

THE NATIONAL ASIAN  
AMERICAN PACIFIC ISLANDER  
MENTAL HEALTH ASSOCIATION



---

# 2024 ANNUAL REPORT

---





# TABLE OF CONTENTS

ABOUT NAAPIMHA .....	2
WHAT WE DO .....	4
OUR TEAM .....	6
PROGRAMS .....	15
TRAININGS .....	19
POLICY & ADVOCACY .....	23
COMMUNITY SUPPORTS & CRISIS RESPONSE .....	29
EXTERNAL ENGAGEMENTS .....	32
ACKNOWLEDGEMENTS .....	39

# ABOUT NAAPIMHA

One in five people live with a mental health challenge. Unfortunately, many Asian American, Native Hawaiian, and Pacific Islanders (AANHPI) who experience a mental health challenge face unique cultural, religious, language, and systemic barriers that can keep them from getting support. In fact, 65.3% of the estimated 2.6 million AANHPIs who meet criteria for a mental health problem do not receive treatment. AANHPIs have among the lowest rates of utilization of mental health services ([NSDUH 2023](#)). Thus, the **National Asian American Pacific Islander Mental Health Association (NAAPIMHA) aims to promote and redefine the mental health and well-being of the Asian American, Native Hawaiian, and Pacific Islander individuals and communities in the United States through training, programs, policy & advocacy, centering those with lived experience.** Everyone experiences a mental health challenge at some point in their lifetime, exacerbated by race-based hate and trauma, requiring everyone to learn the skills to cope, heal, and advocate for wellness and community care. With this work, **NAAPIMHA envisions mental wellness for all people and a world where mental health is destigmatized and AANHPI individuals and communities are able to access the care and information they need for their well-being.**

Through seed funding from the United States Department of Health and Human Services' Substance Abuse and Mental Health Services Administration, NAAPIMHA was first launched in 2000 as one of four national mental health organizations serving ethnically diverse populations under the National Alliance of Multiethnic Behavioral Associations.

Since 2001, NAAPIMHA has transitioned into a national 501(c)(3) nonprofit organization working to support the holistic health and well-being of AANHPI communities, through mental health training, programs, and policy & advocacy. **It is the only community-driven organization with a national mental health focus on AA & NHPI communities that integrates an interdisciplinary approach that spans education, training, public health, and policy & advocacy and centers those with lived experience.**



NAAPIMHA

National Asian American Pacific Islander  
Mental Health Association



# LEADERSHIP REMARKS

## **Board President Dr. Ed Wang:**

Our organization builds on the bedrock of community connectedness and partnerships. I am very grateful for DJ Ida's dedication and unwavering commitment, which built the solid foundation to promote the mental wellness of AANHPIs.

2024 was a year of organizational transition, leadership change, and programmatic growth. The most crucial task was finding our new Executive Director, Pata Suyemoto, to replace the hard-to-replace DJ while continuing programmatic expansion and recruiting new board members.

I am thankful for our staff's "Excitement, Enthusiasm, and Energy" to achieve our 2024 goals. We will formally welcome our new board members in the coming year. With the same excitement, enthusiasm, and energy, I look forward to seeing the partnership of Board members and staff to continue the mission of NAAPIMHA in 2025.

## **Executive Director Dr. Pata Suyemoto:**

2024 was a very busy and active year for NAAPIMHA. We worked with many partners; we trained groups and individuals in MHFA and Achieving Whole Health; we participated in many national meetings about issues such as the mental health workforce, 988, AANHPI Hate, and people with lived experience; we held healing spaces in response to crises in our communities; we built out our NAAPIEN network; we presented to organizations and universities, and we continued to expand all of our work. I am always saying we as a team, are small but mighty!

However, we could not do what we do without our community partners and individuals who collaborate with us and support the work we do. Community connection drives all that we do at NAAPIMHA and we appreciate and celebrate those who have joined us in the past to make this work possible.

We also want to invite those who may be interested in AANHPI mental health to join us – by taking a training, participating in online events, sharing our Instagram posts, joining the National Asian American Pacific Islander Empowerment Network (NAAPIEN), visiting our website ([www.naapimha.org](http://www.naapimha.org)), donating to NAAPIMHA, inviting us to speak at your organization or collaborating with us on a mutual project. We hope to expand our reach through expanding our partnerships.

We hope that 2025 can be a year of growth, collaboration, determination, and progress all while caring for ourselves, our families, and our communities.



Ed K.S. Wang, Board President,  
2024



Pata Suyemoto, Executive Director,  
2024



# WHAT WE DO

---

NAAPIMHA leads mental health trainings and community programs for AANHPI youth, communities, providers and AANHPI-serving community based organizations and coalition building with mental health and AANHPI-serving advocacy organizations to impact policy and respond to mental health crises. NAAPIMHA's work falls into four main areas:



## Culturally-Informed Mental Health Trainings

NAAPIMHA conducts culturally relevant, holistic, mental health training across the U.S.:

- *Achieving Whole Health* trains and uses a culturally responsive approach to help individuals learn how to be in control of making healthy decisions
- *Growing Our Own* trains providers on how to provide culturally and linguistically appropriate care
- *Adult Mental Health First Aid* teaches individuals (18+) how to help someone who is developing a mental health problem or experiencing a mental health crisis.
- *Youth Mental Health First Aid* teaches individuals (18+) how to help youth who are developing a mental health problem or experiencing a mental health crisis.
- NAAPIMHA provides trainings and presentations around AANHPI mental health for service providers, community-based organizations, student groups, employee resource groups, businesses, etc.



## Community-Based Mental Health Programs

NAAPIMHA facilitates community-based mental health programs to foster brave spaces for sharing and healing within AANHPI communities:

- *Friends DO Make a Difference* is a mental health leadership program for AANHPI youth and young adults.
- *The National Asian American Pacific Islander Empowerment Network* (NAAPIEN) is a national network of AANHPIs who have lived experience with mental health issues, either as individuals or as impacted friends or family.
- *Healing Through the HeArt Series* are projects that highlight the healing power of art in all its forms.

# WHAT WE DO (CONT.)

NAAPIMHA leads mental health trainings and community programs for AANHPI youth, communities, providers and AANHPI-serving community based organizations and coalition building with mental health and AANHPI-serving advocacy organizations to impact policy and respond to mental health crises. NAAPIMHA's work falls into four main areas:



## Community-Driven Policy & Advocacy

NAAPIMHA engages with local, state, and national partners on grassroots and grassroots advocacy efforts to inform and advance public policy supporting AANHPI mental health:

- Involvement in coalitions, like the National Council for Asian Pacific Americans, Asian American Leaders Table, AAPI Against Gun Violence Coalition, and #ReimagineCrisis Coalition, that directly influence policies that help address hate, racism, and suicide prevention.
- *Coordinates National Asian American Native Hawaiian Pacific Islander Mental Health Day* (May 10), the national resolution with the Congressional Asian Pacific American Caucus & city/state proclamations with local and regional community partners.
- Facilitates the *Vote for Wellness Initiative*, a national voter engagement campaign supporting Asian American, Native Hawaiian, and Pacific Islander (AANHPI) communities to get out the vote while centering their mental health and well-being during Election season.



## Community Crisis Supports & Response

NAAPIMHA responds to individual mental health crises and wide-scale community mental health crises related to people-made (ex. race-based shootings) and natural disasters impacting AANHPI communities and individuals.

- Offered mental health supports and resources following communitywide impacted crises, including the unjust killings of community members like **Nyah Mway**, a 13-year-old Burmese refugee; **Yong Yang**, a 40-year-old Korean American; and **Victoria Lee**, a 25-year-old Korean woman.
- Connects and refers individuals to AANHPI mental health services and supports
- Provides input on 988 Suicide & Crisis Lifeline and other national suicide prevention efforts
- Participates in SAMHSA Anti-AANHPI Hate workgroup and developing Anti-AANHPI Hate resources and webpage.



# OUR TEAM

At NAAPIMHA, our people are the central heartbeat to the heart work we do in support of Asian American, Native Hawaiian, and Pacific Islander individuals, families, and communities. In this section, get to know the team behind NAAPIMHA. To get us started, we've captured a few photos of our team over the year - from team outings to virtual meetings to gatherings with the AANHPI and mental health community.



# OUR TEAM

.....



## **Pata Suyemoto, PhD (she/they)**

**Executive Director, Consumer Advocate, Mental Health First Aid & Achieving Whole Health Trainer**

Dr. Pata Suyemoto is a feminist scholar, writer, educator, curriculum developer, equity trainer, mental health activist, jewelry designer, and avid bicyclist. She earned her PhD. from the University of Pennsylvania and did her research on anti-racist education and issues of race and racism.

