

2026-05-21 10:02:29 From read.ai meeting notes to Everyone:
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2026-05-21 10:03:21 From Liz Ramirez, She/her - MCHA to Everyone:
Please sign into the chat

2026-05-21 10:03:45 From Katherine Heck to Everyone:
Katherine Heck, UCSF Center for Health Equity

2026-05-21 10:03:47 From Ana Luna to Everyone:
Good Morning,

2026-05-21 10:03:48 From karen.deltoro to Everyone:
Karen Del Toro/LAUSD/CHAMP

2026-05-21 10:03:56 From Ana Luna to Everyone:
Ana Luna-MCHA

2026-05-21 10:03:58 From Gisselle Hernandez - MCHA to Everyone:
Good morning everyone! Gisselle Hernandez - MCHA

2026-05-21 10:03:59 From Christina Perez to Everyone:
Christina Perez, MCHA

2026-05-21 10:04:13 From Maria Paredes-Gonzalez to Everyone:
Maria Paredes-Gonzalez- LAUSD

2026-05-21 10:04:16 From Ana Gonzalez to Everyone:
Ana Gonzalez, MCHA

2026-05-21 10:04:16 From ricardo.reyes to Everyone:
Ricardo Reyes - Watts Healthcare Corp

2026-05-21 10:04:17 From Ebony Middlebrook to Everyone:
Good morning, Ebony Middlebrook, MCHA

2026-05-21 10:04:28 From Noemi Del Real to Everyone:
Noemi Del Real BeverlyCare

2026-05-21 10:04:33 From Marta Garcia to Everyone:
Marta Garcia - Sycamores

2026-05-21 10:04:37 From Hunter, Kiani to Everyone:
Kiani Hunter- LAUSD healthy start/ wellness

2026-05-21 10:04:38 From Paola Sotelo to Everyone:
Good morning, Paola Sotelo- MCHA

2026-05-21 10:04:46 From Noemi Del Real to Everyone:
Good Morning!!

2026-05-21 10:04:59 From Killian, Melissa to Everyone:
Hello! Melissa Killian, Healthy Start LAUSD

2026-05-21 10:05:03 From Katie Flores-Priego to Everyone:
Katie Flores- Kheir Clinic

2026-05-21 10:05:05 From Zurita, Maricela to Everyone:
Maricela Zurita - LAUSD Student Medi-Cal Services Dept

2026-05-21 10:05:09 From estela to Everyone:
Good morning, Estela-MCHa

2026-05-21 10:05:10 From Cassie Manjikian, CPWA to Everyone:
Good morning! Cassie Manjikian, California Perinatal Wellness Alliance (CPWA)

2026-05-21 10:05:18 From ricardo.reyes to Everyone:
But it's Thursday ☺

2026-05-21 10:05:26 From MelanyRosales to Everyone:
Good morning, Melany Rosales Central City Community Health Center

2026-05-21 10:05:51 From Grace Rangel to Everyone:
Grace Rangel, TTC

2026-05-21 10:05:53 From iPhone to Everyone:
Martha Muñoz- Healthy Start

2026-05-21 10:06:04 From ygramirez to Everyone:
Yesenia Gomez AltaMeed

2026-05-21 10:06:14 From Steve Nish to Everyone:
Good morning all. Steve Nish, LA Best Babies Network

2026-05-21 10:06:18 From Annie Uruga - SJCH to Everyone:
Good morning, Ana Uruga and Marissa bueno - SJCH

2026-05-21 10:06:21 From Avila, Cindy to Everyone:
Cindy Avila- LAUSD -Healthy Start

2026-05-21 10:06:28 From Valena Lam to Everyone:
Good morning everyone! -Valena Lam from Hope Street Family Center

2026-05-21 10:06:41 From mxa8527 to Everyone:
Marisol A. de la Rocha, LAUSD Healthy Start/Student Medical Services

2026-05-21 10:06:56 From Katherine Heck to Everyone:
Congratulations!

2026-05-21 10:06:57 From Kenia to Everyone:
Kenia Delgadillo, MCHA

2026-05-21 10:07:22 From Mayra Beltran to Everyone:
Mayra Beltran Lactation Educator @ Pasadena WIC

2026-05-21 10:10:57 From Mondragon Basurto, Carla to Everyone:
Carla Mondragon-LAUSD

2026-05-21 10:11:24 From Sandra Martinez to Everyone:
Sandra Martinez - Venice Family Clinic

2026-05-21 10:11:51 From MAGGIE MORENO to Everyone:
Maggie Moreno -MCHA

2026-05-21 10:12:21 From Marylia Ruano- MCHA to Everyone:
Marylia Ruano- MCHA

2026-05-21 10:12:23 From VILMA CANALES to Everyone:
Vilma Canales-MCHAccess

2026-05-21 10:12:29 From Jenna Feraud, City of Pasadena to Everyone:
Jenna Feraud, Pasadena Public Health Department

2026-05-21 10:14:14 From KarinaHernandez to Everyone:
Good morning, Karina Hernandez CCCHC

2026-05-21 10:20:19 From Carmen Rezak to Everyone:
Good morning. Carmen Rezak - PAC/LAC

2026-05-21 10:23:21 From Karen Juarez to Everyone:
Good morning, Karen with UCHC

2026-05-21 10:23:48 From Lorena Prieto to Everyone:
Good morning, Lorena Prieto - Eisner Health

2026-05-21 10:25:34 From Irias, Jessica to Everyone:
Good morning beautiful people. this is Jessica Irias-Los Angeles Unified School District-Healthy Start

2026-05-21 10:26:30 From Byanka Alay Enrollment Manager, Central Neighborhood to Everyone:
Good morning, Byanka Alay-Central Neighborhood Christian Health Clinics.

