○ Project Description <ul style="list-style-type: none"> ■ Recuperative Care Center (RCC) – 96 Beds – 1 – 4-Story Building ■ Residential Treatment Program (RTP) 64 Beds ; 4 – 3-Story Buildings ○ Status and Next Steps <ul style="list-style-type: none"> ■ Building permits have been obtained ■ Foundations are underway ■ Civic Arts Process Continues ● Child Care Center <ul style="list-style-type: none"> ○ 1200 North State Street ○ Project Description <ul style="list-style-type: none"> ■ Construction of Child Care Center centrally located on a 17,500 SF lot with a 7,000 SF building and surrounding play area. ○ Status and Next Steps <ul style="list-style-type: none"> ■ Make-Ready work is underway ■ Building plans under review for permitting <ul style="list-style-type: none"> ● Closing out this year we should be done with the design process ■ Civic Arts process is underway ● Courtyard Refurbishment and Elevator Addition <ul style="list-style-type: none"> ○ Project Description

	<ul style="list-style-type: none"> <ul style="list-style-type: none"> <ul style="list-style-type: none"> ■ Addition of two elevator cabs in the main hospital courtyard to connect the grade difference at Outpatient Building and the New Hospital. ○ Status and Next Steps <ul style="list-style-type: none"> ■ Currently out to bid ■ Receive bids on 12/8/2020 <p>Questions and Comments:</p> <ul style="list-style-type: none"> ● Heather Hays (via video): What’s the timeline on the elevator project? When can we push the button and go? <ul style="list-style-type: none"> ○ Alicia Ramos (via video): We anticipate it will be around a year. It is a very key area of the campus, we’ll want to be careful to make sure there is still an accessible route for people to access their care. ● Ari G Arambula (via video): Thanks for the update. My question is around the local hiring. I know there was a formal agreement for the hospital demolition. Where are we with making local hiring a goal with the other projects? Other supervisorial districts are accomplishing this. Are we implementing this, is it successful, are we promoting its success? <ul style="list-style-type: none"> ○ Alicia Ramos (via video): The Elevator/Courtyard project is another one we will be monitoring for the local and target hiring. We’ll be reporting these numbers on a monthly basis. We’ll also be addressing this project and the others with what we’ve been calling the “jobs developer consultant” to look at this at a larger scale.
<p>VI. Community Stressors During COVID</p>	<p>Reflections on the COVID pandemic from the community point-of-view - Martha Gonzalez, Clinica Romero</p> <p>Martha Gonzalez delivered comments (Spanish translation by Desiree Diaz):</p> <ul style="list-style-type: none"> ● Clinica Romero is doing community testing in Highland Park, Pico Union, and Boyle Heights. Clinica Romero has also provided the city of Palmdale with tests. Since this is a community who lacks access to these services. ● Since the start of COVID, Clinica Romero has provided 4,876 COVID tests. ● While providing these tests to the community, what is it that we’re hearing? <ul style="list-style-type: none"> ○ When a family member tests positive for COVID they need to be isolated. What happens when the one diagnosed has additional family members and there is only one bathroom? ○ Apart from the diagnosis comes the stress of making sure the home is completely sanitized to ensure no one else in the home gets contaminated with the virus. ○ What happens once this person recovers from COVID? <ul style="list-style-type: none"> ■ The questions being asked are: <ul style="list-style-type: none"> ● Can I test positive once again? ● Is my family safe once I no longer have COVID? ● The community is asking for follow-ups more profoundly for those who have been diagnosed with COVID because we know the hospitals are full and when they most common symptoms appear the doctor indicates to stay home and not to go out. Community members are scared something else will happen and they won’t receive the care they need.

- Another worry is when a family member is diagnosed with COVID, they go to the hospital but are unable to be seen because of the restrictions put into place.
 - This is another cause of stress.
- Clinica Romero provides information on prevention, how to take care of yourself and your family, but when questions like the ones previously mentioned arise it brings a lot of worry to the Latinx community because they are left unanswered.
- It would be great to have support centers for questions that families may have just like there are testing sites.
 - Open to families affected by COVID. As well as families who are worried of contacting COVID.
- Community members are becoming more scared because there have been statements on the news of COVID cases having a significant increase due to flu season
- Having support centers would be beneficial to calm community members down and answering upcoming questions that are left unanswered. As well as providing them with education on what comes after being diagnosed and recovering.

