Beyond Medication: A Holistic Approach to Emotional Wellness

Huxing Lu, LCSW-C
March 1, 2018
The Essence to Mental Health

- Balance
- Hope
- Hanging in there...
About Me
Lessons from My Three Teachers

From My mother:
  Resilience
  Optimism

From my 13 yo ABC son:
  Adjustment, adaptation
  Be happy with oneself

From my 7 yo daughter:
  Love & joy
The PAVHC

- Medical Care for the uninsured
- Hep B Initiatives
- Mental Health 360°
- Address Health Disparities
- Social Service
• Model: 1) Integrated Primary Care and Behavior Health
   2) MH intervention + Eastern Wellness Philosophies
• Services areas:
  • Public Education
  • Direct Service
  • Service network
  • Outreach (UMB; PTA; Faith-base Communities…)}
Mental Health 360-2016

Articles Published
Chinese Newspaper
March 2016

Asian American Health Initiative
August 2016

“Mental Health in Asian Community” - Public TV

Motivational Interview
Dr. Jennifer Frey,
ACAP meeting
June 2016

Alzheimer’s Association
Sep-Dec 2016

Stress Management
Dr. Shumin Zhang,
CCACC
September 2016

Pastoral Counseling
Dr. Mark Li & Pat Cheng,
CCACC
December 2016

Montgomery Hospice
CCACC
October 2016

Mass General Hospital CCSEW
Dr. Chen, Dr. Liu and Dr. Wu
CCACC
November 2016
2017 Calendar of Events

Alzheimer’s Association
CCACC
Jan - Feb 2017

Hear Me Out
CCSEW
Dr. Justin Chen, Dr. Juliana Chen
and Dr. Pau Li, Ph.D, CCACC, CAPA
September 2017

Five Wishes Seminar
Dr. Jennifer Chang
Nov 2017

Advance Care Planning
Montgomery Hospice
April 2017

Publish Mental Health Articles

Mental Health Stigma in Chinese Americans Study
Dr. Sally He
May 2017
2018 New Initiatives

* Parent-teen communication workshops

* Non-Medication Pain management (Acupuncture, TaiChi, Groups)

* Faith-based mental health services
Some of the Events
* Referred by PAVHC and community PCPs
* Assessment
* Crisis Intervention (stabilizing)
* Short-term Solution Focused services
* Linkage to long term services
* **Service Model**

* **Medication**: control symptoms, maintain normal functioning

* **Self Management**: Apply strategies to reduce symptoms

* **Cognitive Restructuring**: To gain a new perspective for long term emotional well-being.
* In our culture, it’s common

- Emotional stresses manifest as physical symptoms
- First R/O medical concerns
- Strategies to address physical symptoms (medication, relaxation skills, Tai Chi, acupuncture, massage ...
Self Management

Increase awareness of
- symptoms
- physical reaction, thoughts, behaviors, assumptions...
- development of the event, history, what worked in the past

Develop your “feeling good repertoire”

Exercises, Hobbies, Relaxation practices, Yoga, Deep Meditation, Tai Chi, environmental, diet…
* It IS all in your mind!

* Tools for Cognitive Restructuring
  3 circles
  Cup metaphor
  Zoom-in, Zoom-out
  Mindfulness practice
  The Connection tree
  Goodness/evil of human nature
The Three Circles

Outer circle:
- Environment
- History
- Talent
- Gene
- News
- Politics
- ...

Middle Circle: Immediate environment, Spouse, family, friends, workplace,
Can not controlled, but can influence

Inner: Self/belonging
Can change, you are in total control

NO Control, Let go
* Individualized Integrative Treatment

* A wholesome tree with branches of
  * Physical
  * Emotional
  * Spiritual
  * Social
  * Career/work
  * Hobbies, sport, recreational
  * Opportunities
Always assume the good intention of others

Focus on issues, not the expression

Find common grounds
Mindfulness

* Here and now

* Peace is in every step

* Today is a gift, that is why it is called Present
Thank you!

kate.lu@ccacc-dc.org