



COMMISSION ON DISABILITY

MINUTES

Wednesday, November 14, 2018, 1:00 P.M.

Department on Disability

200 N. Spring Street, Room 350, Los Angeles, California 90012

COMMISSIONERS PRESENT:

Theresa de Vera
Betty Wilson
Myrna Cabanban
Alisa Schlesinger
Dr. Robert Bitonte

COMMISSIONERS ABSENT:

Richard Rothenberg (excused)
David Wolf (excused)
Iran Hopkins (excused)
Robert Williams (excused)

DEPARTMENT ON DISABILITY:

Peter Soto, Department on Disability

OTHER CITY DEPARTMENTS:

Chris Lee, City Attorney Office

GUESTS:

Erik Escareno, Clinician & Outreach Specialist, Five Acres.

Sandra Rodriguez, Outreach & Training Coordinator II, Didi Hirsch, Mental Health Services.

Brittney Weissman, Executive Director, National Alliance on Mental Illness (NAMI).

Paul Stansbury, board chair, National Alliance on Mental Illness (NAMI).

ITEM NO. (1): APPROVAL OF THE REGULAR COMMISSION MEETING MINUTES

President de Vera called the meeting to order at 1:00 p.m. The Commission had a quorum when other commissioners were present.

Action Taken: The Commission approved the October 10, 2018, meeting minutes.

ITEM NO. (2): PUBLIC COMMENT

No Action Taken, Information Purposes Only.

ITEM NO. (3): PRESENTATION AND DISCUSSION ON DISABILITY AND EDUCATION

- I. Five Acres has provided 130 years of service providing assistance and care for vulnerable children and their families. Specialist Escareno will discuss Mental Health Services at Five Acres for Deaf and Hard-of-Hearing persons within LA County: Recognizing Depression, Suicide Ideation, and Trauma. Due to event that are out of control, the COD is working with the presenter to reschedule.
- II. With 75 years of experience, Didi Hirsch Mental Health Services is dedicated to providing quality mental health care and substance use treatment in communities where stigma or poverty limit access. Approximately 9.8 million people within the United States are having suicidal thoughts each year and losing approximately 44 thousand people every year to suicide. Out of the 44 thousand, 50% of are not receiving any sort of professional care. People are not only dealing with mental health stressors, like, are depression, anxiety, bipolar disorder, schizophrenia, but in daily lives have incredible amount of stressor and

expectations. When it comes to those stressors, they include disabilities because those are some of the things that make the day to day lives pretty stressful sometimes. Didi Hirsch Mental Health Services have a 24/7 crisis line, several programs for SOS (survivors of suicide attempts) that offer some additional community and additional support, SAS (survivors after suicide) for family members or communities that have already been impacted by a loss, helping communities to cope with the stressors that our day to day lives bring, and providing a little bit of community and some of these support groups.

- III. National Alliance on Mental Illness (NAMI), Brittney Weissman, Executive Director. NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. They offer free services in English and Spanish for law enforcement, community groups, school personnel/administration, and junior and high school students. Generally, one in five person deal with mental issue including bipolar, schizophrenia, and major depression. In Los Angeles about 40 thousand deal with schizophrenia, and 120 thousand people suffer from depression and another 800 thousand suffer with an anxiety disorder. In L.A. there are 12 chapters to the National Alliance on Mental Illness and each chapter offer a services at no cost to the public. Some of the service they have are evidence based programs to teach the public how to identify signs and symptoms of mental illness, speakers that go out to talk about their journey from a dark rough spot in their life where feelings of out of control to a period of in control, offer a variety of services in place of worship, employment, and work with City and County to making sure the people with mental illness get treatment.

No Action Taken, Information Purposes Only.

ITEM NO. (4): EXECUTIVE DIRECTOR'S REPORT

Discussion of items relating to Department activities, metrics, budget, planning, and/or other relevant issues. Presentation is by Peter Soto, Department on Disability. DOD is following-up on speakers and topics given during the COD retreat, on the request for Channel 35 and the COD to do a presentation, the department will submit their budget tomorrow, continuing to work with Recreation and Parks for the new adaptive recreation and sport program, November 28th the DOD is hosting a disability diversity equity and inclusion event with the community, the California Community Foundation, and on December 19th, the DOD will host the launch of the new Cal-able program.

No Action Taken, Information Purposes Only.

ITEM NO. (5): APPROVAL OF CALENDAR

The Commission will review the calendar from the retreat for final approval and/or changes.

Action Taken: The Commission on Disability approved the calendar.

ITEM NO. (5): NEW BUSINESS AND ANNOUNCEMENTS

Suggested items for the next regular meeting's agenda and announcements from Commissioners, DOD staff, and guests, as well as follow-up items from this or previous commission meetings to be presented at the next meeting. The bill HR3730 will be forwarded to all commissioners and will be included in the December agenda, and DOD will generate a report of attendance for the Reliability Film Festival.

No Action Taken, Information Purposes Only

**ITEM NO. (6): ADJOURNMENT IN MEMORY OF NICOLE WILLETT.
ACTION.**

The meeting was adjourned

MEETING ADJOURNED AT APPROXIMATELY 3:00 P.M.