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 *

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 internships, in-service training and community education/outreach.

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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 is an internationally renown psychologist and mental health services consultant
Substance Abuse issues panelist’s name(s) has been kept anonymous due to Confidentiality
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

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

Registration

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

<table>
<thead>
<tr>
<th>Fee</th>
<th>Regular Registration</th>
<th>Early Registration</th>
<th>Group rate (5 or more from the same organization)</th>
<th>Full-time student (with valid ID)</th>
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<tbody>
<tr>
<td>Fee</td>
<td>$125/person</td>
<td>$110/person</td>
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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.

American Express  
Visa  
MasterCard  
American Express

Credit Card #:  
Exp. date:  
Signature:  

Registrants will receive 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.

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

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