



2024 Healthy Living Conference - City of Hope

City of San Gabriel Human Equity, Access, & Relations Commission

The HEAR Mental Wellness Expo

Chasity Jennings-Nunez, Chair | Michelle Brenhaug, Event Lead

ABOUT US

The Human Equity, Access, and Relations (HEAR) Commission was established in October, 2020 by the City of San Gabriel. The Commission served as an advisory board to the City Council and was charged with promoting equity, access, and community engagement.

San Gabriel is a "majority-minority" city with 63% of the 40,000 residents identifying as Asian or 25% Latino. Advising and advocating for ways to celebrate and facilitate respect for that diversity was a major focus of HEAR.

One of the first tasks of the commission was to complete a community needs survey. Mental health services were the leading request. To address this need, HEAR developed the first ever city hosted Mental Wellness Expo in 2022. In 2023, we dreamed of expanding our reach and making the resources more accessible and inclusive for our city's population. Our Healthy Living Grant proposal was funding to offer 4 educational workshops that addressed the signs of depression and anxiety, suicide prevention, combating the effects of social isolation and positive parenting, with simultaneous translation into Mandarin and Spanish.

GRANT PROPOSAL TO FUND SIMULTANEOUS MANDARIN AND SPANISH TRANSLATION SERVICES FOR OUR MENTAL HEALTH WORKSHOPS

Understanding Childhood Behaviors & Disorders - LA County Dept of Mental Health

Participants will gain an understanding of childhood development for adolescents, parenting techniques, and symptoms of childhood behavioral disorders.

CT Anchor Suicide Prevention Training - Changing Tides/QPR Institute

Question, Persuade, and Refer – 3 steps that can save a life. Learn how to recognize the warning signs of suicide, ask about suicidal ideation, persuade someone to seek help, and refer them to the appropriate mental health resources

Defining Loneliness & Creating Connections – Special Services Group

Participants will learn the signs and symptoms of loneliness, who is vulnerable, when it should be addressed, and strategies to build social connections.

Understanding Depression & Growing Resilience - LA County Dept of Mental Health

Participants will learn to recognize the difference between sadness and clinical depression, how culture influences depression, and learn how to promote resilience.

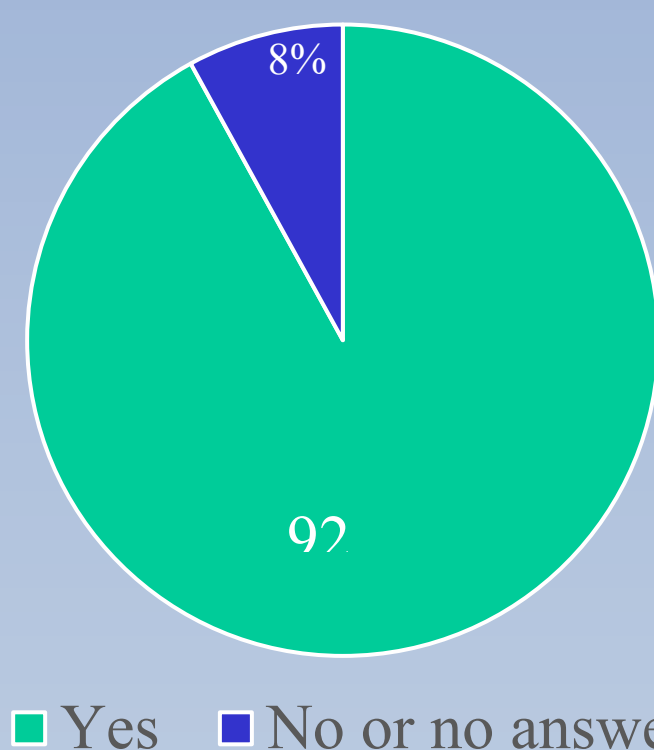


Our Community Partners

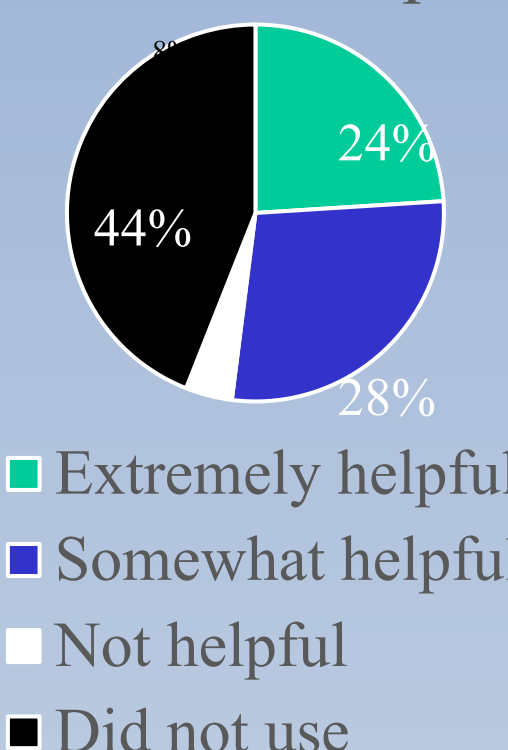
- Asian Youth Center
- California Phones/ California Connect
- Changing Tides, Little Tokyo Service Center
- Chinatown Service Center
- Didi Hirsch Suicide Prevention Center
- Foothill Family
- LA vs. Hate - Special Service for Groups, Inc.
- Options for Youth Charter School
- Pacific Clinics- Asian Pacific Family Center
- San Gabriel Police Department Mental Evaluation Team
- SGV Special Needs Group
- South Asian Network (SAN)
- United Mental Health Promoters Program- LA County Department of Mental Health
- WellCare Health Plan Inc.
- YWCA-SGV

