

Mark: Hopefully that email that you got with the panelists login also has a callin number. So, Karis makes a great point. So what I will do I guess is instead of waiting to introduce everybody, when you do your sections, and really when we get down to your contributions, once we get to your slide feel free to start talking at that point. But ,why don't we go ahead and do brief introductions, really right at the beginning. Um so what I'll do is I'll just get things started and welcome people. I'll show them the main slide and then I'll say Who I am and describe myself and my surroundings, and then I'll call out your names and ask you to do the same. Introduce yourself, where you're from, you're from organization whatever you'd like to say, and then describe yourself and your surroundings. So does that sound good? Okay terrific, great. Oh good, looks like I got my poll to work, so that's nice, so I think we're in good shape. And hi Sydney, thank you for being here.

Sydney: Hey no problem! So guys, we'll have the Q&A and the chat open so if you just want to check those intermittently because people will ask questions there that'll be helpful.

Mark: That is a great reminder. And again, just want to let everybody know that we're fortunate to have some attendees that have already joined us. So, I just want to let you know that we've got 19 of your closest friends and colleagues in LA County who are already on and you can see them by looking at the participants, clicking the participants button, and clicking on attendees. But, as Sydney pointed out, we would really love to respond to QA, the question-and-answer. So, you can click on that and I'll be letting people know that they can enter questions that they may have for us. They can really be about pretty much anything. Feel free to go ahead and respond to those if you'd like, or raise them as an issue for us to have a conversation about, whatever you'd like to do. I'd also love it if you kept an eye on the chat as well, that's the button on the very bottom, and click on chat. You should be able to see the comments that people are making. And feel free when we get to the dialogue, a conversation portion of this, to say hey so-and-so raises this is an issue or says that they do this, I think that's really interesting or really neat or whatever you'd like to do. So, I'll probably be talking through this time period like a radio host or a TV host, but I'm happy to have you interrupt me or say hey Mark I saw a really great chat and I want to share that with everybody. So feel free to do that. Also um make sure when you use chat, and I would love for everybody to use chat, attendees and panelists throughout this conversation, make sure when you go to the two button you'll hear me describe this to people a number of times make sure the two button says all panelists and attendees that'll make sure that it gets out to everybody. I think the default is to all panelists, but once you set it to all panelists and attendees it should stay that way. Obviously, if you're trying to send something privately to one person, make sure that you have the right to do that, but I don't think we'll have any, you know, behind-the-scenes conversations going on here today. So, hopefully all of that makes some sense.

Speaker 3: Yes, so speaking of which, on the chat part are you going to be saving chat and saving the recording, and when you save chat do the private conversations also get saved? I think we want to make sure people understand what kind of information they're putting in there, do they want that information in there? Do they want it shared? Those sorts of things.

Mark: Yes so I um I'm certain it saves the chat, and Sydney, maybe you can help me. I don't think it saves the private conversations but we'll definitely make sure that we scrub any private conversations, but I'm pretty sure those aren't saved. So that's one thing that I remembered. And yes, we'll also save the chat and that'll be one of the options that people will be able to take a look at later on we also get the transcription as well. It will be the Zoom transcription, which is not perfect, but it's better than nothing. So, we will have that as well. So, we have three minutes to go and we have about 37 attendees along with us

Speaker 4: Mark just to clarify, so there's no closed caption on this, correct?

Mark: I actually have never used the live closed caption, so the answer is no. I'm almost afraid to click on it because we've never used it before. Yeah, so it's not live closed caption. Yes, Sydney?

Sydney: So I cannot share to Facebook live because of hosts settings. If your hosts can you make me a co-host?

Mark: Can you try to contact Gretchen really fast?

Sydney: Yes

Mark: yeah because I haven't cleared my cookies

Speaker 5: I have a question. I'm on there twice, one with my name, and one with the other PRC. Um, I only clicked on once

Mark: Would you like me to remove the one with the full name and not Prc?

Speaker 5: Yes

Mark: I will see how to do this. Oh, Sydney I think I can make you co-host if you're not already, but okay, I'm gonna try to remove, there we go.

Anna: And is there anything I sorry I came in late no my computer um is there anything I need to do?

Mark: No I don't think so Anna yeah you've already done lots of great stuff so thank you for everything I hope that was the answer you were looking for. All right I'm gonna try to make sure I can share the right screen don't want to share that one, I think I'm gonna share this one. Great all right and uh hi welcome everyone we're going to get started in a couple minutes as commonly happens with these types of things. It's probably best to start a couple minutes late so it penalizes those of you who get in on time, but hopefully you understand and and that'll be

okay. It's usually just a little time for people with technical difficulties and those kinds of things so thank you for your patience. Also the other thing for for all of us as panelists if you want to go ahead and mute when you're not talking that's usually best but obviously there'll be times where you want to talk and you're muted so I'm sure we'll say hey Mark you're muted. Everybody is able to see the the main slide is that correct. Yes, great thank you, I'll just give it one more minute and we'll go ahead and get started all right.

Mark: Well why don't we go ahead and get started. Good morning to everybody in California, good afternoon to me. I'm in Philadelphia Pennsylvania, my name is Mark Salzer and I'm a professor at Temple University and I also direct the Temple University collaborative on community inclusion. I wanted to welcome you to our event today, the event we're calling staying connected while keeping apart, an LA County conversation about connections and meaningful activity in the area of Covid-19. I want to on behalf of my fellow panelists really welcome you to this event today and thank you for taking the time to join us today. We are intentionally calling this a conversation because we're looking for as much input and dialogue with you as possible. So, this isn't just going to be us teaching you or providing you with information, we want it to be just as much about you providing us with information as well about the kinds of things that you're doing to support other people in staying connected and engaging in meaningful activities. Like everyone else before we get started with today's conversation I actually wanted each of the panelists to introduce themselves and then we'll talk a little bit about what we're planning to do today. And again I'm Mark Salzer. I am a white male who has not recently shaved so I've got a little bit of scruff on my face, short of hair above my ears, and I am sitting in my living room in just outside of Philadelphia Pennsylvania. But the photo that I'm using as my background is the Delaware Bay in New Jersey, it is one of my happy places. My family and I rented this house last year for a month, it was pretty extravagant, but we had this beautiful view overlooking a bay which looks like an ocean. It's that wide, and we get to see beautiful sunsets and watch beautiful thunderstorms roll in. So anyway that's me why don't we go to David.

David: Hi this is David, Israeli. I'm the chief technology officer of painted brain. I'm a Middle Eastern male with a beard that's fairly trimmed. I'm located in Los Angeles California on a bright sunny day with a gray background.

Mark. Thank you David. Terrace?

Terrance: Hi everyone I'm Terrace and welcome, so glad people are here today. I'm that with the Los Angeles County Department of Mental Health where my role is chief up here and Allied Health Professions. I am a female presenting african-american Muscogee Creek woman. I go by pronoun she' her they/them. I'm sitting in my living room I'm wearing a black shirt I'm wearing a Hello Kitty hat with a red bow, supposedly a militant beret but it's got the red bow so I guess it doesn't really work. But my background is in my living room white walls and a window off to my left where the Sun is coming through so glad everyone's here.

