



The City of New York
BRONX COMMUNITY BOARD #1

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Health & Human Services Committee Minutes

March 18th, 2025

Marilyn Peña, Committee Chairperson – Health & Human Services Committee

DRAFT

Health and Human Service Committee Meeting Introduction

- Chairperson Clarisa Alayeto and Committee Chair Marilyn Pena welcome everyone to the Health and Human Service Committee meeting.
- Committee Chair Marilyn Pena mentions the agenda items, including the health symposium and health fair.
- District Manager Anthony Jordan emphasizes the importance of long-term projects to support community board work and address health disparities.
- The health symposium is planned for Wednesday, August 6, 2025, at Lincoln Hospital from 9am to 3pm.

Discussion on Health Symposium and Health Fair

- District Manager Anthony Jordan highlights the need for a health fair to address long wait times for appointments and improve community health.
- The South Bronx is identified as the unhealthiest community, with high rates of social and physical health issues.
- The health symposium aims to bring together professionals to discuss health disparities, best practices, and long-term COVID effects.
- Committee Chair Marilyn Pena suggests the symposium will resemble a TED talk with professionals and individuals discussing various health topics.

Health Symposium Topics and Breakdown

- The health symposium will address healthcare topics like public health and policy, mental health, chronic diseases, maternal and women's health, and more.
- Committee Chair Marilyn Pena shares her personal experience with cancer and the importance of mental health advocacy.

- The symposium will be broken down into sessions on healthcare topics, public health and policy, innovation in healthcare, and community health and advocacy.
- The goal is to raise awareness and promote overall health among attendees.

Suggestions for Speakers and Resources

- A speaker suggests inviting Marissa Trender from New York City Health and Hospitals for arts and wellness programs.
- Another speaker recommends Andrea Sofia Matos from Urban Health Plan for arts and wellness programs.
- The New York City Office of Mental Health and the Heart Space at the Bronx Psychiatric Center are also suggested as potential speakers.
- The importance of having local, Bronx-centric speakers is emphasized.

Planning and Logistics for the Health Symposium

- Committee Chair Marilyn Pena and District Manager Anthony Jordan discuss the need for weekly meetings to finalize the symposium details.
- Chairperson Clarisa Alayeto suggests creating a theme for the symposium, such as wellness or addressing specific health issues.
- The idea of having a motivational speaker to start the symposium is proposed.
- The need for a clear plan and timeline for the symposium is emphasized.

Community Engagement and Survey

- The committee discusses the importance of community engagement and surveying the community to understand their health needs.
- Member Ngande Ambroise suggests using interns to conduct surveys at the hospital entrance.
- The idea of surveying board members and the community to gather feedback on their experiences with Lincoln Hospital is proposed.
- The committee agrees to survey the community to identify key health issues and topics for the symposium.

Finalizing the Health Symposium Topics

- The committee votes on the top health issues to focus on, with mental health emerging as the primary topic.
- Other topics like autism, cancer, diabetes, and menopause are also discussed.
- The importance of addressing mental health stigma and providing resources for the community is emphasized.
- The committee plans to have a health fair to provide immediate appointments and resources to attendees.

Health Fair Planning and Logistics

- The health fair is planned to follow the symposium, focusing on providing information about Lincoln Hospital's resources.
- The committee discusses the logistics of the health fair, including the use of the courtyard for tables and resources.
- The importance of having a clear plan and timeline for the health fair is emphasized.
- The committee agrees to finalize the details for both the symposium and the health fair in upcoming meetings.

Keynote Speaker and Panel Discussion on Mental Health

- Chairperson Clarisa Alayeto discusses the idea of having a keynote speaker who is a mental health advocate, community leader, or public official to share their personal testimony.
- The panel discussion will focus on the truth about mental health, myths, barriers, and solutions.
- Members for the panel can include therapists, social workers, community leaders, and individuals with lived experiences.
- During lunch, there will be a resource fair where attendees can explore available resources.

Breakout Sessions and Fireside Chat

- Breakout sessions will cover topics like mental health in the workplace, youth and mental health, and trauma and healing in communities of color.
- A fireside chat will be held in the auditorium to discuss mental health priorities, policies, and practices.
- District Manager Anthony Jordan suggests inviting elected officials to discuss the policies they are implementing.
- The closing keynote will feature a well-known advocate, therapist, or community leader, followed by a call to action encouraging attendees to sign up for therapy.

Discussion on Lincoln Hospital's Mental Health Services

- District Manager Anthony Jordan inquires about Lincoln Hospital's outpatient psychiatric services and trauma care.
- Member Marcelo Villagran mentions the recovery center and substance abuse services at Lincoln Hospital.
- Member Marcelo Villagran explains the process of evaluating and providing services to children brought in by schools.
- The average wait time for mental health services at Lincoln Hospital has increased to five to six months post-COVID.

Youth Committee and Mental Health Resources

- Member Christine Licata suggests involving the youth committee to help younger people understand they can get help for mental health issues.
- Chairperson Clarisa Alayeto notes that people often seek therapy only when in crisis mode.
- The discussion highlights the need for mental health services for seniors, who often face loneliness and anxiety.
- The importance of educating the community about the availability and benefits of mental health services is emphasized.

Living Document and Translation Services

- District Manager Anthony Jordan explains the creation of a living document to keep track of special events and their planning.
- Committee Chair Marilyn Pena suggests using a Saturday Foundation for the living document.
- The need for translation services in multiple languages is discussed, not just Spanish.
- The idea of merging the LGBTQIA Resources and Service Committee with other committees is introduced.

Merging LGBTQIA Resources and Service Committee

- Chairperson Clarisa Alayeto emphasizes the importance of strengthening the LGBTQIA community and its resources.
- The committee is the only one in the Bronx with a dedicated space for the LGBTQIA community.
- The current administration's attacks on the LGBTQIA community are discussed, highlighting the need for support and resources.
- The goal is to bring resources and community input to the LGBTQIA committee to address the needs of the community.

Education and Support for Trans Youth

- Chairperson Clarisa Alayeto suggests focusing on the education and support of trans youth in the community.
- The need for legislation and community education on trans youth issues is highlighted.
- Destination Tomorrow is identified as a key organization to provide resources and support for trans youth.
- The importance of providing action-related education and resources is emphasized.

Mental Health in the LGBTQ Community

- The idea of including a session on mental health in the LGBTQ community in the symposium is discussed.
- Jacqueline Dejesus suggests having separate resources for different mental health issues within the LGBTQ community.
- The first symposium should focus on mental health, with subsequent sessions addressing other issues.
- Standing meetings should be set to focus on mental health in the LGBTQ community.

Planning for the Symposium

- District Manager Anthony Jordan suggests having planning conversations about the symposium as part of old business in future meetings.
- The need to secure the date for the symposium in August is mentioned.
- Ngande Ambroise suggests involving Health First to sponsor the event and make it a family-friendly event.
- The importance of early planning and marketing for the symposium is emphasized.

Final Discussions and Adjournment

- The need for health resources and education is reiterated.
- The meeting is closed with a motion to adjourn, and the importance of continued support for the LGBTQIA community is emphasized.
- The need for translation services and community input is reiterated.
- The meeting concludes with a focus on the importance of education and support for mental health and the LGBTQ community.

Action Items

- Create a living document to track the planning and progress of the health symposium.
- Invite Destination Tomorrow to present at the next committee meeting.
- Secure the date of August 13th for the health fair.
- Reach out to Health First to potentially sponsor the health fair and provide resources.