Questions and Comments:

- **Dulce Acosta** (via chat): Gracias Martha
- **Juana Mena** (via chat): Gracias Martha. Recursos para las personas que estan superando el Covid19
 - **Dalila Lopez** (via chat): Juana - Thank you Martha. Resources for individuals who are recovering from Covid-19
- **Ismael Castro** (via chat): Gracias Martha y Clinica Romero!
- **Priscilla Marin** (via chat): Are there any upcoming events happening at clinical that we can help in promoting? especially covid related? very good points as well Martha!
- **Martha Gonzalez** (via chat): Thank you all for your invitation
- **Carolina Aristizabal** (via chat): Thank you, Martha, for sharing these communities' stressors with us!
- **Juana Mena** (via chat): Recursos en todos los aspectos pues en esos momentos es un caos sobre su salud, economico
 - **Dalila Lopez** (via chat): from Juana: All forms of resources, at this moment in time, it is chaotic, not just with health but economically as well.
- **Teresa Nuno** (via video): Seeing Jorge's comprehensive response in the chat [above in Part IV], I think there is a connection to what Martha is saying in terms of continuity of care and what we are experiencing on the ground and with our families. Is Jorge able to comment more on this?
 - **Jorge Orozco** (via video): Yes I'm still here! Yes, it's a challenge to provide that continuity through a medical system, and that's why we count on linkages with community organizations that are embedded in the community. We have our social services department that is very engaged with family members and helping them through the stress of COVID, but the impact of this is long term on family and community. How do we find ways to engage outside the sphere of medical care? I am open to ideas and suggestions.

- **Teresa Nuno** (via video): To quickly respond and tie it into this thread of mental health and health care, you mentioned sending patients home with guides for self care. I think that's such an opportunity to ensure some connections to the kinds of supports Martha mentioned.
- **Heather Hayes** (via video): Thank you for sharing with us Martha. This is an excellent segue into our next presentation.
- **Letitia Lara** (via video): I'm just wondering as a follow up: as people come up to those lines for testing, at those moments when people are already coming into the medical system through the testing mechanism, could we give them some fliers or information to help answer some of these anxiety-inducing questions? That would be a way of beginning to bridge that support.
 - **Ari G Arambula** (via video): That's a great idea. Through the testing contact, there is an opportunity to text to people, provide resources, and educate.
- **Ari G Arambula** (via video)(Spanish translation by Desiree Diaz): With the community members Clinica Romero speaks to, do they have access to the internet or where are they getting their information from besides news outlets?
 - **Martha Gonzalez** (via video)(Spanish translation by Desiree Diaz): Thank you, Ari. Well most community members have access to a cell phone, which is where they get their information. But what Leticia mentioned is that we provide community members with packets on how to use a mask, how to properly wash your hands, how to identify the symptoms. This is information we provide to everyone that gets a COVID test. Sometimes, even with all the information provided community members enter a state of panic because COVID symptoms can be confused with regular flu symptoms. A lot of times technology does help, but it also puts people in panic.
- **Ari G Arambula** (via video): A suggestion I have, though I'm not sure if it would have to come from the County or Mental Health elsewhere, is that with the LGBT community was to do an education program to the media, because they can disseminate wrong information. But a lot of the questions they're asking, nobody knows the answer to.
- **Priscilla Marin** (via chat): Martha, hay recursos o eventos que podemos, nosotros, promover entre nuestros redes? Sabemos que todavía hay algunas personas quien no tienen tanto acceso al internet o a un smartphone. [Martha, are there resources or events that we can promote among our networks? We know that there are still some people who do not have as much access to the internet or a smartphone]
 - **Martha Gonzalez** (via chat): Hi Priscilla, en cuanto tenga la fecha del otro evento se la hago saber. Gracias. [Hi Priscilla, As soon as I have the date of the other event, I will let you know. Thank you.]
 - **Priscilla Marin** (via chat): Gracias Martha!
- **Rosa Soto** (via chat): PPE can also be given to families via the CHW program
 - **Dalila Lopez** (via chat): De Rosa: Equipo de protección personal se podra repartir a familias por medio del programa de CHW
- **Dalila Lopez** read aloud the Spanish language comments in English.

VII. Mental Health and Wellness During COVID

Presentation by Department of Mental Health - Dr. Jorge Partida, Chief of Psychology, LAC DMH; and Letitia Lara, LCSW, LAC DMH

- **Heather Hayes** reminded the group that Letitia is one of the major leaders and participants of our CACHI workgroup, which is part of the Health Community Partnership umbrella. The workgroup, focused on building protective factors for children 0 to 5, will be meeting weekly on Wednesdays at 4 pm in September. Those interested in joining can email julianav@thewellnesscenterla.org