Mark: Thank You Karis. Jason?

Jason: Hi everybody welcome my name is Jason Robison I'm the program director for share the self help and recovery exchange in Los Angeles I am a person in long-term recovery I'm a cis-gen white male balding my beard is significantly more gray and more gray than David's and much more scruffy than Marks and I am wearing a green jumpsuit because I'm coming into the office at cher Culver City and we take precautions in the age of Covid, and I'm grateful to be here and really glad that everybody's here so thanks.

Mark: Thank you Jason. Rachel?

Rochelle: My name is Rachael chambers I'm the chief operating officer at brain we were asked to describe our background then we look like. I'm an african-american woman brown skin curly bangs a scarf that's colorful and my background is trees and I'm in sunny Southern California happy to be here

Mark: Thank You Rachelle, Ashley?

Ashley: My name is Ashley Flores I'm the core program coordinator for project return care support network. My pronouns are she her hers. I am a Hispanic female presenting I have long curly hair it's very interesting to try and describe myself but I have long curly hair I'm wearing a white shirt that's long-sleeve. My background is decorated with a cactus watercolor tapestry as well as a decorative fringed pillow that's white and I'm resting my arm and actually playing with a mustard yellow blanket.

Mark: Thank you very much Ashley. Elena?

Elena: Hi everyone my name is Elena. I'm been born and raised on tongba territory here in LA County and I'm representing indigenous circle of wellness I use she/her pronouns. It's it is very interesting to describe yourself because you don't often have to think of you know how you would, but I am sitting in my living room behind me. There is a Hopi butterfly mating painting I am femme presenting. I have dark hair long beaded earrings and I'm NATIVE and she connects thanks for being here.

Mark: Thank you, and Gretchen I actually see you next. I didn't know if you were planning to say anything, but my colleague Gretchen Stephen's here helping out with technology. So, I won't make her say anything I think unless she wants to. Dave?

Dave: Hi, I am a cisgendered male Jewish backgrounds Caucasian. Not religious but I'm very Jewish culturally I read the New York or constantly that kind of thing I have let myself go a little bit I did not shave this morning and my background I'm sitting on the floor in my bedroom and I'm carrying pages out of magazines to create art kits for some folks that are living in shelters that we're gonna be working with in the next couple weeks. So I'm checking out pages that

people can use for collage to keep themselves busy while they're stuck in quarantine. It's a pleasure to be here y'all thanks.

Mark: Thanks Dave. Laurie?

Laurie: Hi yes good morning my name is Laurie and I am a mental health advocate for Department of Mental Health Care Resource Center and I identify as Latina. I am in a place in my home where I called the Red Room ah all the curtains are red couches is red that's where I made my home office, and my pronouns are she her and hers, and I am wearing a statement piece it's a good metal jewelry very shiny beautiful black rocks.

Mark: And oh shoot I do not have A. Garcia's first name easily available so I apologize about that did you want to introduce yourself? All right uh well very good. I want to thank everybody again for being here. We have 134 attendees which is great. We really appreciate you all being here today. So I wanted to give a little more formal welcome about what we're going to be doing today. I did want to start out by acknowledging that we're living in very challenging times beyond the Covid-19 situation. We're having a lot of dialogue about race and ethnicity right now as well and it's important for us to recognize that and I wanted to take the opportunity to say black lives matter. the purpose of this conversation, the background of this conversation, has to do with covid-19 and my experience back in March when Covid started occurring and there were lots of conversations nationally about social distancing. And it's important from a health care or a health standpoint in a public health standpoint is one of the first things that I thought about the concept of social distancing is that really the thing that we need most right now is social contact and social connections and to continue to support people all of ourselves but everyone around engaging in meaningful activities. So my colleagues and I at our Center at the Temple University Collaborative on Community Inclusion have been thinking a lot about how during a pandemic while we're sheltering at home, how can we continue to support connections between people and people's engagement in meaningful activities while sheltering in place. Our Center is about community inclusion and participation. By that we mean, work, people with significant mental health issues who are working going to school, dating, parenting, engaged in leisure recreation, engaged in faith community, citizenship, voting, volunteering, advocacy, anything that anybody does that's meaningful in their lives. Our Center is about doing research into one of the factors that affect community inclusion and participation, and what are the interventions that we can use to promote community inclusion and participation. And my colleagues Gretchen Snethen, Brian McCormick, and I have been thinking a lot about how we can continue to support family relationships, social relationships, and meaningful activity. Again, education and leisure, recreation, faith, all of these kinds of things, while people are sheltering in place. So what we're going to do today is I'm going to, as briefly as I can, talk about some of the resources that we've created to help support people in keeping connected while maintaining physical distance from each other. We're also going to hear about some of the terrific things that are happening in LA County. The panelists represent these terrific organizations there'll be later on describing each organization and talking a little bit about what they're doing to promote connections and meaningful participation now during the sheltering in place that's happening

and staying safe. And then at that point we're going to be opening it up to everyone to all of us to have a conversation to hear what your programs are doing, what you're doing around your own connections and meaningful participation, really share with other people what you're doing, how you're supporting each other and ideas. Maybe new ideas you have for supporting people as well. I did want to point out that while we're starting to talk about reopening actually uh Pennsylvania and the Philadelphia area, I think today is the first official day of reopening, we know that physical distancing is going to continue and a lot of the issues that we talk about today will continue. We still want to support people around technology and engaging in meaningful participation using technology and other ways of staying engaged and connected even while physically distancing. So the conversation isn't just about what could be done in the past, all of these things are things that we will likely or should be doing well into the future as well, even as we move towards reopening. Finally we'll be spending about the last 15 or 20 minutes talking about future conversations, what are some topics or issues that you'd like to have a conversation about in LA County in the future. So that's our agenda. I did want to make sure that you're all aware that this conversation is being recorded so please and chat and we will be opening it up for you to be able to talk by audio. Please be aware that this is being recorded we're also sharing it live on Facebook live assuming that I was able to do that correctly and also we are saving the chat and making that available as well. All of this will be available at our website TUCollaborative.org. One of the things that I wanted you to definitely be aware of is we're looking for you to be as engaged as possible, including being engaged now. So you see at the bottom of your screen, there's a little icon, a little button that says chat on it. You can click on that button and another screen will pop up it'll say 2 on it and what you want to do is make sure the -goes to all panelists and attendees that means you'll be sending a message out to everyone. So go in and give it a try. Now hit the chat make sure 2 says all panelists and attendees and if you're willing please go ahead and say maybe= your first name or your initials or make up a name. I'm Mickey Mouse from such-and-such a place it's great to be here. So please go ahead and introduce yourself. Also throughout our conversation even while the panelists are talking about the work that we're all doing, feel free to talk and share some of the things that you're doing to support connections and meaningful participation now. So please go ahead and fill up that chat to take a look at it and respond to your colleagues and your friends. Everyone just go ahead and say hello. And I encourage the panelists to do that as well, there's also an opportunity to raise your hand. We'll be making this available later on in the conversation where you'll raise your hand and I'll be able to recognize you and unmute your line for you to be able to speak by audio to everyone. So I'll let you know when that's available and the last thing is there's a question-and-answer, a Q&A opportunity as well that might be something that you could use. If you have a particular question for the panelists in particular, you can enter it in QA and the panelists will be reading this and responding to it. So if you want let's say hey David what's that what's Painted Brain all about you can ask there and you'll get a response from Rochelle or David or somebody else about what's happening at Painted Brain or something like that. So hopefully all that makes sense. It looks like you all are using chat which is awesome so keep it going so. I want to briefly talk about again some of the work that we've been doing looks like David's trying to share some things right now. So it looks good, Dave. I do want to mention that our work in the area of community inclusion of people with lived experience