She is the Executive Director for the National Asian American Pacific Islander Mental Health Association (NAAPIMHA) and leads the National Asian American Pacific Islander Empowerment Network, which is a network of Asian American Native Hawaiian Pacific Islanders (AANHPI) with lived-experience related to mental health concerns. She is the Associate Director of Equity for the Massachusetts Coalition for Suicide Prevention (MCSP) and the co-chair of the Greater Boston Regional Suicide Prevention Coalition. Pata is also founder and co-chair of the MCSP Alliance for Equity and one of the authors of Widening the Lens: Exploring the Role of Social Justice in Suicide Prevention – A Racial Equity Toolkit. She has spoken and written about being a suicide attempt survivor and her struggles with chronic depression and complex PTSD. Pata is a member of a number of boards and committees including the MCSP’s Executive Committee and the planning committee for the annual Asian American Mental Health Forum. She is also the chair of the Suicide Prevention Resource Center’s (SPRC) Lived Experience Advisory Committee (LEAC). In 2024, she won the American Association of Suicidology’s Transforming Lived Experience Award and her claim to fame is that she rode her bicycle across the country in the summer of 2012.



## **Krystle Canare (she/her)**

**Deputy Director, Mental Health First Aid Trainer, Achieving Whole Health Trainer**

Krystle Canare (she/her) is a proud Filipina American, the eldest daughter of first generation immigrant parents, the descendent of Filipino farmers, fisherman, and warriors, and carries both their generational wounds and legacy as a person with lived mental health experience and as a Deputy Director of NAAPIMHA, the National Asian American Pacific Islander Mental Health Association, a national organization dedicated to promoting and redefining the mental health of Asian American, Native Hawaiian, and Pacific Islanders (AANHPI) across the United States.





# OUR TEAM

(cont.) Krystle is a national health equity leader with extensive leadership and management experience in the federal government, the nonprofit sector, academia, and AANHPI-serving organizations. Prior to NAAPIMHA, Krystle served as consultant for the Substance Abuse Mental Health Services Administration, an ambassador for the White House Initiative on Asian Americans & Pacific Islanders, steering committee member for the National Network to Eliminate Disparities in Behavioral Health, health equity ambassador for the American Psychological Association, staff at the National Council for Mental Wellbeing, National Alliance on Mental Illness, and Georgetown University's National Center for Cultural Competence, and founding Vice Chair of the Asian Mental Health Collective.

Currently, Krystle serves as Health Committee Co-Chair for the National Council of Asian Pacific Americans, Mental Health Advisor for the Filipino Young Leaders Program Tayo, and enjoys living as a digital nomad and way finder traveling the country, reconnecting with the land, and living full-time in her RV with her partner and puppy, Evie.



## Elizabeth Sweet (she/they)

Community Engagement Manager, NAAPIEN  
Coordinator

Elizabeth Sweet (천혁 (Cheon Hye-ok), she/they), is a Korean American adoptee and graduate of the University of Washington's neuroscience and political science programs. Transracially and internationally adopted from South Korea into a rural town in Washington state on S'Klallam land, she was raised outside of Asian American community and culture. She has since worked to reclaim her Asian identity and

reconnect with Korean culture, advocating that there is no singular way to be Asian American. Elizabeth identifies as a queer person of color with lived mental health experience whose identities have shaped her vested interest in mobilizing around racial justice, global liberation, and intersectional advocacy. She is a model minority denouncer, who lived under the control of this deeply problematic stereotype for years until realizing her value existed outside of it. Currently serving as the Community Engagement Manager at NAAPIMHA, Elizabeth champions visibility for AA & NHPI issues, decolonization, dismantling mental health stigma, and the convergence of science and cultural knowledge with policy. In her free time, Elizabeth enjoys hiking, paddleboarding, discussing Asian representation in media, and reclaiming/wearing Korean traditional dress or 한복 (hanbok).

# OUR TEAM

.....



## Aryelle Montecer (she/her)

Project Coordinator, Mental Health Awareness Training Center

Aryelle Montecer (she/her) is a proud, second generation Filipina American from Maryland. She received her Bachelor of Arts in Psychology from The Catholic University of America in hopes to support her community's mental health and to dismantle the stigma that surrounds it. She has been highly involved in leadership within the Filipino American community.

She has served as an ambassador for the National Federation of Filipino American Association's Empowering Pilipino Youth through Collaboration (NaFFAA EPYC) program, as well as a fellow and Wellness Coach for the Filipino Young Leaders Program (FYLPRO). She has also served as Culture Chair and Co-Chair for District VI of the Filipino Intercollegiate Networking Dialogue (FIND Inc.) as well as Event Coordinator for The Filipino Organization of Catholic University Students (F.O.C.U.S.).

In her free time, Aryelle enjoys reading, attempting to play the guitar, and journaling. You can also find her in the crowd of a concert from time to time or at the gym.



## Jinny Choi (she/they)

Project Coordinator, Friends DO Make A Difference Program

Jinny Choi (she/her) is a queer, first-generation Korean-American. She was raised in an ethnically diverse part of New Jersey—in a county with the highest population density of Korean-Americans in the U.S. Jinny is proud to be Asian and hopes to use her lived experiences to inspire and uplift youth. Jinny graduated from Bentley University with a Bachelor of Science in Management and

a concentration in Leadership. She was actively involved with the new student orientation program, served as president of the university's co-ed business fraternity and the Korean Students Association, and received various leadership awards for her contributions to the community.

Jinny brings experience from a wide range of industries including consulting, Big Tech, government, youth services, and travel. She has worked as a growth marketer for a DEI consulting firm and as a grant writing consultant for nonprofits.





# OUR TEAM

(cont.) In her free time, Jinny volunteers at Asian Girls Ignite, a Denver-based nonprofit serving AANHPI girls and women, and takes digital photography and American Sign Language classes. She also enjoys live music (especially K-pop), traveling, strength training, and playing with her two small dogs.



## DJ Ida, PhD (she/her)

Senior Advisor & Executive Director Emeritus,  
Achieving Whole Health Trainer

Dr. DJ Ida has over forty years of experience working with Asian American/Pacific Islander communities. She received her doctorate in clinical psychology and helped establish numerous organizations, including the Asian American Educational Opportunity Program at the U of Colorado, the Asian Pacific

Development Center, a specialty mental health clinic in Denver, and the National Asian American Pacific Islander Mental Health Association. She has served on numerous advisory boards including the US Dept HHS Substance Abuse and Mental Health Services Administration National Advisory Board, Mental Health America, the Annapolis Coalition for Behavioral Health Workforce, the Hogg Foundation and the UC Davis Medical School Center for Eliminating Health Disparities. She received the Robert Wood Johnson Award for Health Equity for her efforts to focus on the impact of mental health on the health and wellbeing of ethnically diverse and linguistically isolated populations. She was the primary author for the Office of Minority Health's Integrated Care for AANHPIs: A Blueprint for Action (2012). In 2001 she served as a peer reviewer for the Surgeon General's Report on Mental Health: Culture, Race, and Ethnicity and was a contributing author for the Eliminating Disparities for Racial and Ethnic Communities Subcommittee report for the President's New Freedom Commission on Mental Health as well as the Annapolis Coalition on Behavioral Health Workforce's paper An Action Plan for Behavioral Health Workforce Development. In an effort to improve the quality of care for AANHPIs she helped develop Growing Our Own to train clinicians on how to provide culturally and linguistically appropriate mental health services; Achieving Whole Health to train community members to become Wellness Coaches; and the Mental Health Interpreters Training to work in mental health settings recognizing the unique challenges faced when interpreting with immigrant and refugee populations.

# OUR BOARD



## Ed Wang, PhD (he/they) Board Chair & President

Dr. Ed K.S. Wang is an Assistant Professor of Psychology in the Department of Psychiatry at Harvard Medical School and the Director of Policy and Planning for the Chester M. Pierce, MD Division of Global Psychiatry. As the former Director of the Office of Multicultural Affairs of the Massachusetts Department of Mental Health, Dr. Wang has developed expertise in caring for

and developing programs for racially and ethnically diverse chronically mentally ill adults, children and adolescents with serious emotional or behavioral disturbances.

Dr. Wang's teaching and consulting work focuses on U.S. and international mental health policy, program development, and clinical excellence. He works with organizations and governments to integrate evidence-based practice, community-based participatory research, informatics, network development, and community partnerships to transform public policy as well as organizational programs and practices.

Dr. Wang has consulted with groups providing community-based mental health services in the U.S., Canada, Liberia, Kenya, China, and Hong Kong. He was the first Asian American psychologist appointed to the National Advisory Council, Substance Abuse Mental Health Services Administration, Department of Health and Human Service and participated in the White House National Conference on Mental Health. He spoke at the 21st IFP World Congress of Psychotherapy on the "Essential Role of Psychotherapy for Person-Centered Health Care: A Global Perspective".

Born in Hong Kong, Dr. Wang is currently the President of the National Asian American Pacific Islander Mental Health Association. He participated in the National Mental Health and Suicide Prevention Debriefing by the White House Commission's on Asian American Pacific Islanders. He has been a member of a national group addressing health and behavioral health needs through integrated care for Asian Americans organized by the Office of the Minority Health, United States Department of Health and Human Services. Dr. Wang is a national consultant for the National Center for Cultural Competence for children's and families mental health. He has been on the faculty of the Training Institutes of System of Care since 2002 of the National Technical Assistance Center for Children's Mental Health at the Georgetown University Child Development Center in Washington, D.C. His clinical, teaching, and public service continues to transform policy, program and practice in the United States and internationally. His career aspiration is to continue the expansion of a network of global experts to improve mental health conditions and overall wellness of underserved communities.