2026-05-21 10:39:21 From Christine Rinki to Everyone:
<https://healthequity.ucsf.edu/mmh>

2026-05-21 10:42:39 From Christine Rinki to Everyone:
Please email us at che@ucsf.edu to sign up for the email list!

2026-05-21 10:59:19 From Irias, Jessica to Everyone:
God bless you beautiful Cassie

2026-05-21 11:02:57 From Mayra Beltran to Everyone:
thats huge! lack of follow up after screening.

2026-05-21 11:06:05 From Susan Flores to Everyone:
@Cassie Manjikian, CPWA Ligaya mentioned going to a post-partum IOP program (and also a residential program). Does CPWA have a directory or list of places in CA that offer that support?

2026-05-21 11:12:23 From Cassie Manjikian, CPWA to Everyone:
<https://calpwa.org/storytelling/>

2026-05-21 11:13:51 From Cassie Manjikian, CPWA to Everyone:
<https://calpwa.org/contact/>

2026-05-21 11:16:21 From Irias, Jessica to Everyone:
Shy

2026-05-21 11:17:32 From Irias, Jessica to Everyone:
Thank you so much Beautiful Cassie.

2026-05-21 11:18:11 From Killian, Melissa to Everyone:
Do you have advice on how to speak to a person that recently gave birth and may need extra help?

2026-05-21 11:18:22 From Steve Nish to Everyone:
Can you talk more about what you're doing to get these important stories in front of the right people?
And getting broad exposure generally

2026-05-21 11:18:57 From Cassie Manjikian, CPWA to Everyone:
<https://policycentermmh.org/u-s-hospital-programs/>

2026-05-21 11:19:03 From Cassie Manjikian, CPWA to Everyone:
List of hospital programs

2026-05-21 11:19:40 From Susan Flores to Everyone:
Replying to "List of hospital programs":
thank you!

2026-05-21 11:20:08 From Gisselle Hernandez - MCHA to Everyone:
How can we support families who have been separated by ICE from deportation? I am not sure how to approach the sensitive topic

2026-05-21 11:20:17 From Cassie Manjikian, CPWA to Everyone:
<https://osg.ca.gov/one-small-thing/#:~:text=%E2%80%9COne%20Small%20Thing%E2%80%9D%20is%20a,one%20meaningful%20act%20of%20care.>

2026-05-21 11:21:47 From Victoria M to Everyone:
I think what would strengthen trust and continuity of care in one's community is to keep an open mind when trying to help your patient. Knowing their background, ethnicity, etc. can give you more information than people think. Patient's don't always speak up but as healthcare providers we can look a little deeper. Sometimes people need to hear that you are there to listen and not judge. Thank you Cassie, I really enjoyed your presentation and hearing your story.

2026-05-21 11:22:00 From Cassie Manjikian, CPWA to Everyone:
LADMH:
[http://publichealth.lacounty.gov/mch/cpsp/CPSPwebpages/cpsp_resource_Psychosocial.htm#:~:text=Postpartum%20Support%20International%20\(PSI\)%3A,1%2D800%2D944%2D4773](http://publichealth.lacounty.gov/mch/cpsp/CPSPwebpages/cpsp_resource_Psychosocial.htm#:~:text=Postpartum%20Support%20International%20(PSI)%3A,1%2D800%2D944%2D4773)

2026-05-21 11:23:23 From Katherine Heck to Everyone:
California Dept of Public Health maternal mental health page, which includes resources:
<https://www.cdph.ca.gov/Programs/CFH/DMCAH/Pages/Communications/Maternal-Mental-Health.aspx>

2026-05-21 11:23:52 From Steve Nish to Everyone:
Thank you, Cassie - that's helpful. Good points and tips!

2026-05-21 11:24:26 From Katherine Heck to Everyone:
How you can help a loved one who is showing signs of distress during or after pregnancy:
<https://www.cdph.ca.gov/Programs/CFH/DMCAH/Pages/PAMR/Maternal-Suicide-Prevention.aspx>

2026-05-21 11:25:55 From Cassie Manjikian, CPWA to Everyone:
<https://postpartum.net/>

2026-05-21 11:26:49 From Cassie Manjikian, CPWA to Everyone:

<https://maternalmentalhealthnow.org/>

2026-05-21 11:29:54 From Irias, Jessica to Everyone:
Thank you wonderful presentation.

2026-05-21 11:33:01 From Cassie Manjikian, CPWA to Everyone:
Here are two free courses based here in LA to learn all about perinatal mental health too:

PMH 101: What to Know - <https://learn.wellbeing4la.org/detail?id=401103&k=1680819564>
PMH 201: How to Help - <https://learn.wellbeing4la.org/detail?id=401152&k=1680819564>

2026-05-21 11:38:50 From Mariela Gomez to Everyone:
Sorry how true is it that undocumented people will loose manage care plan and will go to full scope

2026-05-21 11:40:39 From Mariela Gomez to Everyone:
Exactly and specialist are hard to find for just fee for services patients

2026-05-21 11:45:16 From Irias, Jessica to Everyone:
Thank you so much Beautiful Liz.

2026-05-21 11:45:31 From Irias, Jessica to Everyone:
Thank you Beautiful Celia

2026-05-21 11:45:57 From Maria Castaneda to Everyone:
Thank you

2026-05-21 11:46:00 From JESSICA VAZQUEZ ZEPEDA to Everyone:
Thank you!

2026-05-21 11:46:04 From Mariela Gomez to Everyone:
Thank you

2026-05-21 11:46:06 From Leticia Camacho to Everyone:
Thank you!

2026-05-21 11:46:13 From Steve Nish to Everyone:
Thank you!