of mental health issues, again community inclusion refers to the opportunity to live in the community and be valued for one's uniquenesses and abilities like everyone else. The opportunity to work to play, to go to school, pray to engage with other people, to maintain custody of your children, to vote and volunteer and hold public office. These issues that our Center is about the Temple University collaborative on community inclusion is a social justice issue. I like to point that out this is something that I've been thinking I always think about it but especially these days with other dialogues that are happening this is also a social justice issue. These issues also impact health. So work and going to school and dating and parenting and leisure recreation and voting and volunteering and faith are also all things that have been connected to all of our physical cognitive and mental health and wellness. So these are critical issues supporting people in maintaining connection, social connections and meaningful participation is a critical social justice and health issue. This is why it's particularly important in some of the conversations that we've been having around the country in North Carolina and Pennsylvania and Delaware and Washington State and New York State, yesterday. I have been thoroughly inspired by a lot of really wonderful things that are happening around the country to promote connections and meaningful participation and I want to share some of those briefly with you now. I wanted to first share some of the things that I've been doing to maintain participation, because again these issues affect all of us. A couple of days after I began sheltering in place in my home I participated in an Indigo Girls concert on Facebook live. I haven't seen them play for about 25 years and there I was on Facebook live during a very chaotic time, and it was amazing. I was with about 50,000 other people who are on Facebook live and people were posting things about how important this was and to be with other people who also like the Indigo Girls music, and it was incredible. And these concerts are still happening now and this is a way of supporting people and having that community experience, listening to artists that they like and and still participate if they have access to technology. And we'll be talking about that later. I've been doing video workouts. I did a virtual tour of Frank Lloyd Wright's Fallingwater house in western Pennsylvania, take a look at it. It's pretty interesting. And I also did a virtual hike with a colleague in Oregon. I was getting ready to go to bed. I saw he was on Facebook, he brought his phone, and he was doing his Facebook live thing and it was pretty fun to be there with him as he was taking a walk. I've heard people give examples of doing things like organizing a potluck for their residential community. The way they did that is they contacted each of their peers in this residential community and asked them to put together an item, a food item, to share with other people. People dropped it off at their door one by one to maintain physical distance. She organized it in her apartment unit and invited people in one by one to share the food that the other folks in the residence had had put together and this was a really incredibly creative way of staying in touch with people. Folks are taking walks with one another using FaceTime and Facebook live. I've heard lots of examples of trivia nights that people are doing. Young people in Washington State are advocating around mental health funding and access to mental health services right now so there's advocacy efforts that are happening even while people are sheltering in place. And there's a movement in Pennsylvania among peers to organize around increasing access to technology. As well there's some folks who have realized that technology access, to technology, data plans, smartphones, computers, all of those things is always incredibly important, but especially important now for people while they're sheltering in

place. So these are some of the things that I've seen. We'd love to hear examples of what you're doing in these particular areas. So our Center has developed a document called Resources for Remote Community Participation and Sydney if you could actually um put the web address in chat that would be great. This is a document my colleague Gretchen Stephan and Brian McCormick and I were involved in developing this as well and and some of the slides and information we put together we're done in partnership with them. This document includes some information about how to support people in getting access to technology what technology is available how do you support people in getting smart phones or iPads or computers how do you find out what's available in LA County or California, what major carriers are providing free or extra minutes for people. And also this document includes a list of how to support people in using technology. One of the things that we found is that there are a fair number of people with mental health issues who have technology, but folks don't know how to use Zoom or Skype or WebEx or those kinds of things. I actually believe Painted Brain is providing some training in and resources in this area but there are also online trainings available as well. I also know peers are supporting one another in less formal ways, more one-on-one ways, and really encouraging this. One thing we like to emphasize is this isn't just a one-time deal, this isn't just a Covid-19 thing. This should be a constant thing. We should really be supporting people around access to technology and use of technology all the time and not just for mental health reasons, really supporting people in staying in touch and doing things and being engaged in their community using technology just like everyone else. This document also lists a number of resources that are available online, high-tech participation around volunteering and religious participation, leisure recreation, cultural activities, ways of staying engaged with family and friends, education opportunities, online courses, podcasts, all of these kinds of things. So, take a look at this document. We list tons of things that are available and really we're encouraging providers to use this information to support people in participating in meaningful activities that they're interested in. A lot of these resources were available pre-Covid and they'll be available post-Covid, and it's really important for us to support people on. This document also includes some information about low tech opportunities for participation, for those folks who don't have computers and cell phones and all that kind of stuff data plans. So use of the telephone. For example, there are opportunities to pray with somebody else by phone, opportunities to listen to stories and podcasts. I guess they wouldn't be podcasts if they're by phone, but there's a way of doing things using the telephone. And we list those in this document. We also list on no-tech participation opportunities during shelter-in-place or while we're physically distancing, what are some ways to continue to do some of these meaningful things using low tech options. I just wanted to briefly mention that we want to highlight some strategies for supporting participation. Our center has developed a couple of different approaches. We've been supporting people right now and telling their stories including through a story slam process about the importance of community inclusion and participation in their lives. So this is something that could be done by phone or Zoom or WebEx or Skype or whatever. So it's a way to get people to continue to talk about what's important to them, what they like to do, what's important. Connections Rx is a more one-on-one type of approach for supporting people where there is a recreational therapy student from Temple University who's talking to people about what they like to do and then getting together in a Facebook group with other people to share ideas and resources for how to

stay engaged in meaningful activities. So you can look at our website to find out more about Connections Rx. Finally I want to mention this drive for five campaign. This is something that's been developed by the New York Association for Psych Rehab Services and the Coalition for Behavioral Health in New York City. The idea here is to support people in connecting, in pods I like to call them, of five people who agree to get together and stay in contact with each other by phone by zoom by FaceTime by whatever and just check in every day to see how they're doing with their wellness, mental health, may be substance use issues. We're trying to encourage people to also talk about what are they gonna do today. What are you up to, are you going to like a concert online are you going to go do that Frank Lloyd Wright virtual tour online or something like that. We encourage people to do things maybe together, or both agree to do them, and then come back tomorrow and talk about what they learned or what they saw or those kinds of things. So these are some different strategies for supporting participation and we're sure you've got lots of other things that you're doing and would love to see them on chat and by audio later. So at this point you've heard enough from me and I'm sure I've gone longer than I wanted to and I want to turn it over to two Karis. Karis take it away.