# OUR BOARD

---



## Francis Lu, PhD (he/him)

Board Vice President

Francis Lu is the Luke and Grace Kim Endowed Professor in Cultural Psychiatry, Director of Cultural Psychiatry, and Associate chair for Medical Student Education at the UC Davis Health System. Dr. Lu's career has focused on cultural competence and diversity, mental health disparities, psychiatric education with an emphasis on recruitment and mentorship,

and the interface of psychiatry and religion/spirituality especially through film.

He currently works with both the Asian American Center on Disparities Research and the Center for Reducing Health Disparities at UC Davis and has served on the California State Department of Mental Health Cultural Competence Advisory Committee since 1996. The American Psychiatric Association (APA) awarded him the 2001 Kun-Po Soo Award for his work in integrating Asian issues into psychiatry; in 2002, he received a Special APA Presidential Commendation for his work in cross-cultural psychiatry. In 2008, the American Psychiatric Foundation awarded him one of its Advancing Minority Mental Health Awards and the Association for Academic Psychiatry honored him with its Lifetime Achievement in Education Award. He currently serves as an issues representative on the National Steering Committee of the Association of American Medical Colleges Group on Diversity and Inclusion and as chair of the University of California Committee on Affirmative Action and Diversity of the Academic Senate. He received an M.D. from Dartmouth Medical School.

---



## Theanvy Kuoch (she/her)

Board Member

Theanvy Kuoch is Executive Director of Khmer Health Advocates, Inc. Kuoch is a great example of resilience and surviving in the face of profound trauma. She turned her own experience as a Cambodian refugee into something positive - she now helps other victims of persecution to overcome the scars of the past and has won international recognition for her achievements.

# OUR BOARD



(cont.) After suffering for four years under the Khmer Rouge regime, she managed to escape from Cambodia in 1979. She recalls the horror of the 1970s: "From 1975 to 1979, I was a slave of the Khmer Rouge and forced to do heavy labour. I watched as my family died one by one from starvation and abuse until I had lost more than 19 relatives." Following the Vietnamese invasion of Cambodia, Kuoch, fearing Khmer Rouge reprisals, ran away with her six-year-old son and her niece. They hid in the forest, staying until it was safe to go back to her home, where she was reunited with her father and three sisters.

In the refugee camp, Kuoch was able to regain her self-respect, lost during the long years of harsh treatment. She began working for a surgical hospital operated by the German Catholic Relief Organization and was trained as a theatre nurse. After spending two years working in various refugee camps, she was resettled in the United States. In America, she obtained a master's degree in Cross Cultural and Contextual Family Therapy at Goddard College, Vermont.

Since 1982, Kuoch, together with other devoted nurses from the Khao-i-Dang camp, has provided health services to survivors of torture and persecution through Khmer Health Advocates. As she has said: "I learned that my own pain was eased by helping others." This organisation, based in West Hartford, Connecticut, co-operates closely with other international refugee agencies and assists families to locate and resettle relatives. Finding her own son after 11 years of separation was the greatest reward for her lifelong work.

In the late 1980s, Kuoch started a project called Cambodian Mothers for Peace, a women's group that advocated an end to fighting in Cambodia through discussions and presentations about their Cambodian experience. This year, she organised the National Cambodian American Health Taskforce to address a health crisis in Cambodian communities across the United States.

Kuoch has been awarded on several occasions for her enduring refugee work: in 1984, she was one of the humanitarians honoured as "Outstanding Women" in commemoration of the United Nations Decade of Women. In 1991, President George Bush declared her a "point of light" on National Refugee Day. In 1992, she received an award by the Women's Refugee Commission for Refugee Women and Children for her advocacy work.

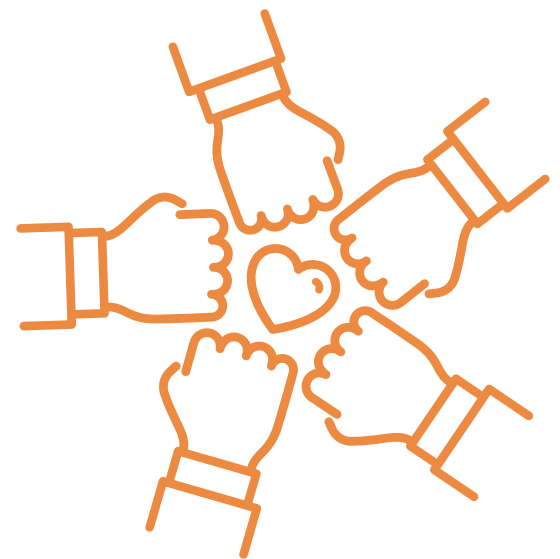


# OUR TEAM

In addition to its staff, NAAPIMHA worked closely with:

- Allyson Goto, Website Consultant & Youth Mental Health First Aid Trainer
- Michelle Garcia, Adult & Youth Mental Health First Aid Trainer
- Kevin Niutoa, Adult & Youth Mental Health First Aid Trainer
- Maureen Medina, Adult Mental Health First Aid Trainer
- Zoë Cain, Graphic Designer

Our team would not be complete without our rising youth leaders. In 2024, NAAPIMHA continued its collaboration with the Conference on Asian Pacific American Leadership (CAPAL) to support AANHPI youth leaders from CAPAL's Public Service Internship Program and brought on other student interns through course-accredited programs and volunteer community service. Our immense gratitude and well wishes go to our 2024 NAAPIMHA interns and student mental health leaders: Jenny Lee, Lily Feng, Cooper Salomon, Tehani Chandrasena Perera, Ally Huang, Lishan Carroll, Heather Webb, and Ciboney Reglos.





# OUR PROGRAMS

## FRIENDS DO MAKE A DIFFERENCE

NAAPIMHA's Friends DO Make A Difference Program is a mental health leadership program for Asian American, Native Hawaiian, and Pacific Islander youth & young adults. **The goal of Friends DO Make A Difference is to foster emotionally healthy environments for AANHPI youth, support their skills in peer mental health support, and emphasize that friends DO make a difference.**

To date, over **40 universities, 13 high schools, 5 student-run conferences, and 7 national conferences** have participated in the Friends DO Make a Difference Program. In 2022, NAAPIMHA piloted the Friends DO Make A Difference program with twenty high school students in Denver, Colorado, and Chicago, Illinois across thirteen different high schools. Students represented eleven different ethnicities including Filipino, Black, Taiwanese, Chinese, Korean, Trinidadian, Indian, Vietnamese, Japanese, Latina, and White and many students also identified as being part of the LGBTQ community.

Program Objectives:

- Increase student's leadership capacity to talk about mental health
- Provide a safe space for students to talk about mental health and other issues
- Find creative solutions to healing
- Help students claim their identity as a source of strength

Session Topics:

- Cultural Identity and Mental Health
- Resiliency and the Power of Allyship
- Emotional Well-Being and Resilience for Youth Leaders
- Community Project led and developed by students

NAAPIMHA is proud of the impact of the Friends DO Make a Difference Program and is excited for the opportunity to expand and build the program and network. In 2023, NAAPIMHA was awarded a grant from the Caring for Denver Foundation to expand the Friends DO Make A Difference program to more schools and youth organizations across the state.



# FRIENDS DO MAKE A DIFFERENCE



**The most important aspect of any program is uplifting the voices of the youth themselves and to allow their voices to guide the programming we offer.** Below are quotes from students who shared what the Friends DO Make A Difference Program means to them:

“I would add that [Friends DO] helped with understanding how to better make connections within my community, especially when it comes to the AAPI community.”

“[Friends DO] has changed how I view mental health in my community and life outside. Social media has been the main place where I have been exposed to this information, but through this program I have been able to learn hands-on experience and work with peers to learn and combat these issues.”

“I have been able to help my friends struggling to a far greater extent than I could have had I not done this program.”

“[Friends DO] has truly changed me and I don’t know if I’d be the person I am today without this program. I’ve built community with other AANHPI people and have come to understand what it means to care for myself and others. I’ve also learned how to reach out to others whether it’s to check on them or to get help with my own life. Learning how to identify and truly feel my emotions will be a skill I carry with me forever. I’m so grateful for this opportunity and how it has changed my life.”

As a result of the Friends DO Make A Difference Program...

- A majority of the students agreed or strongly agreed that they felt more comfortable engaging in conversations with their peers regarding topics covered in the learning sessions.
- A majority of the students agreed or strongly agreed that they received tools to support their own mental health and the mental health of their peers.

We are very excited about the impact of the program and the positive changes we have seen in our students and further to continue providing the program for other AANHPI students in Denver and beyond. We believe that by giving students the skills to understand and navigate mental health challenges and providing a safe space to talk about the stigma that exists within the AANHPI we will create a more inclusive, compassionate, and healthy future.



