Addressing Mental Health Needs Through AAHI

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Asian American Health Initiative

Mission: Identify the health care needs of Asian American communities, to develop culturally competent health care services, and to implement health education programs that are accessible and available to all Asian Americans in Montgomery County.
Mental Health Project

Outreach

Community and Providers Engagement

Research

Mental Health Subcommittee/Policy Influence
Community Outreach

In Fiscal Year 2016:

- Attended 35 outreach events with various community and faith-based organizations
- Educated a total of 2,865 community members
Mental Health Photonovel

- Narrative, focuses on the character Abby and her husband Jonathan
- In the story, Abby has recently lost her job and starts feeling tired and sad, and experiencing headaches and stomachaches. After speaking with a Health Promoter from AAHI, she realizes that she might be experiencing a mental health issue

Through this narrative form, AAHI covers the following topics:
- Mental health statistics specific to the Asian American population
- Signs and symptoms of mental illness
- Different types of mental health providers that exist in the system of care
- Separation of the word “crazy” from mental health and mental illness
- Defining and distinguishing mental health and mental illness
- Stressing the interrelation between physical and mental health, mind and body
- Where to go for further help
Mental Health Photonovel

Published in 5 languages
- Chinese
- English
- Hindi
- Korean
- Vietnamese

Used to break down the stigma of mental health and mental illness in the Asian American community
Mental Health Photonovel

Results
- 2,306 photonovel distributed
- 688 education encounters
- 44 service referrals

Among 52 individuals surveyed on the photonovel:
- 100% of community members found the information presented in the photonovel to be helpful
- 77% strongly agreed or agreed that they were more knowledgeable about mental health after reading the photonovel
- 79% strongly agreed or agreed that they were more confident they could go to family or friend for support if needed
- 69% strongly agreed or agreed that they were more confident they could go to mental health services if needed
- 85% would recommend the photonovel to other people
Behind the scene......
Behind the scene......
Mental Health Video

Launched in FY15, AAHI produced a multilingual educational video (in Chinese, English, Hindi, Korean, and Vietnamese) on mental health that addresses the following topics:

- Asian Americans and mental health statistics/how the Asian American population is disproportionately affected
- Definitions of mental health and mental illness
- Signs and Symptoms
- Risk factors
- How to stay mentally healthy
- How to get and seek help

Made available online at any time to community members:

- AAHI website
- Youtube
Let's Talk About Mental Health (Chinese)

Let's Talk About Mental Health (Chinese)

Let's Talk About Mental Health (Vietnamese)

Let's Talk About Mental Health (Vietnamese)
Mental Health Video: Outreach

May, 2016: AAHI took the mental health video to two clinic waiting room areas, at the Muslim Community Center Medical Clinic and the Pan Asian Volunteer Health Clinic, as part of continued mental health educational efforts.

- The video was played primarily in English and Chinese for waiting room clients. Following the video, mental health and resource education was provided using AAHI’s mental health photonovel and other educational resources.
Behind the scene......
Recognizing these needs, AAHI launched its own Mental Health Project in 2015.
Mental Health First Aid Training

A nationally-certified, evidence-based 8 hour course

Participants learn to
  ◦ Recognize mental illnesses
  ◦ Successfully help others who may be experiencing a crisis
Mental Health First Aid Training

With instructors provided by the Mental Health Association, AAHI coordinated 2 trainings in 2016

- 2/20/2016: 20 attendees participated, including Steering Committee members and community organization and faith-based organization partner representatives
- 5/14/2016: In partnership with the Islamic Center of Maryland, 12 attendees participated in this training coordinated for the Muslim community

Following the training, attendees are asked to educate 30 individuals in their communities on mental health. They are provided with 30 copies of the AAHI photonovelt to guide this education.
Community and Providers Engagement

Connect with Asian American providers who speak a variety of languages

◦ Able to refer community members based on language/cultural match, if requested by community member
◦ Mental health 360 project in the Chinese community
Research

Research current data and best practices in order to share with providers and improve care for Asian American clients

Conduct research on mental health issues and health educational tools in order to continuously improve mental health community outreach
Mental Health Sub-Committee/Policy Influence

Support AAHI Steering Committee to advocate on behalf of the Asian American communities to meet with policy makers and major mental health providers
Next Steps

Photonovel 2

Continue Mental Health First Aid trainings

Continue mental health education through community outreach activities

Continue to build community organization, faith-based organization, and provider partnerships

Continue to advocate for Asian American mental health