[0:39:30.830,0:39:35.600]

Karis: Right hi yeah thanks so thank you Mark so much for laying the groundwork, and just so people know you know, we're very fortunate to have Dr. Salzer do this for us through the Temple University Collaborative on Community Inclusion and partnership with LA County DMH. Sometimes when you work for a county system we can't use things like Zoom or some of the cool things that everybody's using, so it's nice to be able to do this in a way that everybody can participate, so thank you Mark for this opportunity, and for having come to LA pre-Covid to do a large training for us on the importance of community inclusion and community inclusion and participation as a medical necessity. What I'll also add during this time, that you know it's a tough time, the Covid thing is tough, the racial and injustice and all of this is. It's just a seriously tough time. But, what better time to talk about the importance of social connection when many many people are trying to divide us. But here we are talking about the importance of social connection, even though we're doing it virtually. I wish I could reach out and touch each one of you, but you know. I'm gonna talk a little bit about my personal life. LA County is doing a lot, DMH we're huge as we know with directly operated and contracted agencies doing so much. There's no way I can point you to one place and say here it all is, so luckily we have just a small grouping of folks. We'll give you a taste of our large, but they have offerings in the county. But you know, I find myself too, kind of struggling with being home or kind of worrying about, kind of what's happening and trying to remain connected. And one night I was having a really tough time and I decided to text one of my friends and though it was on text, it was a way for me to be connected. And that friend is not within the state, so talk about physical distance, already having a tough time. And I know my voice sounded like this though it was in text I was like tell me a story. You can't go to sleep it was like one of those things I was all whiny because I couldn't sleep. I was worried about work and how are we gonna do it all and how are we gonna help people. So I said you know it's night just tell me a story. And I said you know I'll start like "A long time ago in a land far away.." and the next thing I know he was texting back part of the story and then I was texting back and then he was texting back and then I was texting back and this kind

of went on a couple of times. And I didn't really much think about it because I actually fell asleep which is what I was why I was struggling with falling asleep and kind of staying connected. When I woke up the next day I was looking at my phone just catching up and I see these texts back and forth and I pulled them off the text and just put them in a Word document I'm like holy moly this is a story it's like a real story like we just wrote a kids book. It's so funny that I thought it was so cute. So I asked one of my other colleagues because I could picture what was happening in this story, I could just picture it. I could have pictures in my head but I don't draw so I asked one of my friends, "Hey do you know somebody who might illustrate this for me?" and I wanted to give it to my friend as a thank-you for kind of hanging out with me all night telling me a story. Even though we wrote the story together and lo and behold somebody said yeah I got this perfect person. And they're in another state so we send them the document and what you see is just one of the illustrations and the name of our fable. "Oh What A Ruler Measures" and it really I think served at least for me about a way that three different people can connect. Two of them are unknown to one of the third person and the third person is the illustrator, Lawrence Rosner Larry, who is in a different state. He's a person like myself who has a lived experience. He lives in a very very rural area and I've been given permission to share this, that you know he struggles with connecting with people. I was like wow I don't do eye contact either cool. So here we are kind of finding that we have these similarities. And he also struggles with the internet and that he lives in a very rural area so for him to be able to draw the illustrations, share them with me and etc, he has to go into town or somewhere where he can get a stable internet. So I heard back that you know, for Larry this was so meaningful for him, and gave him so much motivation and connected him to others, that this project was more about, it wasn't a project at all. And it was more, it wasn't about me anymore being able to sleep at night, it turned into something really beautiful because of social connection across three states with three different people. That now has emerged as a very beautiful, I think very cute story. Gosh knows what we're gonna do with it but maybe one day you'll see it out there and you'll buy it off Amazon for all I know. But I think it's just an example of sometimes it's hard for me to talk about maybe things I'm struggling with because of my role at DMH. I don't want people to think I'm struggling, I'm supposed to be this like strong leader. But at the same time I do, and I couldn't have called my provider that night anyway, so being able to figure out how to socially connect and then have it turn into this beautiful thing. And my friend who was also staying up with me that evening was three hours ahead in time so it was really early that morning and they also confessed to me that they were struggling and how meaningful this was for them. So you know it's not ideal. I wish I could have picked up the phone. But you know being able to stay connected, work through some of the stuff that's happening, and create these opportunities of meaning and purpose, I can't say enough about it. And I'm looking forward to hearing from the rest of the panelists and from our participants in dialogue about how are we doing this during this time, how would we continue to do it as we start to open up the county. Because we'll still have to be mindful of some of these things as far as physical distancing and the like, so that we have what can we do in person and what can we do you know via internet phone etc. So thanks so much for letting me share. I hope this gives people some ideas of things that they can do and I have no idea who the next person is so we'll just turn it over to the next person.

Mark: Thanks, thanks Kairs and you've got a lot of fans on chat. So, take a look at chat. A lot of folks are happy with what you're doing. All right, Peer Resource Center?

Lori: Hi yes good morning everyone so this is a contact information for the Peer Resource Center. Next slide please. So of course you know the peer Resource Center you know prior to Covid, you know people would be able to come on in and charge your phone get a warm meal change your clothes use the computers. Next slide please. You know they would be able to socialize amongst each other. I joined some of our workshops and you know we have so much space and now you know we've had to improvise and make them out of changes. I just want to you know say that you know with everything that happening over time we see and recognize how these impacts unfold and it is critical that would continue to care for ourselves our families our colleagues our neighbors and the communities that we serve. For us it's been so hard having those doors closed because you know we're used to seeing our community coming in and getting the assistance that they need. Now that most of us are working from home we still need to continue to serve our community but with a new way, in new place as we embrace this new norm. Next slide please. So community members you know it was important that when they walk into our Center you know they were able to talk if they needed to, you know, advice, get resources, just that face-to-face interaction or having someone listening to them, it was it was pivotal. And so now that you know the PRC is closed the doors aren't closed but they're still open and we're able to receive the calls, were able to receive the emails, people go to the window and they knock and you know, they let us know what their needs are. So we're still trying to you know, come up with other ways, but during this time we develop ways of having the community or those who had accessibility computers and our phones to continue to be involved with us if they have that interaction. I myself do the work readiness workshop and for me we just started the second cohort on May 7th, and we've already had three job placements. So the workshops provide career pathways and guidance and training to learn how to improve on no basic job searching skills and to understand employment expectations as you know individuals learn life skills needed to become self-sufficient. So a lot of people started losing their their jobs and you know it was important that these workshops continued to be able to help reach out even though it was through a video or the phone. And you know so far since the COPE the second cohort started you know three job placements and and you know to these individuals it's huge in helping you know their families and stuff. But not only that, one of the things that we do I like to teach is, you know, if you're not working you're volunteering or you're educating yourself. So when I had two individuals who are like, okay Laurie I'm not able to get employment in that type of sector you know it's going out, I was able to help them guide in who is able to pay for that training for that vocational training. And someone else decided to go back and get their masters, so you know continuing to guide and under this stressful time. So the vocational training with a huge part to this individual, it gave them a sense of purpose and you know it helped them realize that they could do different things. But guiding and assisting individuals to join the workforce, and being finding their new career pathways, it's just a small part of continuing to be socially connected. The people that have received employment alumni you know from from these cohorts they're still able to reach out and talk about you know what's

going on in their workforce how you know they started showing up to work and all of a sudden they're not able to go back into the office. Next slide please.