# OUR PROGRAMS



## NATIONAL AAPI EMPOWERMENT NETWORK

In 2024, with the addition of a new coordinator, NAAPIMHA was able to expand our National AAPI Empowerment Network (NAAPIEN) programming by hosting monthly listening sessions on a unique topic each month central to AANHPI mental health, identity, healing, and belonging, as well as monthly community building sessions. As the year progressed, a steady increase in network attendance at these monthly programming offerings led to some deeply powerful conversations, story sharing, and dialogues that served to destigmatize topics such as eating disorders, substance use/recovery, addressing anti-Blackness in our communities, and LGBTQ+ identity.

NAAPIEN had a few transitions in the steering committee, a highlight of which was welcoming Joe Kou as the newest member! A general NAAPIEN-wide meeting was held on October 27, 2024, and (re)introduced two special interest groups: Healing Through the Arts and AANHPI Neurodivergence. Our steering committee members are integral to providing input on NAAPIEN's offerings and helping to run our special interest groups.

As of December 2024, NAAPIEN includes over 200 members!



# OUR PROGRAMS



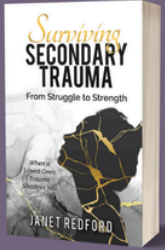
## HEALING THROUGH THE HE(ART)S SERIES

NAAPIMHA is inspired by and committed to healing through the arts programming. In addition to including healing through the arts in our youth and NAAPIEN programs, NAAPIMHA hosted a number of arts workshops, as well as film and book talks. We hope to continue to promote the power of healing through the arts, as we believe not only in healing through expression but also the collective and cultural healing that can occur when participating in and appreciating art as well.

- Where I Belong Virtual Book Talk with Yellow Chair Collective
- Dealing with Dad Virtual Screening and Fireside Chat
- NAPAFASA Healing HeArts Workshop: *Spoken Word & AANHPI Mental Health*
- Bg Gallery: *Collage Making Workshop*
- Nerd Wallet Asian ERG *Zinemaking Workshop*
- Surviving Secondary Trauma: From Struggle to Strength Virtual Book Talk with Janet Redford

UPCOMING FIRESIDE CHATS WITH AUTHOR

# JANET REDFORD




Surviving Secondary Trauma  
From Struggle to Strength ~  
When a Loved One's Trauma  
Shatters You (2024)

Dec. 18th, 2024

Jan. 15th, 2025

4-5 pm PST / 7-8 pm EST  
On Zoom, Register at links in bio!



NAAPIMHA  
National Asian American Pacific Islander  
Mental Health Association

[LEARN MORE](#)



NAAPIMHA  
National Asian American Pacific Islander  
Mental Health Association

## DEALING WITH DAD POST-SCREENING ZOOM PANEL

June 13th at ~5:15-6 PM PST/~8:15-9 PM EST

### MEET THE PANELISTS



Tom Huang, Writer/Director  
of *Dealing With Dad*



Dr. Pata Suyemoto,  
Executive Director of  
NAAPIMHA



Nat Nadha Vikitsreth,  
LCSW, Founder of Come  
Back to Care



Christian Flores,  
Program Manager  
at USAging

Register:  
[bit.ly/DealingWithDadNAAPIMHAPanel](https://bit.ly/DealingWithDadNAAPIMHAPanel)  
(Link in bio!)



# TRAININGS

## ACHIEVING WHOLE HEALTH

The *Achieving Whole Health: Balancing Mind, Body, and Spirit Training* teaches paraprofessional staff and community members how to take an active role in improving their own health as well as learning ways to help others as Achieving Whole Health (AWH) Wellness Coaches. In 2015, AWH was selected by SAMHSA as a best practices model for improving the behavioral health of AANHPIs and became an annual training at SAMHSA's NNEDLearn Conference. This year, NAAPIMHA was awarded SAMHSA's Mental Health Awareness Grant and increased the number of AWH training offerings. To date, **65 community-based organizations and more than 327 participants** have been trained in Achieving Whole Health.

In 2024, NAAPIMHA onboarded and trained Krystle Canare to serve as a national trainer. In total, NAAPIMHA provided **two trainings and trained a total of 12 participants**. AWH participants represented **seven different race/ethnicities** including: Chinese, Filipinx, Japanese, Korean, Native Hawaiian, Taiwanese, and White and were based in **eight states**: California, Colorado, Hawaii, Illinois, Iowa, New York, Pennsylvania, and Washington.

## TESTIMONIALS

"I loved the ways this training explored the body, mind, and spirit domains providing multiple areas of focus for each. I appreciated the seamless integration of cultural considerations/culturally relevant material. I found the breakout room spaces to be very helpful! This training was a very empowering experience and a wonderful chance to connect at a deeper level with the other participants!"

"Going through the activities (catch it, check it, change it and IMPACT goal setting) step-by-step helped me feel more prepared for doing the activities with other community members. It helped to clarify concepts and make them more practical."

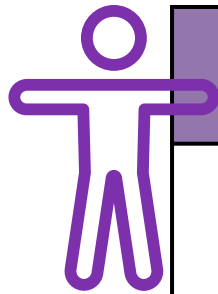


# TRAININGS

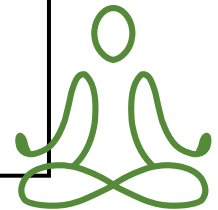
## ACHIEVING WHOLE HEALTH

Training Objectives:

- Become familiar with the 3 Domains of the Body, Mind and Spirit and the associated Life elements
- Learn how to make healthy decisions that have IMPACT
- Develop competence to help others make healthy decisions



BODY	MIND	SPIRIT
<ul style="list-style-type: none"><li>• Healthy Eating</li><li>• Physical Activity</li><li>• Restful Sleep</li></ul>	<ul style="list-style-type: none"><li>• Relaxation Techniques to Relieve Anxiety</li><li>• Hope &amp; Optimism</li><li>• Positive Attitude</li></ul>	<ul style="list-style-type: none"><li>• Spiritual Beliefs &amp; Practices</li><li>• Supportive Relationships</li><li>• Service to Others</li><li>• A Sense of Meaning &amp; Purpose</li></ul>



## TESTIMONIALS

“I am grateful for the reminder to implement self-care in ways that are doable and manageable. It's important to practice self-care regularly rather than use it when I'm feeling like I'm about to burn out.”

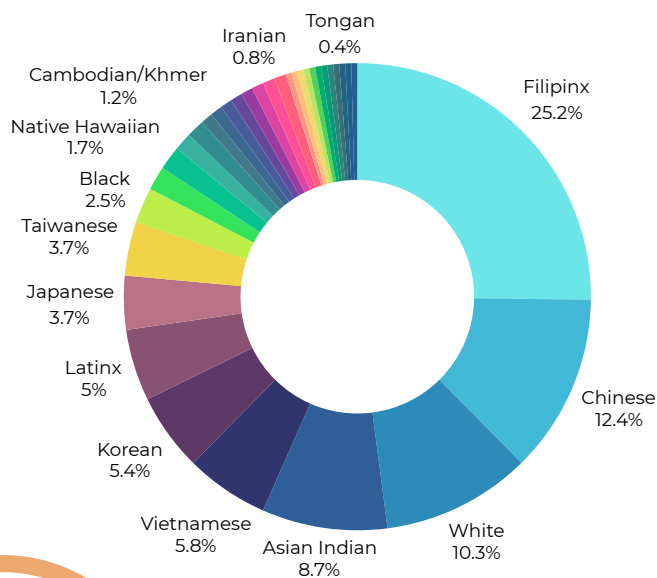


## MENTAL HEALTH FIRST AID

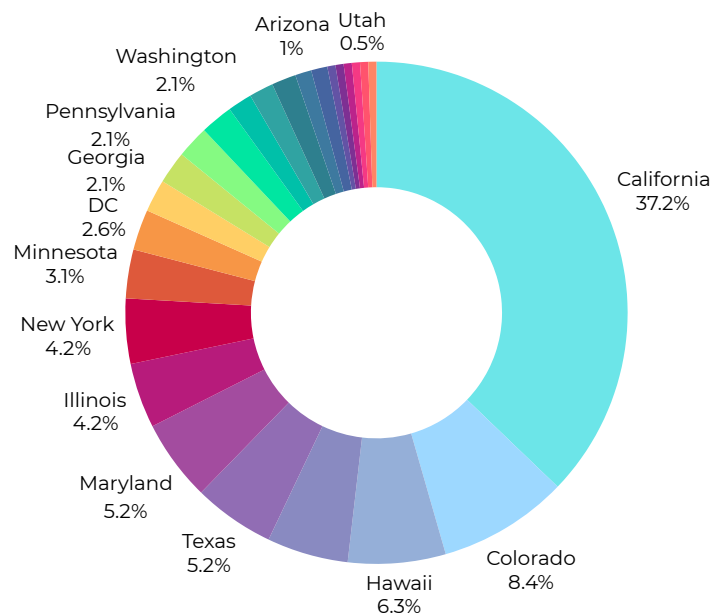
In 2024, NAAPIIMHA continued to offer Mental Health First Aid, a nationally recognized evidence-based practice from the National Council for Mental Wellbeing, at no-cost to AANHPI-serving organizations and communities. Mental Health First Aid teaches individuals how to help someone who is developing a mental health problem or experiencing a mental health crisis. NAAPIIMHA’s Mental Health First Aid trainings are taught by AANHPI MHFA trainers and train the curricula with an emphasis on cultural considerations specific to AANHPI communities. This year, NAAPIIMHA onboarded and trained new facilitators including Michelle Garcia (Adult MHFA/Youth MHFA), Allyson Goto (Youth MHFA), Maureen Medina (Adult MHFA), Kevin Niuatoa (Adult MHFA/Youth MHFA).

