Behavioral Health Equity Committee

Public Meeting Minutes

July 27, 2023

Meeting lead by: Deana Helmy (County Co chair) and Iliana Soto-Welty (Community Co Chair)

I. **Welcome and Introductions**
- Members introduced themselves to their table groups and answered various ice breaker questions.

II. **BHEC Overview**

- Facilitators shared information about the Behavioral Health Equity Committee, the different workgroups, as well as the Steering Committee.

- The BHEC acts as an advisory committee to the Chief of Mental Health and Recovery Services. Committee develops the County's Cultural Competence Plan and makes recommendations regarding the community's mental health needs.

III. **Re-cap from Last Public Meeting**

-Quick recap given about the last BHEC Quarterly meeting. There was a great turn out. Members shared they really enjoyed the table discussions and the time given to network and learn about other county programs and community groups.

IV. **Panel of Diverse Community Members**

- Community member Luna Lu hosted a panel on Mental Health perspectives from various communities. Panel included: Katie Tran, Mario Ortega, Johnice Williams, Sohail Eftekharzadeh, and Belinda McCleese.

-Panel Answered questions regarding strengths and obstacles facing their communities.

-Panelists echoed the resiliency within their communities, as well as stigma being an issue.

V. **Table Discussions around Community Practices**

- Tables shared their own mental health and healing practices in their communities within their groups.

- Many shared community events, family support and food being ways their communities connect and promote healing.

VI. **Closing**

-Upcoming events shared by various organizations.

- Co-Chairs also shared ways members can get further involved.

-Members are asked to leave the post it given at the start of the meeting with ways the meeting can improve as well as what they enjoyed about the meeting.

Next Quarterly Meeting will be October 26, 2023 at the Behavioral Health Training Center.