Lori: So not only do we do the workshops, uh we do a workshop every single day of the week. But for me uh we do the peer connect uh we are able to receive the phone calls and set up appointments with these individuals when they can have long conversations with us with their needs, or just you know to hear them out of what they're going through in a day-to-day. Some of them haven't even stepped outside since this all began, and they're afraid to do so, but just having that appointment with me, to be able to reach them is important uh. For those individuals who are regulars, we do the um weekly check-in of course with their approval by contacting via email, phone, texting. Some of them do not want to talk and they just prefer the text and then of course the walk-in services peer staff are physically at the prc through the week to help the walk-ins who do not have any computers phones or to connect from home.

Mark: Great, thank you thank you Lori. All right, share?

Jason: Hi everybody thank you and I really um Jason Robinson here with Share. I only have one slide i'll leave it up and i'll kind of want people to see the website for Share www.shareselfhelp.org where people can access over 170 self-help support groups that are meeting virtually for all kinds of life issues. Los Angeles county has 12,000 self-help support groups that deal with over 750 different life issues no matter what somebody's going through there's a community of people going through the same issue who meet on a regular basis in the community. They are an organic source of friendship and social support and I want to kind of reiterate on what Mark started with in terms of community inclusion being a social justice issue. It is that it's more than that because it is almost the most important thing we can do to make sure that somebody's able to connect with and reach their goals, right. If you look at how people get jobs in this country, people get jobs through people they know. If everybody that you know is somebody that's getting mental health Services and is dependent on benefits and is going to a clinic, they're not going to get you jobs. If you're in a self-help support group and you're in a group that meets in the community that has rotating leadership, people are coming through from all demographics. There's a saying in one self-help support group where a group of people who normally would not mix, and I'll give you a story about this. We have um you know in times of not Covid we have community centers that host self-help support groups and we bring the meetings that would normally meet in the community into our physical location so that we can connect people not connected to social support to all of this social support. So there is a meeting of codependents anonymous which is a 12-step program for people whose goal is healthy relationships. I don't know any human being who doesn't have the goal of having healthy relationships, right. Self-help support groups are something that we all qualify for. So, two people started going to this group and um after about six months they became best friends. They didn't really know each other's circumstances and after they became best friends they developed a sense of intimacy and they supported each other in their own recovery, in developing healthy relationships. They got to know each other deeper and they got to know the context of their lives, and one of the people was homeless and slept under an overpass, and the

other person was the spouse of a wealthy attorney in Beverly hills. And after that happens the wife of the attorney helped the other person get a job, right, because that's how people get jobs. They get jobs through people they know, and one of the best things that we can do to increase employment is to connect people to broad social support. So, when we look at what's happened with social support in the time of Covid-19, particularly self-help support groups, and I want to really emphasize this that the peer work that we do and that we train is centered around how we develop relationships of mutuality, and then connect people to the organic social supports that are going to be available when we are not available. Because, as professional peers we are not available all the time and if somebody's social support depends on me that's not the best that we can do. So, connecting them to the self-help support group is the way to broaden and deepen that social support, and it's so effective that the American Psychological Association, which is called the Society for Community Research and Action, recommended that self-help support groups be part of health care reform. And in their statement, in their resolution, they had over 130 research articles that they cited to demonstrate the effectiveness of social support and self-help support groups. So, social support is 40% of whether people are okay or not okay. And as Covid started happening and physical distancing went in place, it became really clear if you notice the language around, that I think Mark was one of the individuals that probably noticed it first and started speaking up, that we don't want to talk about social distancing, we want physical distancing because we want strength of social relationships. So, all these meetings that were happening in the community of people, who are you know if you've got diabetes and you depend on your self-help support group for diabetes, you're going to find a way to make sure your diabetes self-help support group meets. If you've got cancer and you depend on your self-help support group to meet, if you've got anxiety, panic, then the community-based meetings transitioned automatically. I don't know of a meeting that missed a week in because they all went immediately to Zoom meetings. And so we helped meetings that were meeting at Share transition to the Zoom format. We helped them get their formats online so that people could share formats, and if different people came in they could they could still have the meeting. And what happened with that is a broadening of the tools of recovery for each of those fellowships. We had a festival of recovery a few weeks ago and there were people that joined from Ireland that had no idea that there were self-help support groups and communities of support for incest and childhood sexual abuse. Now, they're connected to a community that's always available. When, like Karis's example, you know when somebody can't fall asleep, they've got people that they can talk to now about about what specific nightmares they're having, which is really important. Now that we're starting and we've seen that you've got zoom meetings that are meeting that everybody can have access to and you get these zoom meetings. Like, we've got 155 meetings today. The meeting that I was in for one of my fellowships on tuesday had 500 meetings, or 500 participants, people all over the country. They're going to have a festival of recovery of founders day, they call it. It's going to have 20,000 participants because they're virtual, they're able to increase the attendance and broaden the attendance. So, these meetings that have transitioned to this format now that kind of reopening is on the table. Meetings are looking at how they continue to allow access to virtual participation while they meet in physical locations again. So, I know at Share Self-help we're looking at how we how we transition so that we develop the technology and the best practices

so that people can be physically in the room and virtually in the room, which is really really important. And so the other thing that's really important that I want to say is peers, people with lived experience, are essential in providing referrals to self-help support groups. It's really important that our system, and our system is not was not designed with this knowledge, we keep learning as we go, right. Our system was not designed, and was not designed with the information about how to make referrals to self-help support groups. When the referral that somebody gets is a piece of paper with a telephone number on it to a self-help support group they go zero percent of the time. But, when they speak to somebody in that meeting they go 100 of the time. So people with lived experience who are trained in how to do a referral to a self-help support group are a best practice so if you're looking to connect people to social support and self-help support groups. You can call 310-305-8878 and people will talk to somebody who can use those peer-based best practices to connect people to self-help support groups, which is really essential. And I want to emphasize, you know, there's a before Covid, we had an opioid epidemic in this country, and it's likely that more people will die of opioid overdoses than all the US casualties that we had in the Vietnam conflict this year. It's a big problem and if everybody knew that there were community-based supports available for people, not only for people who are struggling with drug use, but for family members who are living with people, if everybody had you know connections to those self-help support groups, we would be having a different conversation about the opioid epidemic. So um thank you and uh shareselfhelp.org and 310-305-8878

Mark: Thank you, Jason definitely got me thinking. I started my career in uh learning from people in self-help mutual aid groups, so everything I know comes from people in those groups and then afterwards i'd stay in the area. Um so let's hear from project return next.