To date, NAAPIIMHA provided **nineteen trainings** and **trained a total of 191 participants**. MHFA participants represented **thirty four (34) different race/ethnicities** including: Asian Indian, Bangladeshi, Black, Burmese, Cambodian/Khmer, Chamorro, Chinese, Filipinx, Guamanian, Indigenous Taina, Hafu, Hmong, Indonesian, Iranian, Iu-Mien, Jamaican, Japanese, Korean, Lao, Latinx, Malaysian, Middle Eastern, Native Hawaiian, North Mariana Islander, Pakistani, Palestinian, Samoan, Singaporean, Taiwanese, Tongan, Thai, Vietnamese, and White. **Participants were based in twenty five (25) states:** Alabama, Arizona, California, Colorado, District of Columbia, Florida, Georgia, Hawaii, Idaho, Illinois, Maryland, Massachusetts, Michigan, Minnesota, Missouri, New Jersey, New York, North Carolina, Oregon, Pennsylvania, Texas, Utah, Virginia, Washington, and Wisconsin. In order to support the specific needs of AANHPI individuals with lived experience, MHFA training dedicated to NAAPIEN members is held on a quarterly basis.

Participant Race/Ethnicity



Participant Location



# TRAININGS

## MENTAL HEALTH FIRST AID



### TESTIMONIALS

“Thank you so much for the MHFA training! Being in a fully Asian space was rare, necessary, and empowering. I was pleasantly surprised that the scenarios offered were not white-centered, regarding the MHFA responders and the individuals that needed support.”

“This MHFA course was incredibly informative, relevant, and gave me significant information, practice, and valuable insight into how to respond to a variety of situations related to mental health and substance use scenarios. I went away feeling far more prepared and equipped to respond to these situations actively!”

“Highly recommended to anyone who is passionate about helping others through a mental health challenge even if they are not in a healthcare industry. This knowledge can be used in many situations experienced in daily life.”

### MHFA in Asian Languages

MHFA USA released new in-language MHFA curricula for Khmer, Korean, and Chinese-speaking communities. The project team worked closely with MHFA USA and former MHFA trainees in these communities to identify potential instructors to bring onto the team to offer the new Asian in-language MHFA trainings. NAAPIMHA onboarded a new trainer who will be trained in the Chinese in-language Youth MHFA training in the new year.

### MHFA Learning Collaborative

In March 2024, NAAPIMHA launched its MHFA Learning Collaborative, a monthly learning space designed to bring MHFA graduates together to continue practicing skills taught during MHFA certificate training within the context of AANHPI communities. An interest survey was conducted with MHFA participants to garner input around the goals of the learning collaborative, topics, and how often it would convene. As a result, monthly sessions began in March and discussed topics ranging from identifying local/national AANHPI mental health resources and role plays related to addressing mental health challenges amidst crises and violence.



# POLICY & ADVOCACY



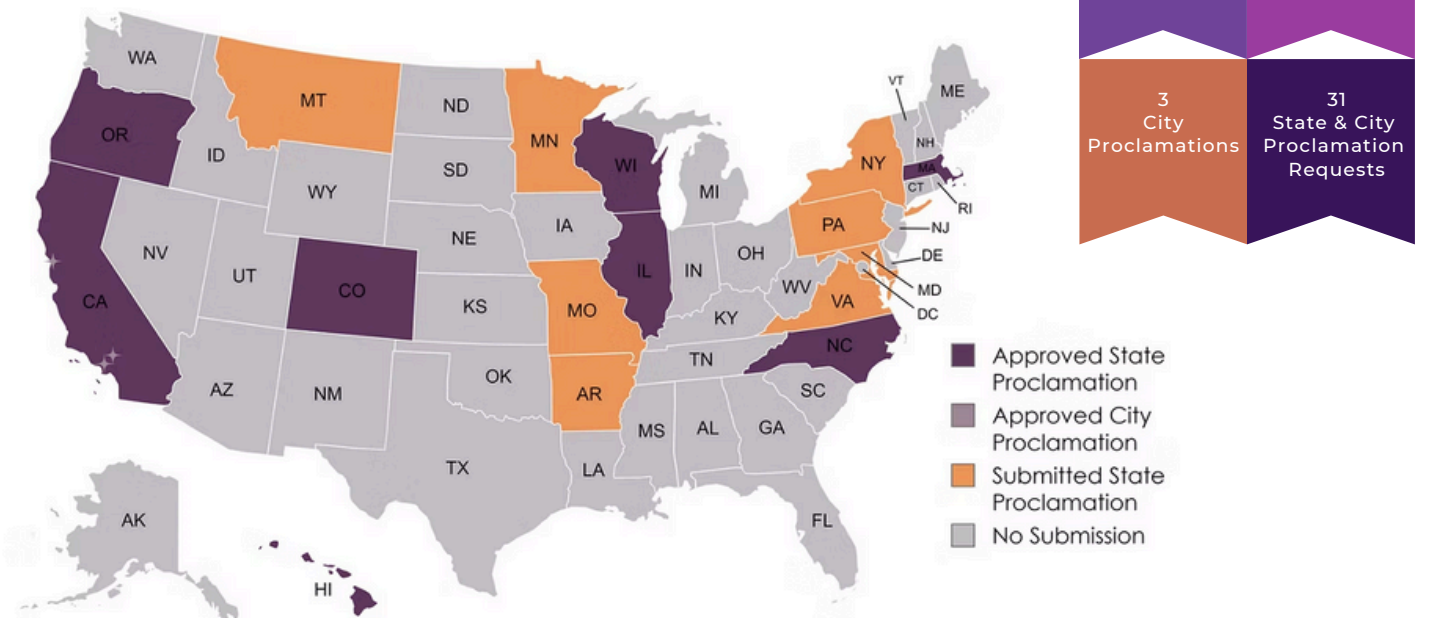
## WEDNESDAY, MAY 10, 2024 IS... AANHPI MENTAL HEALTH DAY

On May 10, 2024, NAAPIMHA, cities, elected officials, and over 120 community organizations and businesses celebrated the fourth annual National Asian American Pacific Islander Mental Health Day, a national day to raise awareness around mental health in Asian American, Native Hawaiian, and Pacific Islander (AA & NHPI) communities.

National Asian American Pacific Islander Mental Health Day takes place at the intersection of Asian Pacific American Heritage Month and Mental Health Awareness Month. This provides a unique opportunity to not only raise awareness around our diverse heritages and mental health, it gives us a chance to talk about how the two are directly related. It is important to continue addressing the many mental health challenges facing AA & NHPIs, but NAAPIMHA invites you to also join us in celebrating who we are as this TOO is mental health.

The national resolution stands on the shoulders of mental health advocates at RAMS, Inc. in San Francisco who spearheaded the first statewide proclamation making May 10th Asian and Pacific American Mental Health Day in California in 2010. In 2024, the resolution was introduced yet again in the House of Representatives and a Senate companion was introduced for the first time. At the state and local level, AA & NHPI mental health advocates and organizations from 31 states and cities submitted proclamation requests and the following states, cities, and counties have approved their proclamation requests:

- **State Proclamations:** California, Colorado, Hawaii, Illinois, Massachusetts, North Carolina, Oregon, Wisconsin
- **City Proclamations:** Arcadia, San Francisco, & San Marino, CA



# NATIONAL AANHPI MENTAL HEALTH DAY

Thank you to our 120+ community partners and champions who celebrated AANHPI Mental Health Day in 2024!



# POLICY & ADVOCACY

## VOTE FOR WELLNESS INITIATIVE

NAAPIMHA's Vote for Wellness Initiative voter engagement campaign continued strong in its second year thanks to grant funding from AAPD's REV UP program and NCAPA to support Asian American, Native Hawaiian, and Pacific Islander (AANHPI) communities to get out the vote while centering their mental health and well-being during Election season.

In this 2024 Presidential Election year, the **Vote for Wellness Initiative** particularly sought to increase community offerings that centered conversations bridging civic engagement and mental health. NAAPIMHA had the privilege of partnering with some amazing folks to hold two in-person events in the first half of the year.

In February, a **Wellness Wednesday** event hosted at the University of Arkansas' Multicultural Center featured a facilitator who led the student attendees in activities helping them to connect and learn more about how to support their mental health during Election season and think about the issue priorities and civic engagement actions they could take in the year ahead.