- **Emotional Well-Being & Recovery** Letitia Lara, LCSW, LAC DMH
 - **Mental Health and Stigma**
 - **WORK:** We want to reduce the effects of mental health conditions
 - **MYTH:** Other people can suffer and experience mental health problems
 - **FACT:** We can all have mental health issues, and WE ARE ALL affected in one way or another
 - **TODAY:**
 - What about our emotional wellness?
 - What are some of the feelings that you have tried to manage and protect yourself during the current environment?
 - **Letitia Lara** (via video): I know for myself, I've had a hard time sleeping over the last few days, I've been anxious, on Tuesday I had a bit of a panic attack. All of that is wellness. How has it been for you?
 - **Ari G Arambula** (via video): Well, I was lucky that I went to the panadería over the weekend and I had one candy leftover for election night! That was a little bit of self care. At some point, watching and knowing is helpful but at some point you have to turn it off and disengage and be able to talk about it with other people.
 - **Letitia Lara** (via video): When we're upset, we often go back to what's comfortable to us, and the cultural context of what is comforting is important. Thanks for sharing!
 - **Priscilla Marin** (via chat): Yes, I been having minor headaches and i just realized it was because I was clenching my teeth at night because of all the stress of working from home to the election stress. I have been meditating at night now to combat the stress
 - **Letitia Lara** (via video): Some of us are having physiological responses to all that's been happening.
 - **Juan Carmen** (via chat): I've been turning off any news related things leading up to election day and tried to do that since. Hard to do but been a bit helpful. Running/Meditating also helps me.
 - **Juana Mena** (via video)(Spanish translation by Desiree Diaz): About a week and a half ago I had a panic attack. This gave me a migraine and it caused my daughter a scare that she ended up calling 911. It was so bad that when I opened my eyes the first

person I saw was Ari. I have been distracting myself and focusing on art projects because this situation has been very chaotic because the news and social media has been generating a lot of stress and for me personally, that's not good due to my chronic conditions.

- **Letitia Lara** (via video)(Spanish translation by Desiree Diaz): Gracias, I am going to respond in English, pero gracias por compartir por eso es importante tener estas oportunidades de poder hablar y compartir que está sucediendo emocionalmente [but thank you for sharing, that is why it is important to have these opportunities to speak openly and share what's happening emotionally] I was just mentioning, as she reflected on her own experience of feeling anxiety to the point where she needed to reach out to a family member, for many of us it is common that we are also going through these things and we are not seeking help for ourselves.
- **There is a direct correlation between mental health and physical health.**
 - During this crisis, it is easy to feel overwhelmed, anxious and scared.
 - Increased stress and anxiety decreases our mental energy, concentration and natural ability to fight infections
 - During this time of stress, our brain is physiologically, automatically responding.
 - This feels so personal, partially because there are parts of our brain that have memories of past traumas, from childhood to adulthood.
 - All our systems work together, they are emotionally tied to the brain.
 - Three Primary Brain Regions Affected by PTSD and Their Functions
 - Prefrontal Cortex
 - Abstract thinking
 - Personality development
 - Behavior regulation
 - Planning
 - Problem solving
 - Amygdala
 - Decision making
 - Emotional memories
 - Regulates behavior
 - Initiates response to fear
 - Hippocampus
 - Memory consolidation
 - Navigation and spatial memory
 - Learning
 - In the CACHI group, we've been discussing PTSD.

- **Mental Health: Strengthen Our Mind and Body**
 - I want to remind us that there is hope as we work on these issues in our own lives. Whether it's health or mental health, it's all interrelated.
 - Circuitry (physical, chemical, neurobiological)
 - Inner Content (raw emotions, gut, inner dialogue)
 - Conscious Engagement (observe, modify, regulate mental processes)
 - Behaviors (actions observed and desired)
 - Life long emotional wellness = behavior, health, mindful, reflection
- **Managing Mental Health Wellness**
 - How do we remain engaged in our work when the environment appears to exhibit values, behaviors and ideas that are contradictory?
 - In your role, how might you apply or advocate for the value of mental health?
 - **Letitia Lara** (via video): There is this contradiction, where do we find our energy with that? I also am struggling with this, struggling to engage with the staff.
 - **Pamela Agustin** (via video): I want to share how to remain engaged. I am very fortunate to organize in different spaces. One of the things our coalition has done from the beginning has been to do cultural practices and art components. During this pandemic obviously like everyone else we have not been able to meet in person, but recently, because of Día de Los Muertos, we did. We went to the park and social distanced, but the mere act of going out and doing an activity... the comments that I hear from fellow colleagues and other members is that it is so great to do something outside and away from the screen. Even that change in our routine has been very important.
 - **Letitia Lara** (via video): Thank you for sharing this lovely, full of energy example, where you drew upon the cultural context to find that energy to connect with the community again.
 - **Cecilia Aguilar** (via video): Many times in my job, it is very rewarding just to listen to people and provide that comfort. I am fortunate to be in the position of being able to listen to people.
- **Department Activities and Role** - Dr. Jorge Partida, Chief of Psychology, LAC DMH
 - My leader role has been:
 - To assure that all psychologists in the department are working to the scope of practice - being their best.
 - To look at the emerging and changing role of psychologists in the department
 - Because of the demographics of the personnel and the served communities, the traditional model of psychological care isn't enough, especially at this time.
 - This is a population that requires innovation.
 - I'm also honored to have been placed in the lead role with the new Promotores de Salud Mental model