Ashley: I made the rookie mistake of talking while muted so hey everyone um it was so great so far to hear what everyone has to share. I'm gonna go ahead and jump into it. I might sound a little scripted because I tend to talk very very fast and so I took the time to really kind of set aside a little paragraph of how I want to introduce you know, what we've been doing and how we came about doing that. So our mission at Project Return is to create opportunities for connections that enrich and inspire individuals with mental illness to pursue a life without limits. So, when limitations to community access and restrictions on physical distance became a priority for safety, we really looked to our slogan and reminded ourselves that the only way we'd be able to overcome the uncertainties of this unprecedented time was by taking charge together. And so for those who do have the slides up and they are viewable, you'll see I took the, um I went ahead and just kind of called and highlighted this little piece of the presentation as taking charge together. Let me see, so essentially what that means to take charge together, um for us was that in the early in early February or so as things began to unfold, we immediately began collaborating with our volunteers and our members our staff and our community leaders to prepare ourselves for potential shutdowns. This meant ensuring that we had ways to call, to contact the majority of the people we serve and support them by offering consistency in the programs that we all were already providing them, and that they loved. So that also we wanted to promote the changes in our services, so we really kind of looked to the other organizations

and our collaborations with the underserved cultural community meetings, their leaders, the salt meetings, the service area leadership team meetings out here in Los Angeles county, the health name neighborhoods, just all of those individuals that we had contacts with we kind of really looked to them to really promote all of our change in services. So what this change looked like was an increase in our warm line hours. And so usually we would be offering this non-crisis platform for individuals to share um stress or feelings of being overwhelmed or just kind of being able to process a certain circumstance in their life with a peer. It would it would normally be conducted from 5 to 10 p.m but we shifted that to be open from 9 00 a.m to 10 p.m Monday through Friday. And we were continuously offering our warmline hours on Saturday from 11 a.m to 4 p.m. And so what we did also was we reflected that on our website and so individuals who did not want to initially call in to our online they could then fill out a form on our website um to request a call back. And so we offer our warm line in English and Spanish um to community members. We're hoping in the future we can offer more languages, uh but for now just kind of really expanding upon what we already had and keeping it consistent has been really important. The other thing that we increased is our one-on-one support, so we were offering a lot of community groups. In uh throughout LA county we had about 150 meeting in person, and so when everything changed we shifted those to online groups as well as one-on-one support. And so our regional supporters were making calls to members, to facilitators, to individuals, and that they had contact with to just make sure that they were keeping them connected our online groups um also expanded. We were hosting our online groups um through a platform known as support group central and we've now increased the amount of groups that we have there, as well as transition some of our in-person volunteers onto our online platform. We also increased our cleaning procedures to ensure that everyone felt safe and felt like we were keeping up to date with the sanitary requirements of the county. So we started doing hourly cleaning of all of our tables ensuring that all of our staff had masks, and then providing individuals who did come into our office um for one-on-one support with masks as well, so they also felt protected. Um we also enhanced our website navigation so when you go to our website, it's www.prpsn.org, when you go to our website the first thing you see in our banner is um a banner related to Covid. And for individuals that are able to um, individuals can click that banner and be able to access some of the services and a quick kind of blurb on everything that we're offering as well. As I mentioned, fill out a form to request some type of support and resources, excuse me. We also enhance our resource connection. So we look to um an organization known as gosh i forgot their name that's terrible um, but we we looked to some of the databases that dmh had been sending out on, some of the resources that are being offered in LA county relating to food banks, shelters, mental health services, community services, help with jobs help, with unemployment, and we started connecting with those resources to ensure that we provided warm handoffs to the individuals that we were serving. So people who were calling in for specific needs um we offered them resource information after we had already connected with that resource to ensure we knew what the process was going to look like, and knew that what their standards were in terms of how they had fixed for Covid. Um the other resource database was One Degree so if anyone was interested in One Degree our promotion and outreach has changed as well we've been doing a lot of over the phone connection with individuals participating in some of these roundtables that are taking place with community leaders to

ensure that we're staying on top, as well as providing our outreach information to as many platforms as possible. We enhance their telehealth services so those over the phone the Zoom calls, those um online supports, just really kind of making sure that we're meeting the community where they're at. So i'm wrapping it up there, um i just want to include our main number it's three two three three four six zero nine six zero uh for anyone who does want one-on-one support or has any questions about any of our programs you can call our main line and we'll connect you with the staff who is ready and available to offer that peer support. We also have our warm line which is nine 888-448-9700 seven seven um again that operates from nine a.m to ten p.m. And if you don't get an operator um automatically what we ask is that you leave a message um and then we'll have someone contact you as soon as possible. If you have a preference of time that you want to call in you can also leave that as well. Actually before I wrap this up i also want to say that in terms of our website navigation, for anyone who's familiar with our um hacienda of hope respite home that offers um a temporary space for individuals who are feeling overwhelmed stress and need of essentially a break from home, to be able to process some of that and be in a space with peers who can offer support. You can now go on our website and see a photo tour of some of the rooms and what our hacienda hope program looks like, as well as fill out a constant contact form to request information so that you can get any of those questions.

Mark: Thank you, thank you Ashley that was terrific. So just to let everybody know where we're at we've got uh Indigenous Circle of Wellness, uh in a moment, and then Painted Brain and then we'll be opening it up for as long as we can um at the very end. We um you've all entered some future topics you're in uh interested in so i'll put up a poll it might be two minutes for that or whatever it is, but uh we definitely want to make sure we hear from uh the next two uh organizations as well so let me turn it over to Indigenous Circle of Wellness.

Elana: Hi everyone so my name is Elena Nori. Again, i'm Hopi Cherokee in chicanex and i usually use her pronouns. I serve as the co-director of education and community engagement at Indigenous Circle of Wellness, and for reference I included our website in the chat as well as our eventbrite if you're interested in signing up for any of the upcoming events. Um I shared this flyer here to note that our founder and CEO is Monique Castro who is pictured at the top of this flyer. Uh she's Dene or Navajo and Chicana. She is a licensed clinical therapist, and indigenous circle of wellness is really um created to serve our community in a way that is um very holistic and culturally competent and inclusive and intentions. And then at the bottom of the flyer we have Melissa who serves as my colleague as the co-director of education and community engagement. And this was from a free mental health gathering that we did focus on unpacking the medicine wheel for community members here in LA. Next slide please. So we've been very fortunate to collaborate with paku cultural community services which is a non-profit established by the San Fernando totavian band of mission indians, and fortunately we've been able to host virtual wellness circles. We had four planned, we recently completed the first, um and for each of these we really want to unpack one quadrant of the medicine wheel. So for the first one we focus on mental wellness and really unpack like what does that mean to you, how is this relatable, how does this translate to your actions, to your day-to-day planning? And then how