In April, a community event "**Amplify Voices, Promote Women's Wellness: Elevating Asian Communities in Civic Engagement**" convened a panel of community leaders across sectors of local government, academia, direct service work, community organizing, and mental health in Boston, MA for a discussion of how Asian American communities could, particularly on the issue of women's wellness/mental health, increase their civic engagement

### Resources Launched in 2024:

- Wellness During Election Season + Know Your Voting Rights: For People with Mental Disabilities Brochures available in: Chinese, English, Hindi, Ilocano, Ilonggo, Korean, Marshallese, Tagalog, Tongan, and Vietnamese
- NAAPIMHA-developed Courageous Voting Conversation Guides and Compassionate Conversation Guide handouts
- A Vote for Wellness op-ed focused on exploring civic engagement through a mental health lens
- Uplifting of NAMI's 2024 #Vote4MentalHealth Page
- Uplifting the American Muslim Health Professionals Election Season Mental Health Toolkit

### 2024 Civic Holiday Partnerships:

- August: Civic Health Month (Civic Vote)
- September 9-13: Disability Voting Rights Week hosted by AAPD
- September 17: National Voter Registration Day
- October 7-11: National Voter Education Week
- October 29: National Vote Early Day
- November 4: Election Hero Day
- November 5: Election Day





# VOTE FOR WELLNESS INITIATIVE

In July, NAAPIMHA attended APIAVote's Leadership Summit and Presidential Town Hall in Philadelphia, PA as a supporting organization. During the summit, NAAPIMHA team members co-led an arts and advocacy workshop with NCAPA & NAPAFASA, spoke on a JACL x OCA panel on the topic of building community resilience, and helped lead a workshop focused on protecting our loved ones from fraud and (election) disinformation.

In addition, Vote for Wellness ambassador monthly meetings were held from January through July and transformed into monthly mental health check-in spaces from September through the end of the year. The focus of these spaces was to connect attendees with a curated selection of AANHPI-specific civic engagement resources, opportunities, and news highlights they could utilize in their conversations and activities within their networks and communities, creating space to talk about common disinformation narratives and how to respond, process any reactions to debates, and invite folks to ground themselves and unpack the connections between elections and mental health.

In anticipation of a contentious and emotionally charged election season, the Vote for Wellness Initiative also coordinated and scheduled six **free virtual facilitated mental health and wellness listening session offerings led by mental health professionals for the AANHPI community** on pre and post-election day dates. These listening sessions focused on creating a brave and open space for folks to process their thoughts and emotions, and share the mental health impacts of the election and how political rhetoric, policy, voting experiences, and the results made them feel, aiming to build community solidarity and a sense that no one was alone in feeling overwhelmed, anxious, depressed, fearful, or exhausted in these times. Our clinician facilitators created a judgment-free environment and led attendees through guided exercises that equipped them with somatic tools, self-care practices, and affirming reminders they could take from the space.



# NEW & CONTINUED COLLABORATIONS



NAAPIMHA engaged in new and continued collaborations with the following mental health and/or AANHPI-serving organizations and agencies: Act to Change, Asian Americans Advancing Justice, Asian American Professionals Association, Asian Mental Health Project, Asian Pacific Islander American Health Forum, Asian Pacific American Institute for Congressional Studies, APIAVote, Association of Asian Pacific Community Health Organizations, AAPI Equity Alliance, Center for Law & Social Policy, Conference for Asian Pacific American Leadership, Filipino Young Leaders Program Tayo, Japanese American Citizen League, National Council for Asian Pacific Americans, National Asian Pacific American Families Allied for Substance Awareness and Harm Reduction, Mental Health Action Day, National Alliance on Mental Illness, O'Hana Center of Excellence, RAMS, The Asian American Foundation, This Is My Brave, University of Arkansas Multicultural Center, Value Our Families, and the Substance Abuse Mental Health Services Administration.

NAAPIMHA engaged in the following coalitions and councils to align and strategize on mental health policy and advocacy efforts:

- Substance Abuse Mental Health Services Administration:
  - Anti-AANHPI Hate Workgroup
  - 988 Suicide & Crisis Lifeline Workgroup
  - Workforce Development Workgroup
  - SAMHSA OBHE Expert Advisory Workgroup
  - SPARK (SAMHSA Program to Advance Recovery Knowledge ) National Faculty Steering Committee
- National Council for Asian Pacific Americans Committees:
  - Health Committee
  - Civic Engagement Committee
  - Data Equity Working Group
- #ReimagineCrisis Coalition with NAMI
- AAPI Against Gun Violence Coalition
- 988 Suicide & Crisis Lifeline Formative Research Group with Education Development Center
- Immigrant Mental Health Research Group with Center for Law and Social Policy
- Anne E. Casey Foundation Youth of Color Mental Health Intervention/Program Landscape Scan Advisory Panel
- AANHPI Youth Mental Health Community Advisory Board with The Asian American Foundation
- Value Our Families Coalition



# NEW & CONTINUED COLLABORATIONS

## Partner Campaigns:

- AAPI Data Power In Numbers Campaign
- Act to Change's Day Against Bullying and Hate
- ACA4DACA Campaign



## Sign-On Letters:

- 01-31-24 [Prosecutorial Discretion for Adoptees Without Citizenship \(AWOCs\) Letter to President's Advisory Commission on AANHPIs](#)
- 02-29-24 [AANHPI Endorsement of John R. Lewis Voting Rights Advancement Act](#)
- 03-11-24 [Leadership Conference on Civil and Human Rights HHS OCR Funding Request Letter to Congress](#)
- 03-15-24 [Letter to HHS and FCC on Georouting - #ReimagineCrisisCoalition Letter](#)
- 05-02-24 [Letter to HHS on Insurance Voter Registration Question](#)
- 05-17-24 [NHeLP and NILC's Letter to OMH RFI Universal Symbol](#)
- 06-04-24 [AAPCHO Letter on HRSA NHSC Loan Repayment Program](#)
- 06-11-24 [AAPD Endorsement of Disability Presidential Candidate Questionnaire](#)
- 06-14-24 [NCAPA WHIAANHPI Appropriations Letter](#)
- 06-28-24 [Reimagine Crisis Coalition Comment on Implementation of National Suicide Hotline Act of 2018 Second Further Notice of Proposed Rule Making](#)
- 08-12-24 [NCAPA ACS SPD 15 Letter to Census Bureau](#)
- 10-15-24 [11th Sandy Hook Anniversary Letter to Congress](#)
- 11-12-24 [NCAPA Docket GSA-GSA-2024-0016 U.S. Open Government National Action Plan](#)
- 11-13-24 [H.Res 1554 Sign-On Letter: Statement of Solidarity: The U.S. Government Must Recognize the Sikh Genocide of 1984](#)
- 11-15-24 [Value Our Families Letter to Biden Administration Re: Reuniting Families](#)
- 12-03-24 [SEARAC Request to POTUS re: Federal Pardons for Southeast Asian Refugees](#)
- 12-19-24 [Reimagine Crisis Partner Sign-on: Comment to FCC on Georouting of Text Messages to 988](#)



# COMMUNITY SUPPORTS & CRISIS RESPONSE

While NAAPIIMHA is accustomed to offering referrals to mental health supports and services, the increased frequency of wide-scale community disasters and trauma particularly impacting AANHPI communities requires a wide-scale community support response. NAAPIIMHA is motivated by the rapid response of AANHPI communities to organize in the face of violence and destruction and works alongside local community partners to support impacted victims and families during times of crisis and post-community care:



## Ongoing Genocide in Palestine

NAAPIIMHA supports all who are suffering from the consequences of the horrible acts of war in Gaza and the ongoing genocide of the Palestinian people. NAAPIIMHA has compiled a [list of mental health resources](#) to support those directly or indirectly impacted by the crisis in Gaza and the ongoing Palestinian genocide.



## Supporting Families & Communities of Yong Yang, Nyah Mway, Victoria Lee

In May, NAAPIIMHA worked with LA-based nonprofit Asian Mental Health Project to support the Yang family following the LAPD shooting and death of their family member, Yong Yang, who was experiencing a mental health crisis in their Koreatown home earlier in the month. NAAPIIMHA uplifted mental health and advocacy resources as well as town hall forums and processing spaces with our networks to support the ongoing movement for accountability and healing for the families and communities impacted.

In June, NAAPIIMHA worked with NY-based nonprofit Asian American Federation to support the Mway family and community in Utica, NY following shooting of 13-year old Karen teenager Nyah Mway by Utica, New York police following a foot chase. NAAPIIMHA supported local efforts to locate mental health resources for the family and community, particularly in-person Karen-speaking therapists/LCSWs in New York to support traumatized youth. Given the existing local capacity from Asian American Federation and local nonprofit Midtown Utica, NAAPIIMHA is on standby should there be any other requests and organizing efforts from the local organization and community.





# COMMUNITY SUPPORTS & CRISIS RESPONSE

Supporting Families & Communities of Yong Yang, Nyah Mway, Victoria Lee (Cont.)  
In September, NAAPIMHA worked with NJ-based nonprofit AAPI New Jersey to support the Lee family and community in New Jersey following the death of 25-year-old Korean American Victoria Lee who was shot and killed at the hands of Fort Lee Police after she was experiencing a mental health crisis. NAAPIMHA collaborated with AAPI New Jersey to facilitate a virtual hope & healing circle for anyone impacted by the situation, to share mental health resources, and celebrate the life of Victoria Lee. NAAPIMHA joined the Justice for Victoria Lee coalition and remains connected with ongoing organizing efforts. A community of practice dedicated to supporting the radical healing and community care response of AANHPI communities amidst instances of hate, discrimination, bias, and violence is in the works given our ongoing efforts to respond to real-time crisis impacting our communities.