Post-Workshop Survey Results

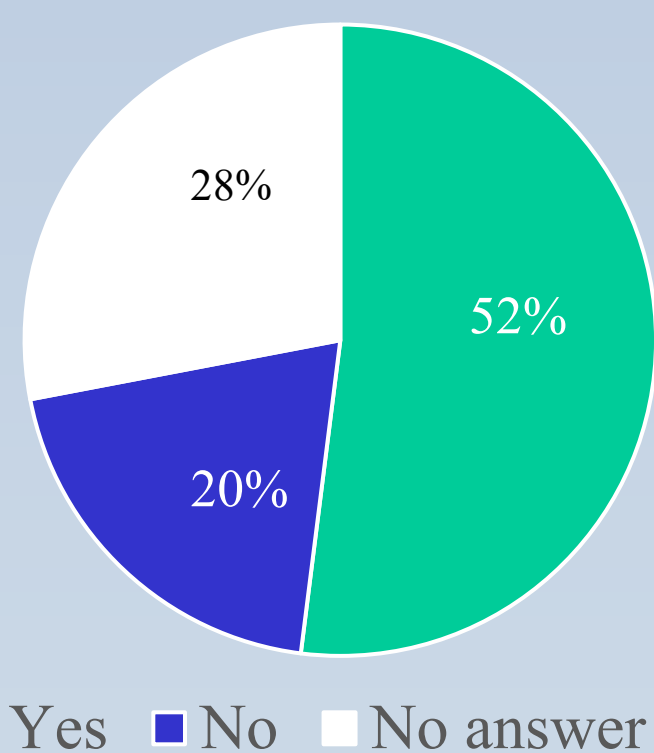
Did you learn something new about this topic?



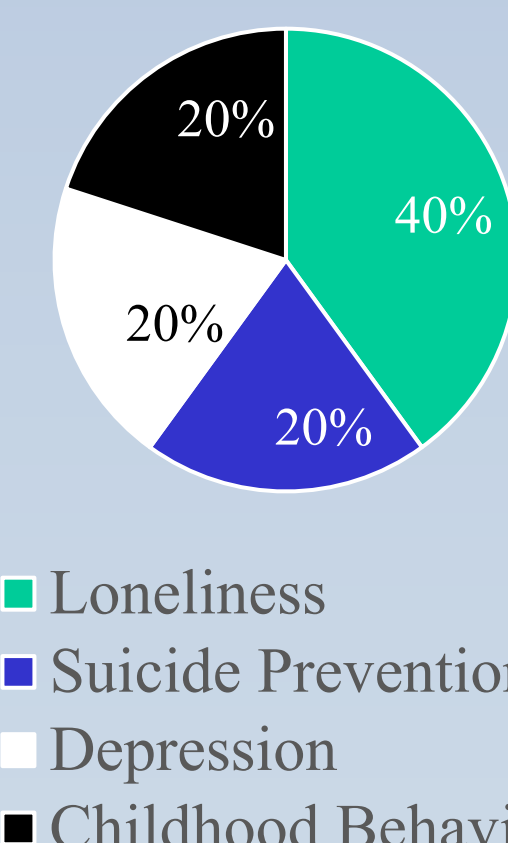
Did you find the translation services helpful??



Would you like translation at other city meetings?



Workshop attended?



Race/Ethnicity of Attendees



Gender Identity

Female 84%
Male 12%
Prefer not to report 4%



WHAT COMES NEXT?

- The race and ethnicities of participants at the MWE were in line with our city's population. Translation services were helpful to over 50%. **Removing language as a barrier to engagement in services is key.**
- In 3 years, the work of HEAR has led to the **City of San Gabriel investing in a full-time Case Manager position as part of Community Services.**
- Despite the commission's crucial efforts and successes, **on April 16th, the San Gabriel City Council voted to dissolve the HEAR Commission** after a proposal for a LGBTQ+ public safety initiative was recommended.