can we build community in understanding this, and then create a sense of belonging for one another. For our next session we'll be reconvening on thursday June 11th, and uh one of our co-presenters is on the line here singing bird, and yes the circles are open to everyone. Um on that eventbrite link that I included you can certainly sign up there, they're free. Um you can call in, you can join via zoom. Following each event I create a resource document that kind of summarizes what we've discussed and identifies the main themes of what we need, as reminders to the actions that we want to take to maintain wellness. Next slide please. And then following that um Monique had actually established virtual beading circles about a year ago. I'm sorry, not virtual, they were in person before covid-19, and uh we had to switch to virtual beading circles. So our beading circles are facilitated by Bridget Pulskamp, she's janet or navajo. She assembles beading kits that have supplies needed for each event, um and they're about twenty dollars. We recently posted our new event right that has a link to purchase these for twenty five dollars which includes shipping, and that covers supplies needed for June, July and August. And really while we go through these beading circles, we're talking about what it means to bead how it connects to our positivity our ability to pray, our ability to set intention to deal with anxiety and really focus on creating something that we can gift to our loved ones. As Jason mentioned, a lot of these events and the impact that they create is really grounded in relationships and indigenous core values of relationships. Respect, reciprocity and redistribution of these teachings. So that's really our intention for hosting these events. You're more than welcome to also sign up for this one. I checked just before I got started here and there are still beading kits available for local LA residents here. We sold out of those that are non-local participants, we've had folks join in from Alaska, North Carolina, Canada, it's really beautiful. You leave each circle just feeling, you know, like reinvigorated and re-energized and feeling like this experience is not um yours alone to carry. You know there is a source of support here. And so with that, feel free to register on eventbrite, and then just a quick summary indigenous circle of wellness currently isn't accepting new clients but we are in the process of hiring two additional licensed therapists as we provide individual counseling couples family youth and adolescent counseling. And then we also provide additional workshops and trainings. We recently completed a community survey to find out what our community wants to see and how we can expand our services. So in response to that we've been brainstorming new avenues and also identified later times to capture more community members. But collectively i think when we're able to be back in person, the setting is just, the energy is great i mean. I have a toddler, all the kids are playing together, we're beading. You know the moms are sharing snacks with one another and one another's kids, so it's really a beautiful space, and I appreciate the opportunity to share with you all and hope you can join so thank you.

Mark: Thanks Elena. Uh next we're going to, if i can make this, uh there we go Painted Brain.

David: Hi, um, hi. Oh, there there we go, you go first sorry. Yeah, hi. My name is David Israelian. I'm the co-founder and chief technology officer of Painted Brain. Back in 2009 I had the vision to drive the integration and access of technology into the mental health community and other vulnerable populations, to address the digital divide in wellness and productivity in recovery. I created a meetup like group where peers would meet to identify strengths and weaknesses in

their knowledge around technology. This helped assess where individuals were at, which would later turn into a holistic curriculum in teaching them how to build a website, do digital marketing, digital literacy, and sharing their personal stories using a trauma-informed lens. And now during these trying times we're providing diverse communities with teletraining and telehealth using a train-the-trainer model, creating jobs through a workforce development program. I'm a subject matter expert, I proudly live with schizophrenia and OCD, and I hope my transparency of diagnosis can empower other peers to come forward and embrace their differences as a superpower, rather than a kryptonite. I'd like now to introduce you all to my partner Rachelle Chambers.

Rachelle: I thank you Eli for your bravery. My name is Rachelle Chambers and i'm also a peer with lived experience. I'm proud to co-founded a hybrid mental health technology and workforce development company that now is serving thousands of vulnerable populations like myself. We see a pain to bring um access to meaningful activities as a social justice social equity issue or are to bridge the digital divide, um to provide access to mental health resources, and to provide uh meaningful jobs for individuals. We see that as a social justice issue, and it is incorporated in our mission. So with Covid-19, and in addition to the civil unrest with folks actually coming out and discussing their traumas with the generational mistreatment of african americans, Painted Brain stands um with our community and really creating community-based solutions to address some of the issues that we have been struggling with. As a community we've already, as Eli mentioned, had been online training folks, giving people jobs, teaching them to be to be advocates. So this was natural to us to really get on board um and to put our trainings online. And some of the things i'll highlight um is that right now we're teaching digital technology, um training digital literacy training for folks which will empower them to use smartphones, to use laptops, um to find free resources, to find where they can get free wi-fi, to really bridge that digital divide. We're also providing work skills, um online training for folks so folks can get help with like ots and msws, and then get connected to a job. We're also partnering with LA county DMH and the mayor at his shelter sites to begin physically distance arts empathy groups. So we will be starting next week on the front line really working um distantly with individuals who've been isolated at shelter sites in LA and i'm really proud to be on the front line because those are also the battlegrounds um where a lot of the traumas is happening. So we really are proud to be there. We're also making our kits for individuals who are isolated and covered in hotels and trailers, so we'll be deploying about 200 of our kits just this week. And then um to people who have not probably had human contact in months um so Painted Brain is really on the front line in social justice and advocacy and really empowering peers who live the experience to engage in meaningful activities. That includes work, and training, and just creating connections. We have a number of online support groups that you'll see we also have created a covid-19 website that shows folks on how to get on zoom apps that are safe to use to stay connected. And we really partnered uh with credible entities to get that information, so we're really proud to be on the front line as peers um really addressing some of the social justice issues and addressing some of the pandemic uh challenges that our vulnerable population is experiencing. I do want to leave the rest of the space for us and the participants to be thought partners and the next steps and what we could do um to uh to continue um support each other and stay connected thank you.

Mark: Thank you both. Thank you David, thank you uh Rachelle. So um as you see uh LA county you have some wonderful organizations doing great things during Covid-19, really some of the more amazing things i've seen nationwide. We're ready to open it up uh more now uh to everybody to make some comments, put things in chat. A number of people have been doing a great job putting things in chat. I'm gonna be scared to pull this together later on, there's so many things. Make sure that you send it to all panelists and attendees if you want all the attendees to see it so please go ahead and share that and i'd be happy to have uh my panelist colleagues uh share anything that they see with interesting uh things that they're coming across. But now we're going to be able to open it up to folks to um make some comments about hopefully what you're doing to promote connection and uh meaningful participation right now. It could be in your own life, how you're supporting other people. Wo we're gonna go ahead and give this a try right now for a couple of minutes. Um Mark uh i have your uh you uh up right now and i'm going to open up the line for you to be able to talk. Mark Carmax. Uh so you might need to unmute your own phone right now because i've unmuted you all right.

Mark C.: Thank you very much. My name is Mark Carmax I am with Project Return peer support network, and I have been turning in stuff from different places like doors to well-being, the California Association of Mental Health Bureau organizations, stuff like that. We are working on getting the certified peer specialist bill here in California passed, and we've we've not been able to do that, but we are working on that hopefully that we that will be done this year. Also I would like to suggest that there be a moment of silence for George Floyd who passed away about a week and a half ago, that's about a week and a half, about about nine or ten days ago, due to the uh being assaulted by the police. So it is really important I think that there'll be a moment of silence in honor of him so please do that if you can, we need to honor him and to i'm going to take time to honor him yep thank you Mark. I think um we had some time to reflect while you were talking and and asking us to think about uh Mr Floyd and really unfortunately uh too many incidents for too long absolutely in our country so thank you Mark.

Mark: Um Alex uh Elliott and Shirley i'm gonna open it up for you as well, uh and make sure you um hit unmute on your own phone. But alex why don't you go ahead and go first, or shirley beat you to it, alex, to unmute. So you can unmute your own line Shirley, why don't you go ahead.

Shirley: Yes hello i'm Shirley Ray. I am a peer-to-peer supporter of the facilitator for word up with the San pedro mental health with Gail Seltzer. We meet on Tuesdays and Thursdays from 10 a.m to 11 30 a.m teleconferencing on skype. We um our group is again peer-to-peer support, we listen to each other you know. I know with the pandemic a lot of people are afraid and scared to go out, but I try to encourage everyone that this too shall pass, but in the meantime it doesn't mean that we can't talk to one another. We can still network together, we can still find out how each one is feeling, how your emotions are going up or down, and what have you experienced during your day. And just reminding people to stay safe, using their masks and gloves, and to wash up, you know, clean up before when they enter their house, or apartment, or wherever they live. And we just talk and laugh and chitchat and have fun, that way you know.