- This expansion is what Elise was referring to earlier under Supervisor Solis' motion
- The Board of Supervisors have requested to expand this model to other underserved communities, such as the African American community, the Asian and Pacific Islander community, and the Native American model.
 - We are thinking about how to make this model accessible and culturally sensitive.
- We've also been working on the empowerment model and have partnered with UCLA Hispanic Neuropsychiatric Center of Excellence for help.
- As Elise mentioned, the care funds are to be dispersed December 30th
 - We have over 150 people to hire by December 30th. Not just hire, but train them, deploy them, and assign them to various communities.
- The whole idea of identifying care and healing from a community perspective is critical, so people can identify their own solutions. We are in that challenge right now.
 - The current times really ask us to have these conversations. Out of that crisis are the seeds of opportunity and innovation.
- Resources from the Department of Mental Health for COVID-19
 - You can stay updated on COVID-19 developments through the Los Angeles County Department of Mental Health.
 - <https://dmh.lacounty.gov/covid-19-information/>
 - For emotional support call us at the DMH Helpline • 1-800-854-7771

Questions and Comments:

- **Ari G Arambula** (via video): Thank you, I appreciate your work and innovation. I think you meant the Promotora program, as it is usually women in the program, and women who take care of the family. My question is about what are we doing to outreach to men? They typically don't go to the doctors or talk about their own problems. Maybe we need a Promotor program that reaches men in their space where they are comfortable. My second point is around the December 30th deadline. The County of LA is the largest employer in the area. What internal programs can be rolled out immediately to reach out to individuals who work within the County to address these issues, and secondly can we work with contractors? My company contracts with the County and I got an email about the Census program. Along the lines with the census, we need ramp up very high, get some action, leverage this opportunity to do some outreach and also tie people to long-term resources.
 - **Jorge Partida** (via video): I'm intentionally using the term Promotores to be gender inclusive, but you're exactly right about the gender disparities. Most of the professionals that are part of the official program are women, and the recipients are also promotoras. It is a huge need to reach out to men, both as employees and as people who receive services. As to the second part of your question, there are parallel programs that are going on as Elise mentioned. For example there is a component for legal entities and contractors. The bottom line is that the Board of Supervisors and the County recognizes

	<p>that this level of community outreach is effective and should be made available to as many people as possible. I look forward to collaborating.</p> <ul style="list-style-type: none"> ○ Ari G Arambula (via video): I have a quick follow up. Since we just met, I want to identify myself as part of Latino Equality Alliance, which is an LGBT advocacy organization. From that perspective, I want to highlight that one, as a population, we often face medical services that are not culturally sensitive, so I want to make sure that is a component of what you're doing. But the other thing is that with testing positive for COVID, people are being secretive about it. I think that is a takeoff from HIV. But COVID doesn't have anything to do with sexuality. We might need more information and messaging around how it is necessary and safer to share your COVID health status. ○ Letitia Lara (via video): I think this is a wonderful opportunity to move the needle on stigma. There is this theme of disseminating information around mental health. I want to remind people that the Department of Mental Health has a Helpline. ● Heather Hays (via chat): https://dmh.lacounty.gov/covid-19-information/. For emotional support call us at the DMH Helpline 1-800-854-7771 ● Teresa Nuno (via chat): thank you Leticia and Dr. Partida for your timely presentation ● Alaina Dall (via chat): Thank you so much! This was an inspiring meeting! ● Priscilla Marin (via chat): thank you! ● Carolina Aristizabal (via chat): Thank you, everyone! ● Monica Alcaraz (via chat): thanks All ● Christina Cardenas (via chat): Thanks everyone!
<p>VIII. Closing and Evaluation</p>	<ul style="list-style-type: none"> ● Heather Hays shared a link to the partner agenda poll to survey members on their thoughts for future meetings. <ul style="list-style-type: none"> ○ Dalila Lopez (via chat): HICP Meeting Topics Survey / Encuesta sobres los Temas de la Reunión de HICP ● The next HICP meeting will be held on Friday, December 4, 2020. Topics will include Homelessness, Housing, and Transportation. ● Heather Hays thanked everyone for their participation and circulated a meeting feedback poll: <ul style="list-style-type: none"> ○ To the question, "On a scale from 1 - 5, how informative was today's meeting?" <ul style="list-style-type: none"> ■ 15 out of 18 respondents answered "5 = very informative" ■ Two respondents answered "4" ■ One respondent answered "3" ○ To the question, "What could have been done differently?" <ul style="list-style-type: none"> ■ Two out of 18 respondents answered "More time for Q&A" ■ One respondents answered "Time allocation for each topic/speaker" ■ 15 respondents answered "N/A"