

## ASIAN AMERICAN FAMILY SERVICES

Presents

### Beyond Chopsticks: Innovative and Practical Approaches in Working with Asian Americans

A CONFERENCE FOCUSING  
ON THE MENTAL HEALTH AND  
SOCIAL WELL-BEING OF  
ASIAN AMERICANS



**March 3, 2006**  
8:00 am - 5:00 pm  
United Way  
Community Resource Center  
50 Waugh St. @ Feagan

#### Co-sponsors:

- \* Area Agency on Aging \* Council on Drugs and Alcohol \*
- \* DePelchin Children's Center \* Houston ISD \*
- \* Memorial Hermann Behavioral Health \*
- \* MHMRA Harris County \* West Oaks Hospital \*

NON-PROFIT  
U.S.  
POSTAGE  
PAID  
HOUSTON, TX  
PERMIT NO.  
10679

## About the Program

This forum for didactic and interactive dialogue will enhance your knowledge and skills in working with the issues and challenges facing the Asian American community. Participants will learn how to effectively deal with acculturation issues and intergenerational conflicts within Asian families and will learn practical skills and approaches for working with Asian American youth, seniors and their families.

#### Learning Objectives

Participants will :

1. Gain knowledge and awareness of issues impacting the mental health and social well-being of the Asian American community,
2. Gain valuable and concrete clinical skills in working with Asian American clients,
3. Be able to develop solution-focused strategies for identified barriers to care

-  Issues, trends, policy impact in the delivery of mental health care;
-  Case studies/vignettes
-  Interactive dialogue to develop solution-focused strategies

## About AAFS

The Asian American Family Services (AAFS), established in 1994 as the Asian American Family Counseling Center, is the only community based non-profit agency that is dedicated to providing bi-lingual and bi-cultural mental health and support services to the growing Asian American community in the greater Houston area. The mission is to enhance the mental health and social well-being of Asians Americans.

Last year, over 2,300 individuals and their families were positively impacted by the services provided by AAFS. AAFS has become the gatekeeper and the premier source of mental health services to the indigent Asian immigrant population, addressing the issues of availability and accessibility of linguistically and culturally relevant services for this often ignored and underserved population.

In addition to clinical services which include psychiatrist and therapists, AAFS offers preventive services for youth, seniors, as well s substance abuse prevention. Family Support Services offers case management, pathfinders and advocacy while education/training/outreach programs provide internship, in-service training and community education/outreach.

## About the Speakers

**Kiniki Bermudez** is a consumer and an advocate serving on the advisory council of NAMI and NAAPIAMH

**Jack Chuang**, Ph.D., a counseling psychologist on the faculty of San Jacinto College Central, is a board member of AAFS

**Yuko Kishimoto**, Ph.D., a psychology post-doctoral fellow, is Director of Education and Training at AAFS

**Trinh Le**, Ph.D. is a clinical psychologist with Aldine ISD

**Dorothy Lam Wong, Ph.D.** a retired psychologist, was a consultant for a national study on aging issues for Asian seniors, and is on the advisory council for AAFS

**John Paul Liang**, M.S.O.M. is a licensed acupuncturist at the American College of Acupuncture and Oriental Medicine

**Peter Nguyen**, Ph.D. is a licensed clinical social worker and psychotherapist at AAFS

**Tuan Nguyen**, Ph.D. is a social psychologist at MHMRA and also on the Board of AAFS

**Sun Lai** is a group of spoken-word artists

**Blue Siytanko** is Chen Style Taijiquan master who teaches Tai-chi / chi-gong exercise

**Kim Szeto** is Executive Director of AAFS and a trainer for cultural diversity

**Reiko True**, Ph.D. is an internationally renown psychologist and mental health services consultant

Substance Abuse issues panelist's name(s)

has been kept anonymous due to

Confidentiality



## Speakers

### Intercultural Issues Plenary Session

Moderator: Tuan Nguyen, Ph.D.

- Kiniki Bermudez
- Sun Lai
- John Paul Liang, M.S.O.M., L.A.C.

### Youth Issues Panel

Moderator: Peter Nguyen, PhD, LCSW

- Trinh Le, Ph.D.
- Yuko Kishimoto, Ph.D.

### Senior Issues Panel

Moderator: Tuan Nguyen, Ph.D.

- Reiko True, Ph.D.
- Dorothy Lam Wong, Ph.D.

### Substance Abuse Issues Panel

Moderator: Jack Chuang, Ph.D.

- An anonymous consumer
- SAMHSA representative (TBA)

### Introduction/Primer on APIA Cultures

- Kim Szeto

### Luncheon Keynote Address

- Reiko True, Ph.D.

### Tai-chi / Chi-gong Exercise

- Blue Siytanko

## Program Schedule

8:00am - 8:30am

### Registration/Breakfast

8:30am - 10:00am

### Cultural bleeding and healing: holistic approaches in dealing with the inter-cultural issues affecting the Asian Americans

Moderator: Tuan Nguyen, Ph.D.

 Cultural healing: a personal journey of recovery from mental illness  
Kiniki Bermudez

 Cultural bleeding: provocative examination of racial and cultural impact on our youth: a poetry reading/performance  
Sun Lai

 Approaches to holistic well-being  
John Paul Liang, M.S.O.M.

10:00am - 10:30am

### A primer on the Diversity of Asian American Cultures

Kim Szeto

An exploration of the diversity of values, characteristics, and norms among Asian American cultures as well as a search for commonalities among them.

10:30am - 10:45am

### Break - raffle/door prizes

10:45am - 12:15pm

### CONCURRENT SESSIONS

Expert panels will address issues, trends, as well as policy impact related to each topic area. Case presentation will be moderated and participants will be engaged in interactive dialogue to develop solution-focused strategies.

### Choose one:

-  Substance Abuse Issues
-  Youth Issues
-  Senior Issues

## Program Schedule

12:15pm - 1:45pm

### LUNCH

A buffet of multi-ethnic Asian dishes



### KEYNOTE ADDRESS:

### Cultural impact on women's mental health

Reiko True, Ph.D.

1:45pm - 2:00pm

### BREAK - Tai-chi and Chi-gong

Blue Siytanko

2:00pm - 3:30pm

### CONCURRENT SESSIONS (repeated) Choose one:

-  Substance Abuse Issues
-  Youth Issues
-  Senior Issues

3:45pm - 4:30pm

### Reports from concurrent sessions Discussion on implications Concluding Remarks

4:30pm - 5:00pm

### Evaluation Souvenirs Raffle Door prizes



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## Registration

Registration fee includes continental breakfast, a multi-ethnic Asian lunch buffet, workshop materials, and CEUs.

### Fee

- Regular Registration \$125/person
- Early Registration \$110/person
- Group rate (Five (5) or more from the same organization) \$110/person
- Full-time student (with valid ID) \$65/person

Name \_\_\_\_\_

Organization \_\_\_\_\_

Credentials \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

E-mail Address \_\_\_\_\_

Method of Payment

- Check is enclosed ( \$\_\_\_\_\_ )
- Visa
- MasterCard
- American Express

To register please complete this form and send a check made payable to AAFS or fax credit card authorization to AAFS.

On-line registration and payment are also available at [www.aafstexas.org](http://www.aafstexas.org).

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

**Registrants will receive six (6) continuing education credits upon request and full attendance. (LPC . Social Work . Psychology)**

LPC and social work CEUs are provided by AAFS.

Psychology CE is provided by HISD\*.

\*Houston Independent School District Psychological Services Department is approved by the American Psychological Association to offer continuing education for psychologists. HISD Psychological Services Department maintains responsibility for the program.