

The 4th Annual Conference

OPPORTUNITIES AND CHALLENGES

Culturally and Spiritually Congruent Integrative Health & Mental Health Models for Asian /Asian American Pacific Islanders (A/AAPI) – Strengthening Resilience in Times of COVID-19, Anti-Asian Violence/Hate, and Xenophobia.



CONFERENCE PROGRAM

December, 2021

This conference is approved for up to 13 Continuing Education Contact Hours for licensed social workers and licensed mental health counselors.

TIME & LOCATION

Dec. 02, Thursday

10am-12:30pm EST

2pm-3:30pm EST

Dec. 03, Friday

11am-12:30pm EST

2pm-3:30pm EST

Dec. 07, Tuesday

11am-12:30pm EST

2pm-3:30pm EST

Dec. 09, Thursday

11am-12:30pm EST

2pm-3:45pm EST

via Zoom Meetings

Co-organized by



P.E.A.R.L. INSTITUTE OF NEW YORK
美國亞太社會工作研究所



NYU SILVER SCHOOL
OF SOCIAL WORK

ABOUT THE EVENT

Overview:

The Pacific Education Advocacy Research & Learning Institute of New York, Inc. (P.E.A.R.L.), is excited to announce its 4th annual Opportunities & Challenges conference. As a community of scholars, researchers, educators, and practitioners, we strive to reduce health and behavioral health disparities by increasing access to culturally relevant models of care. In light of the continued violence and inequities we see, social justice is central to what we do and why we do it. We also want to honor the strength and resiliency of the A/AAPI community.

Stop AAPI Hate reported (8/12/21) tracking over 9,000 Anti-Asian incidents in the US. Multiple factors contribute to these incidents. While health and structural inequities deepen, racism and xenophobia has proliferated. The US, as a White supremacist state, is undeniable. We see state-sanctioned violence towards Black Indigenous People of Color (BIPOC) and a rise in anti-Asian hate that connects back to a history of xenophobia and exclusion. These inequities are not new; they are highlighted and amplified in the lens of a pandemic that universally impacts US citizens.

However, we also see how these events galvanized people from all different backgrounds to work toward a more just world. Our conference continues to do similar work by grappling with the idea of what it means to provide culturally relevant care in the continued time of COVID. What new needs and/or questions have emerged in the Asian/AAPI communities? How do we modify the way we provide care or reframe the research questions we ask? How do we integrate both cultural and structural modifications in the adaptation and implementation of evidence-based models? How do we integrate ideas of resiliency and strength in our work?

This conference will address population-based issues, in the areas of health and mental health, children and families, young adults and aging for Asians/AAPIs. We will also address gaps, barriers, and culturally driven disparities in health care and health access.

Audience:

The conference would be of interest to licensed social workers, mental health counselors, human-services practitioners, researchers, students and community organizations working with Asian/Asian American Pacific Islanders (A/AAPI). The conference will help convey information about current research, best practices, evidenced-based interventions, and ways to support culturally humble, holistic care.

Broad Learning Objectives:

By the end of this conference, attendees will:

Identify at least one

- (1) Culturally congruent model of care for population-based health and mental health for Asians/AAPIs.
 - (2) Grasp how the issues of diversity and equity issues impact integrative care for Asians/AAPIs.
 - (3) Define holistic and culturally humble practices with AA/AAPI women, children/families, health/mental health, and in aging.
 - (4) Design effective and evidenced-informed strategies in serving API/AA and beyond.
- Examine principles of resilience and its applications to AA/API communities.

Thursday, December 2, 2021

Thu, Dec. 2, Thu, 10:00am - 11:00am

Keynote Address:

Integrating Eastern philosophies and practices into promotion of health and mental health: The Model Development Journey in Hong Kong

Dr. Cecilia Lai Wan Chan

Professor Emeritus, Department of Social Work and Social Administration, The University of Hong Kong.

Dr. Celia Hoi Yan Chan

Associate Professor, Head of the IBMS Evidence-Based Practice Research Lab., Department of Social Work and Social Administration, The University of Hong Kong.

Presentation summary:

While social work focus on emotions, problem solving and system imbalances, Traditional Chinese Medicine focus on strengthening the harmonious balance on complex elements of an individual with his/her family, societal and environmental systems. This presentation will share how the authors generated the Integrative Body-Mind-Spirit (IBMS) intervention model in the past decades. A significant number of the population in the East are not able or comfortable with "talking about their emotions". Our team integrated mind-body intervention for cancer patients, women of divorce etc. in the 1990s. With the hope of mainstreaming such services, the team adopted a wide array of impact assessment to affirm the efficacy of our intervention. In a dynamic and fluid global realities of shame, guilt, hate, violence and aggression, the promotion of a tranquil, peace of mind with compassion in our hearts and deeds become vital. Qigong movements and acupuncture points are developed into "One-Second Techniques" to promote self-help empowerment exercises. This presentation will share how evidence are being generated throughout the process of model development.