AAPI NEW JERSEY  NAAPIMHA 

## Hope and Healing Virtual Listening Circles



**TUESDAY, 9/24 @ 6 PM EST**  
**Register: [tinyurl.com/VL-HealingCircle](https://tinyurl.com/VL-HealingCircle)**  
Facilitated by: NAAPIMHA and AAPI NJ



# COMMUNITY SUPPORTS & CRISIS RESPONSE

In October, NAAPIMHA solidified a webinar with Medi-CAL Mobile Crisis Technical Assistance Center to provide mobile crisis team members with knowledge and practical skills on culturally responsive intervention and de-escalation skills with community members from Asian American, Native Hawaiian, and Pacific Islander (AANHPI) communities. Topics include how the intersectionality of race, class, gender, language, culture, and community history can result in social inequality and complex crisis engagement; the role of cultural identities in the presentation of crisis response symptoms; case examples of mobile crisis responses impacting AANHPI communities; the role of behavioral health interpreters in crisis response; and skill development in culturally responsive and strength-based crisis intervention and de-escalation strategies. The webinar is slated to take place in January 2025.

In December, NAAPIMHA launched the Healing, Empowerment, Awareness, Resilience Toolbox, a collection of free behavioral health resources to support Asian American (AA), Native Hawaiian (NH), and Pacific Islander (PI) communities affected by hate incidents. Resources featured in the toolbox were reviewed by members of the AANHPI HEART Workgroup, a public-private partnership of federal agencies, academic researchers, behavioral health practitioners, AANHPI advocates and associations, and people with lived experience during the Biden-Harris Administration. The Toolbox is hosted on the NAAPIMHA website and is a compendium of tools, strategies, and resources to assist communities in responding to anti-AANHPI hate and violence and maintaining a personal sense of safety and well-being.



**NEW RESOURCE ALERT:**

# HEART Launch

Check out the new, online Healing, Empowerment, Awareness, & Resilience Toolbox (HEART) of behavioral health resources to support Asian American (AA), Native Hawaiian (NH), and Pacific Islander (PI) communities affected by hate incidents.

**View the toolbox at:**  
[naapimha.org/aanhpiheart](https://naapimha.org/aanhpiheart)

This initiative was conducted by a workgroup affiliated with the Substance Abuse and Mental Health Services Administration's (SAMHSA) Office of Behavioral Health Equity (OBHE) and the National Asian American Pacific Islander Mental Health Association (NAAPIMHA) comprised of people with lived experience, leaders in community organizations, community-engaged researchers, and federal staff.

**SAMHSA** **NAAPIMHA**  
Substance Abuse and Mental Health Services Administration National Asian American Pacific Islander Mental Health Association

The poster is a vertical rectangle with a purple-to-blue gradient background. It features a megaphone icon in the top right, a heart with three smaller hearts above it, and a toolbox icon. The text is in white and purple. The logos for SAMHSA and NAAPIMHA are at the bottom.

# EXTERNAL ENGAGEMENTS

## Mental Health First Aid Summit

On April 14, NAAPIMHA Deputy Director Krystle Canare presented an Ignite Talk: *Holding the Heart Work & Connecting Communities of Care through Mental Health First Aid* during the National Council for Mental Wellbeing's Annual Conference and Summit. This five-minute, scripted Ted-style talk highlighted Krystle's lived experience and how NAAPIMHA is working to support AANHPI communities through its robust offering of mental health awareness trainings, which include Adult and Youth Mental Health First Aid.



## Select Presentations:

Asian American Professional Association & City National Bank Webinar: *Work-Life Harmony*

Region VI Asian American Pacific Islander (AAPI) Health Summit, Houston TX, Keynote: *AANHPI Mental Health: Where We Are and Where We Are Going*

Wash University In-Between Conference Workshop: *How To Talk About Mental Health*

United Vietnamese Student Association South Leadership Summit XII Panel: *Pathways to Community Engagement*

Asian Americans Advancing Justice Youth Leadership Summit: *Career Roundtable*

APAICS Women's Collective: *Self-Care and Mental Health*

NTTAC System of Care Summit: All Systems Go! Presentation: *AANHPIs In Focus: Holding the Heart Work & Connecting Communities of Care*

BD Asian ARG AANHPI Heritage Month Community Impact Program: *Health Equity & Addressing Mental Health in the AANHPI Community: A Mental Health Fireside Chat with NAAPIMHA*

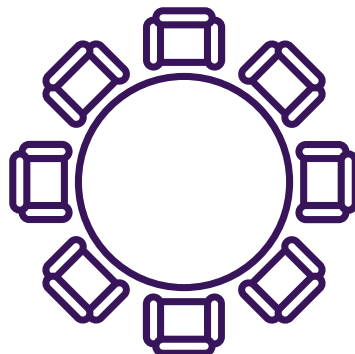
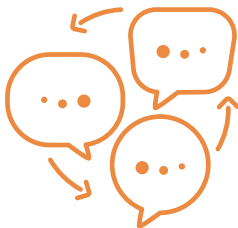
Jefferson County Presentation: *AAPI Mental Health & Allyship*



# EXTERNAL ENGAGEMENTS

## AANHPI Roundtable Discussion with Secretary Becerra

On May 6th, NAAPIMHA Deputy Director Krystle Canare joined a roundtable discussion with the U.S. Department of Health and Human Services (HHS) Secretary Xavier Becerra, Krystal Ka'ai, WHIAANHPI Executive Director, and leaders of 14 national organizations serving AANHPI communities. During the meeting, Secretary Becerra joined participants in celebrating AA and NHPI Heritage Month and reaffirmed the Biden-Harris Administration's commitment to address mental health and health disparities impacting AA and NHPI communities. These strategies focused on addressing language access, enhancing health workforce cultural competency, combatting substance abuse, increasing access to mental health care while reducing stigma, and promoting data disaggregation, among other topics.



## Select Presentations:

US Aging Panel: *AANHPI Heritage Month Lunch & Learn*

Ceres Presentation: *AANHPI Heritage Month Learning Power Hour*

Harris County Public Health Department Healthy Communities Conference Panel: *Cultural Humility for Community Health Workers*

Asian American Professionals Association & AARP Panel: *Accessing Work-Life Harmony & Wellness*

Circle of Vietnamese Families Presentation: *Reflection on Parenting a Child with Mental Health Concerns*

USA Weekend and Points of Light Livestream: *Annual Make a Difference Day Livestream on NAAPIMHA*

Asian Pacific American Medical Student Association Panel: *AANHPI Mental Health*

Rutgers University Presentation: *Immigrant Mental Health*

NCAPA & Asian American Leaders Table Presentation: *Health Policies & Community Strategies*



# EXTERNAL ENGAGEMENTS



**American Association for Suicidology Conference**  
On May 8th, The American Association of Suicidology (AAS), the world's largest membership-based suicide prevention organization, announced that Pata Suyemoto, PhD is the recipient of the 2024 Transforming Lived Experience Award. The award was presented at the 57th Annual AAS Conference in Las Vegas, Nevada.



**AANHPI Community Leaders Briefing at the White House**  
On May 10, National AANHPI Mental Health Day, NAAPIMHA Deputy Director Krystle Canare joined coalition partners at the National Council for Asian Pacific Americans and AANHPI community leaders from across the country for a briefing at the White House, hosted by the White House Office of Political Strategy & Outreach and White House Office of Public Engagement. During this briefing, NAAPIMHA engaged with senior representatives from the Administration about key issues impacting the mental health of AANHPI communities as well as an overview of the Administration's priorities.



**APAICS Summit & Mental Health Panel**  
On May 13, NAAPIMHA's Deputy Director Krystle Canare presented on a panel titled: Caring for Mental Health in the AA & NH/PI Community during the Asian Pacific American Institute for Congressional Studies Legislative Leadership Summit alongside panelists Samira Khan, President of the South Asian Public Health Association (SAPHA), Pearl Pugh, President, Neuroscience, at the Janssen Pharmaceutical Companies of Johnson and Johnson (J&J), Myron Dean Quon, Executive Director of Pacific Asian Counseling Services and moderated by Kimmy Yam, Reporter, NBC Asian America. The panel covered issues such as integrating mental health and primary health care services, improving accessibility through cultural competency and multilingual services, patient experience, and addressing stigmas about mental health that may help overcome barriers to care.

# EXTERNAL ENGAGEMENTS



## SAMHSA Technical Expert Panel Focused on Embedding Equity and Building the Suicide Prevention Workforce Presentation

On July 9, NAAPIMHA's Deputy Director Krystle Canare presented on a panel titled: *Elevating Lived Experiences to Inform Conversations of Equity and Building the Workforce* at the SAMHSA's Office of Behavioral Health Equity (OBHE) Technical Expert Panel (TEP) focused on Embedding Equity and Building the Suicide Prevention Workforce for Underserved Communities. The purpose of the hybrid TEP, which was held in Rockville, Maryland, was twofold: to identify gaps and opportunities for embedding equity in suicide prevention; and to build the suicide prevention workforce to reverse the current suicide rate in under-resourced communities.



