



Seventh Annual Asian American Mental Health Forum

Weaving Our Many Identities into Well-Being



Friday, May 20, 2016 / 9:30 – 3:00

(registration begins at 9:00)

Solomon Carter Fuller Mental Health Center - Auditorium
85 East Newton Street, Boston

This year's Asian American Mental Health Forum is organized by a coalition of providers, advocates and community researchers to address the often overlooked and stigmatized issue of mental health in the Asian American community. Each year the forum provides a context for networking, collaboration and education for participants to bring back to their work in various communities that focus on principles of recovery and resiliency for the wellness of individuals and their families in the Asian American community.

AGENDA

Opening Remarks:

Ed Wang, Psy.D., Master of Ceremonies

Joan Mikula, Commissioner, DMH

Elisa Choi, MD, Chairperson, Asian American Commission

Keynote Address - Princess Moon

Researcher/Clinician Panel

Facilitator: Elisa Choi, MD

Susan Lambe, PhD, Ed.M.

Josephine Kim, PhD

Nhi-Ha Trinh, MD

Lived Experience Panel

Facilitator: Rohit Chandra, MD

Hung An Nguyen

Noor N Tahirkheli

Irving Wu

Nate Bae Kupel, MSW

Tribute to Hanh Tran

Lunch

Experiential Workshops

Collage and Identity - Pata Suyemoto, PhD

Ally and Alliances -

Valeria Chambers, Ed.M., CAS, CPS/ Chien-Chi Huang, M.S.

Laughter Yoga - Debbie Lyn Toomey, RN

Spoken Word – Christina Chan

Workshop Report Back

Closing Activity

Overall Goal: To improve participants' ability to recognize, honor and work with the many, often inter-woven identities Asian-American individuals possess in addition to their shared denominator of "Asian" through artistic, lived-experience and research presentations and interactive, experiential workshops

Objectives:

- Describe the role personal identities – such as religious, LGBTQ, multi-racial, adoptee and/or immigrant generational status – play in mental health wellness in addition to race and cultural background within the Asian American community;
- Identify at least 2 mental health issues particular to Asian American refugee communities;
- Describe at least 2 ways in which non-traditional therapeutic approaches such as laughter yoga, spoken word and collage help individuals express self and identity;
- Identify at least 2 issues in connection with cross-generational mental health treatment;
- Identify alliances which exist and describe how one can become a supportive ally to individuals;
- Identify how to express one's own multiple identities through artistic and intellectual expression.

Target Audience:

The program will address issues of concern to consumers and mental health practitioners, agencies, educators, policy makers and researchers.

THIS EVENT IS FREE TO ATTEND – LUNCH WILL BE PROVIDED

To register please control/click or copy/paste the following link: <https://www.surveymonkey.com/r/AAPReg2016>

For questions or to request a special accommodation, including ASL interpreters please email: COStaffDev@massmail.state.ma.us

CEUs for LMHC, Social Work, and Psychology will be applied for.



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