

Mental Health 360°

CCACC

Chinese Culture and Community Service, Inc.

美京華人活動中心

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A Brief Glance of Mental Health Issues Among Chinese Or Asian Americans

Lifetime Prevalence of Mental Disorders among Asian Americans: Nativity, Gender, and Sociodemographic Correlates

The National Latino and Asian American Study (NLAAS), the first national epidemiological survey of Asian Americans

N=2,095

Hong S1, Walton E2, Tamaki E3, Sabin JA4.

Asian Am J Psychol. 2014 Dec 1;5(4):353-363.

Cross-sectional data from the National Latino and Asian American Study (NLAAS)--US-Born vs. Immigrants

- US-born Asian Americans are more likely to experience lifetime mood disorders, substance use disorders, and any mental disorders compared to immigrants.
- Lifetime substance use disorders are more likely to occur among men rather than women.

Cross-sectional data from the National Latino and Asian American Study (NLAAS)--Nativity and Gender

- US-born women are at the greatest risk for any mood disorders
- US-born men are at the greatest risk for any substance use disorders
- Immigrant women are at the lowest risk for substance use disorders compared to all other groups

Asian Am J Psychol. 2014 Dec 1;5(4):353-363.

Among immigrant Asian and Latino groups, the contrast between collectivism in traditional heritage and individualism in the mainstream American cultures presents unique challenges for their family relationships.

Psychol Bull. 2015 Mar;141(2):404-46. doi: 10.1037/a0038449. Epub 2014 Dec 22

Model Minority at Risk: Expressed Needs of Mental Health by Asian American Young Adults

The objective of this study is to obtain and discuss in-depth information on mental health problems, including the status, barriers, and potential solutions in 1.5 and 2nd generation Asian American young adults. As a part of the Health Needs Assessment project, the researchers conducted two focus groups with 17 young adults (mainly 1.5 or 2nd generation) from eight Asian American communities (Asian Indian, Cambodian, Chinese, Indonesian, Korean, Taiwanese, Thai, and Vietnamese) in Montgomery County, Maryland.

Lee, S., Juon, H., Martinez, G. et al. J Community Health (2009)

34: 144.

According to 2007 data from the National Center for Health Statistics, female Asian Americans ages 15 to 24 were second only to Native Americans in their rate of suicide deaths.

Illness beliefs of Chinese American immigrants with major depressive disorder in a primary care setting

190 depressed Chinese immigrants seeking primary care at South Cove Community Health Center completed the Explanatory Model Interview Catalogue, which probes different dimensions of illness beliefs: chief complaint, labeling of illness, stigma perception, causal attributions, and help-seeking patterns.

[Chen JA](#)¹, [Hung GC](#)², [Parkin S](#)³, [Fava M](#)⁴, [Yeung AS](#)⁵.

[Asian J Psychiatr.](#) 2015 Feb;13:16-22. doi: 10.1016/j.ajp.2014.12.005. Epub 2014 Dec 22.

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- Contrary to prior findings that depressed Chinese individuals tend to present with primarily somatic symptoms, subjects were more likely to report chief complaints and illness labels related to depressed mood than physical symptoms.
 - Nearly half reported they would conceal the name of their problem from others. Mean stigma levels were significantly higher than in the previous study.

[Asian J Psychiatr.](#) 2015 Feb;13:16-22. doi: 10.1016/j.ajp.2014.12.005. Epub 2014 Dec 22.

Background

- * Starting March 2015
- * A Community Collaboration
 - * CCACC
 - * Mental Health Professionals
 - * Community doctors (Dr. Mark Li, Dr. MP Chow)
 - * Community Stakeholders (AAHI, Frederick Center)

Focus in FY2015-2016

*** Community Physician Training**

*** Enhance Public Awareness**

Services in FY2015-2016

- ❖ Public Awareness

- ❖ Mental Health Article Contest

- ❖ To write about mental health

- ❖ Articles on newspaper with professional comments

- ❖ Mental Health Talk

- ❖ Community Doctors

- ❖ The general public

- ❖ Mental Health Service Referral

Some of the Events



Mental Health 360

Case Discussion Conference

Leading Discussants:
Jing Zhang, M.D., Ph.D.
Feng Dong, M.D., Ph.D.
Xiaoping Shao, M.D., M.S.



A Brief Exploration of Motivational Interviewing

Jennifer Frey, Ph.D.



Psychopharmacology update

Jing Zhang, MD, PhD

Mental Health Articles



Mental Health 360° FY2016-2017

- * A grant from Montgomery County

- * Public Education

- * Seminars to health providers, caregivers and the public

- * Booklets with mental health articles

- * Outreach to the community

- * Direct Service to whom with no access

- * The Pan Asian Volunteer Clinic

- * Potential mental health clinic for the underserved

Mental Health 360° FY2016-2017

- * Continue Training to Community Clinicians**
- * Provide Education to Senior Citizen on Mental Health Issues**
- * Provide Education to Parents and Their School Children**
- * Faith Based Mental Health Education**

Some Future Events

- * September 24: Stress and Stress Management
- * October 28-29: Cross Cultural Wellness
- * November: Alzheimer's Association
- * December: End of Life Issues by
Montgomery Hospice
- * Faith Based Mental Health Training

Possible Direct Services

- * Mental Health Clinic with the Pan Asian Clinic
- * Group Therapy Sessions (Social Isolation; Stress Management; Grief....)
- * A Referral Network
 - * Chinese Speaking Mental Health Professionals
 - * Montgomery County Mental Health Program
 - * Local Hospitals

Future Directions

- Toward a Culturally Responsive Model of Mental Health Literacy: Facilitating Help-Seeking Among Asian Immigrants to America**
- Enhance Mental Health knowlege, Give Attention to Emotional Health and Well Being; Prevent or Delay the Onset of Mental Illness**