We also are involved with an art expression group, which meets also on Tuesdays and Fridays from 1 to 3 p.m. And one of the facilitators uh Aaron Iseto, he is a wonderful with art expression, and that helps us to stay connected. It's so important for us to stay connected at this time because, I know particularly like last night I too had put on my flashlight in the long beach community uh for eight minutes and 40 some seconds to honor and pay our homage and respect to um George Floyd. And I know being an african-american growing up in the 60s and Rodney King beatings and we people just get tired of the negativity the lies and you know. And then um I was telling one of the gentlemen in my word of today how you know, I too have my mental conditions and issues, uh PTSD and OCD, and I won't name them all, but you know I just appreciate that we can share and come together. Because life is what we make it, it's hard but, it's so beautiful, and there's so many good people out there. And it's about dignity and respect, and we can we all have that. Like uh Michael Jackson said, "take a look in the mirror, you make that change.". We all have to make that change, to become united, to become better. That's why it's so important for all of us to go out and vote and to do what's necessary to do in healing. We must heal from this because, I even actually had a chance for my balcony on Sunday night to see the looters the rioters, i've never seen the national guard in such deepness in all my life being on earth. And a policeman and a motivated policeman and undercover cars a policeman and a fireman running and sirens blaring. I couldn't sleep until monday morning because it was just trauma, you know. But word up, we we talk, we listen, we laugh, we chit chat. So, it's a wonderful group on Tuesdays and Thursdays again from 10 to 11 30 a.m with Gail Salsa thank you.

Mark: Thank you uh Shirley, and and we certainly um we thought a lot about what we would do this week with everything else that's going on around the country that's been raised and certainly appreciate everything you were talking about. And Mark was talking about and the work that word up is doing and I think we also keep in mind that, and I think Painted Brain uh Rachelle and David said it, these are also social justice issues. We have a lot of work to do in the incomplete experiment that we have in our country it's it's not a finished experiment in my opinion but it's definitely incomplete. Um I did want to comment uh some folks in chat Gene Harris wrote that she's checking in with people on the phone and running phone in support groups for NAMI connections. So Gene thank you for um for doing that and sharing that. And um shoot Emily uh Serna uh with LA county department of mental health working with the mental health promoters program, we continue to provide free educational presentations to our communities we have shifted to offering our presentations virtually and they are available in spanish or english county-wide if you'd like further information feel free to contact her. I don't do a good job reading out emails all the dots and all that but um look out for uh for emily and she'd be happy to connect you with a community liaison. Um so and there's some other stuff in chat so take a look uh before i well i'm gonna read Martha Coda Latinos in Action California, we have meditation spanish group and conversation with friends support group and education workshops. So martha thank you for sharing that. Um in our last couple minutes I just wanted to quickly uh give the panelists a couple of more opportunities if there's anything else that you wanted to add to what we've been talking about. I would like to save just the last couple of

minutes for uh folks to be able to complete the poll so um just want to leave it up open to our panelists for just a moment while i get the poll.

Karis: Yeah this is Karis. Just right quick from lacdmh, first of all i want to thank all of the panelists and um for sharing the information and the work that they're doing and the passion with which they're doing it with, and to assure to all of the participants and others that you may talk to and ask them to take a look at the recording that um you know we'll see what we can do moving forward. That's the next part that Mark will get to um you know I do want to say this is this has been an extremely hard week i guess as everybody can imagine, and i want to be clear that when we are talking about the death of a George Floyd, that we call it what it is. It was murder, and i'm not comfortable saying that he died, or that he passed away. That i think we need to call it what it is that we can address um uh the really deep-seated issues that we're trying to address while we take care of our health and wellness while we help our communities fight the fight that they have to fight. And we also have to keep them well to do that so the things that we are all doing. I cannot thank you all enough and I know they're a gazillion more we are a county of 10 million people. So you know a lot of stuff is going on I cannot thank people for um being open and sharing so many ideas um and continue to share please in um chat and hopefully we'll talk more about uh you know what we can do in the future thank you.

Mark: Thank you Karis. And we'll give folks an opportunity as well if they want to add things but I want to um to launch this poll. Basically this is a poll with items about future conversations that you might or express some interest in having in California. When you registered many of you, actually a real large number of you, um listed some things that you're interested in um and talking about possibly in a dialogue, in a conversation hopefully kind of sort of like this. So these all come from you. I tried to combine them a little bit but I also tried to keep your original language or terms as well so please take a look at these and um vote for them. I think you can see the results as well. I'm just gonna let it run and and we'll be able to see the end of it uh but I think you're checking all the ones that you'd be interested in hearing about in the future. While you're doing this, actually panelists i had an option of making it available to all of us to vote and I forgot to click it so we have no voice in this vote. So i apologize for that. But anyway you'll have a voice later on maybe and and talking about it so again I want to thank everybody for participating. I do want to acknowledge i've got 3:29. 12:29 your time. So thank you for joining us for those who want to stick on a little longer welcome to have you. And again want to open it up for any less comments from panelists. I did see folks are putting more stuff in um in chat. I did see one of my colleagues from the VA i used to work in the veterans administration and i've lost it now um but there was good stuff happening in the VA. Oh, Kathy cash at the VA in Los Angeles we hold several video conference calls where we talk about movies books food and whatever is on the mind of the veteran. I think that is exactly the kind of stuff we need to be doing it's not just about um mental health and substance use it's like what are you doing how do we support each other. Just uh that's part of mental health um so uh thank you Kathy for sharing that and uh anybody from the panel want to add some uh additional comments ?

Lori: Absolutely. Hi this is Lori uh and i just wanted to invite everybody that uh today the work readiness uh workshops uh are gonna begin at one o'clock. So i'll be leaving the panel shortly but to prepare for that. But today we're going to be going over uh the actual job interview and going over the ADA laws should you disclose any disabilities when and where it's appropriate. Also for those individuals who have been just as involved you know how fair chance employment uh you know uh uh benefits them and the system and all those organizations and and um that can assist with expungement and you know uh all kinds of wonderful things. And then on Monday we begin our new workshop with uh healthy relationships, and not just you know the partner relationships, but uh you know in your work and you know co-workers um you know friends family you know. And uh yes i just want to invite everyone to that.

David: Awesome. If anybody would like to learn more about our online training groups you can reach out to me, I put my email in the chat. I can say it now it's really easy david.org and i'll put it again in case people are curious to learn more. If you guys want to learn more about our online uh training groups you can reach out to me david painted work that's david paintedbrain.org. Thank you Karis for having us and thank you for holding this thank you both thank you Mark.

Mark: All right terrific so uh thank you everybody um we i'll leave the uh the poll open for another uh 40 seconds i mean while you log out. And uh it's great to see everybody thank you uh thank you everybody it's been great to hear about your programs and everything.