**Community Approaches to Counter Hate:**  
Introducing HEART Resources

**Webinar Presenters:**

 <b>Doris F. Chang</b> Associate Professor, NYU Silver School of Social Work	 <b>Anne Saw</b> Associate Professor, DePaul University	 <b>Natalie Ah Soon</b> Director, Community Engagement & Government Relations, RAMS, Inc.	 <b>Krystle Canare</b> Deputy Director, National Asian American Pacific Islander Mental Health Association
---	--	---	---

**DATE** | Thursday, July 25, 2024  
**TIME** | 3:00 pm - 4:30 pm ET



**REGISTER TODAY**

## Community Approaches to Counter Hate: Introducing Healing, Empowerment, Awareness, and Resilience Toolbox (HEART) Resources Webinar

On July 25, NAAPIMHA Deputy Director Krystle Canare moderated NAAPIMHA and SAMHSA's Office of Behavioral Health Equity webinar: Community Approaches to Counter Hate: Introducing Healing, Empowerment, Awareness, and Resilience Toolbox (HEART) Resources, a webinar celebrating the upcoming launch of the HEART resources to counter hate. Presenters discussed three approaches from the Toolbox, designed to uplift mental health and strengthen community, including racial trauma healing circles, family-friendly media videos on how to talk about hate, and advocacy for strengths-based prevention and early intervention programming



## White House Initiative on AANHPIs Policy Summit

On September 26, NAAPIMHA Deputy Director Krystle Canare attended the White House Initiative on Asian Americans, Native Hawaiians, and Pacific Islanders AA and NHPI Policy Summit, a summit dedicated to continuing progress for our community on data disaggregation, language access, anti-Asian hate, and more. NAAPIMHA joined SAMHSA's Office of Behavioral Health Equity and 'Ohana Center of Excellence in facilitating two breakout sessions around the development of a National Strategy for AANHPI Behavioral Health.



# EXTERNAL ENGAGEMENTS



## APIAHF VOICES Conference Panel: Mental Health Across Generations

On October 1, NAAPIMHA Executive Director Pata Suyemoto and Deputy Director Krystle Canare presented and moderated, respectively, at the Asian Pacific Islander American Health Forum's VOICES Conference Panel on Mental Health Across Generations alongside panelists Phuong Do, LICSW, Counselor & Co-Owner at New Path Counselling, Anita Gundanna, Co-Executive Director, Coalition for Asian American Children and Families (CACF), Lucy Nguyen, CHW and Program Manager, Austin Community Health Initiative (AACHI). During this annual conference, attendees explored and discussed health equity and health justice in eliminating disparities and supporting AANHPI communities.



NCAPA x NAAPIMHA x SAPHA x UTOPIA-WA x APEN

## AAPI Climate Justice Panel

### MEET THE PANELISTS

 <p><b>Elizabeth Sweet</b> she/they</p> <p>Community Engagement Manager of National Asian American Pacific Islander Mental Health Association (NAAPIMHA)</p>	 <p><b>Thoin Begum</b> she/her</p> <p>Communications Co-Chair and Board Member of South Asian Public Health Association (SAPHA)</p>	 <p><b>Amasai Jeke</b> she/her</p> <p>SPEaC Change Program Coordinator for UTOPIA Washington (UTOPIA-WA)</p>	 <p><b>Ayesha Abbasi</b> she/her</p> <p>Senior State Organizer of Asian Pacific Environmental Network (APEN)</p>
--	--	---	---

## AAPI Climate Justice Panel

On September 10, NAAPIMHA's community engagement manager Elizabeth Sweet moderated a panel hosted by NCAPA focused on exploring environmental justice and advocacy in AANHPI communities alongside panelists from SAPHA, UTOPIA-WA, and APEN. This panel highlighted the ways AANHPI communities are directly impacted by, on the front lines of, and represented in the environmental justice movement, the importance of intergenerational approaches in this work especially in centering elders and youth, and community calls to action. Themes that emerged during this panel included highlighting the intersectionality of issues connected to environmental/climate justice whether this be how the health of our climate affects our mental/public health, the importance of recognizing Indigenous wisdom and cultural knowledge around climate resilience, and how environmental justice is inextricably tied to global liberation, human rights, and our communities' connection to ancestral lands.



# EXTERNAL ENGAGEMENTS



## Midwest Suicide Prevention and Mental Health Summit Presentation: Weaving a Tapestry of Family Pain and Support: Using the story of an intergenerational impacted family of Japanese descent to understand the role of story in suicide prevention (Columbus, OH)

On October 17-18, NAAPIMHA Executive Director, Pata Suyemoto presented on the intersection between intergenerational mental illness and traumatic racism as experienced by Dr. Suyemoto and her family. Growing up with mental illness on both sides of her family and having a diagnosis of major depression and complex PTSD herself, Dr. Suyemoto understands what it means to be a suicide attempt survivor, a person with lived experience, and an impacted family member simultaneously. In addition, her experience with mental illness has also been impacted by her cultural perspective and experience as a Japanese American woman, whose father was imprisoned in an internment camp during WWII. She discussed the impact of these issues across three generations, as she explores how the experience of telling and hearing stories can heal and empower individuals and communities, as well as develop cultural humility in suicide prevention.



## Reimagine Crisis Partner Summit

On December 3, NAAPIMHA Project Coordinator Aryelle Montecer joined NAMI, the American Foundation for Suicide Prevention, colleagues, and members of Congress to recognize the collective work that has gone into 988 and crisis response and celebrate how far we've come. NAAPIMHA is a part of the #ReimagineCrisis Coalition, #ReimagineCrisis is an initiative that brings together a diverse group of leading organizations to reimagine our national response to people experiencing a mental health, suicide, or substance use crisis.



Together, the coalition calls on policymakers at the national, state, and local levels to urgently take bold action to implement policies, funding and programs needed to build a true crisis response system – one that ensures every adult and child in crisis gets the effective care and support they need.



# EXTERNAL ENGAGEMENTS

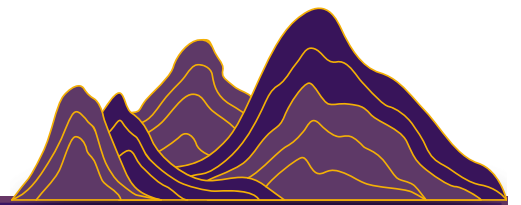
## White House Asian American, Native Hawaiian, and Pacific Islander (AA & NHPI) Mental Health Convening

On July 24, NAAPIMHA Executive Director Pata Suyemoto and Deputy Director Krystle Canare presented and attended the White House Initiative on Asian American, Native Hawaiian, and Pacific Islanders, Office of Public Engagement, and SAMHSA Office of Behavioral Health Equity's AA & NHPI Mental Health Convening. The convening will brought together community leaders, mental health professionals, researchers, people with lived experiences, and federal officials to discuss and address persistent and emerging challenges to the mental health and wellbeing of AA & NHPI communities.

The convening will provided attendees with updates on the Administration's ongoing work to support AA and NHPI mental health since the historic WHIAANHPI Mental Health Summit in 2023 and helped generate practical and culturally appropriate strategies to address the continued mental health needs of AA and NHPI communities. Pata presented on the work of the SAMHSA Pathways Forward 988 Workgroup and Krystle shared a testimony highlighting the mental health needs of AA & NHPI communities, particularly amidst ongoing anti-AANHPI hate and violence.



# THANK YOU & ACKNOWLEDGEMENTS



お陰様で

## *Okagesamade. Thank you*

At NAAPIMHA, there's a history of paying homage to the past. We honor the Japanese phrase "okagesamade", which is used to say "thank you" but has a much deeper meaning. It means to have thanks with gratitude – to be aware that we owe a debt of gratitude to those who have gone before. Kage is the Japanese word for "shadow" so it is to recognize that we are in the shadow of others, that we must be grateful for things that go unseen. NAAPIMHA has always worked to benefit the community and yet those who did the work may never be known because it isn't about getting individual recognition. That said, we show our immense gratitude and okagesamade to all those who have joined us in this work:

- **Sponsors**

- Substance Abuse Mental Health Services Administration
- Caring for Denver Foundation
- National Council for Asian Pacific Americans
- Asian Americans Advancing Justice - AAJC
- American Association of People with Disabilities (AAPD)
- Filipino Young Leaders Program (FYLPRO) Tayo

- **Partners**

- White House Initiative on Asian American, Native Hawaiian, and Pacific Islanders
- Asian American Professionals Association
- Asian Pacific Islander American Vote
- Conference on Asian Pacific American Leadership
- Lived Experience Advisory Community of the Suicide Prevention Resource Center
- National Council for Mental Wellbeing

- **Other Donors**

- AsianNerds ERG / Nerdwallet
- Bg Gallery
- Ceres, Inc
- Gilead Sciences
- Gold Mouse Collective
- Harris County Government
- Jefferson County Government
- New York Life Foundation
- Oak View Group
- Ogletree Deakins
- Pricewater House
- San Jose State University Research Department