Thu, Dec. 2, Thu, 11:00am - 12:30pm
Mental Health Panel

Facilitator: Fen-Ju Tai, LCSW-R

Gracie Square Hospital

Nadine Chang, PhD

Chair for Gracie Square Hospital Asian Psychiatry Program

Chen Chen, LMSW

Gracie Square Hospital Asian Psychiatry Program

Yu-Kang Chen, PhD

Clinical Psychologist at Hamilton-Madison House/Licensed Psychologist at Private Practice

Diane Valente, LCSW-R

Program Director & Lead Clinician, OnTrack NY, The Child Center of NY, The Macari Family Center

Zhen Anna Han, LMSW

Primary Clinician, OnTrack NY, The Child Center of NY, The Macari Family Center

Presentation summary:

Providers from 3 different Mental Health programs will share their experiences about providing mental health services during the Covid19 Pandemic and Spike of Anti-AAPI hate. Presenters are Dr. Yu-Kang Chen from Hamilton Madison House Outpatient Clinic, Diane Valente and Zhen Anna Han from Child Center of New York OnTrack Program working with first break psychosis population and their families, and Dr. Nadine Chang and Chen Chen from Gracie Square Hospital's Asian Psychiatry Program. They will share their culturally sensitive effort in their clinical practice as well as community education/outreach, including identifying stressors, raising mental health awareness, building practical coping strategies and resilience, offering support in obtaining employment, financial resources and peer advocacy, etc.

Thu, Dec. 2, 2:00 pm - 3:30 pm
Child and Family Mental Health Workshop

Dr. Yuhuan Xie

Medical Director of Specialty Mental Health program at Asian Health

Daniel Wei, MSW, LCSW

Integrated Behavioral Health Clinician, Asian Health Services, Oakland, CA

Friday, December 3, 2021

Fri, Dec. 3, 11:00am - 12:30pm

The Impact of COVID-19, Racial Discrimination and Xenophobia on International Students: Stress and Mental Health

Dr. Qingwen Xu

NYU Shanghai

Experiences, Coping and Resistance to Anti-Asian Discrimination in the Time of Covid-19

Dr. Doris Chang

Silver School of Social Work at New York University

Gahwan Yoo

NYU Silver School of Social Work

Aakriti Prasai

NYU Steinhardt School of Culture, Education, and Human Development

Presentation summary:

In this presentation we will describe the NYU CARA research study (Covid-19, Asian Americans, Resiliency, and Allyship), a survey of 689 diverse Asian Americans about their experiences of anti-Asian discrimination, mental health, and coping in the time of Covid-19. First, we will describe the study methods and report the frequency of different experiences of anti-Asian discrimination and variation by gender, subethnic group, immigration status and age. Second, we discuss the mental health impact of anti-Asian discrimination and common coping responses across different Asian subgroups. Finally, guided by French et al.'s (2019) Psychological Framework for Radical Healing for People of Color, we explore the implications of going beyond individual-level approaches to coping with racial trauma to target the root causes of racial oppression. We present an empirical test of a conceptual model describing how discrimination experiences can lead to greater racial awareness, empowerment and participation in collective action (civic engagement and political activism) as a route to healing, transformation, and social change. The clinical implications of these findings will be discussed.

Fri, Dec. 3, 2:00 pm - 3:30 pm

Critical Issues Facing Asian American Elderly – Anti-Asian Crimes, Xenophobia, COVID-19 Delta Variant and End-of-Life Conversations Panel

Moderator: Kenny KamMan Kwong, PhD

Chair of Social Work Research, and the Director of Asian American Social Work Initiative at Touro College Graduate School of Social Work

Dr. Pamela Yew Schwartz

Bereavement Counselor, Visiting Nurse Service of New York

Sandy Chen Stokes, RN, MNS

Founder and Board Member, Chinese American Coalition for Compassionate Care (CACCC)

Gourab Das Nayan, MPH, CHES

Health Educator and Program Coordinator, India Home Inc., Certified Health Education Specialist

Presentation summary:

This panel seeks to understand critical challenges facing Asian American elderly populations when they cope with COVID-19 Delta Variant, Anti-Asian crimes, xenophobia, multiple losses, and end-of-life decisions. The panel specifically explores several important topics: 1) navigating and coping with COVID-19, Anti-Asian hate crimes, and xenophobia among Chinese elderly; 2) adherence to safety protocols for COVID-19 Delta Variant among South Asian immigrant seniors; and 3) engaging multi-generational Chinese American families in advance care planning and end-of-life conversations.

Tuesday, December 7, 2021

Tue, Dec. 7, 11:00am - 12:30pm

Integrating “Self-Healing and Integrative Care” (SHIC) Workshop

Moderator: Yuhwa Eva Lu, PhD, LCSW

Founding Board President, Chair of the Board at PEARL Institute of New York

Gil Ontai, EdD, M.Arch.

Secretary of the Board at PEARL Institute of New York

Joseph Changqing Yang, PhD

VP of the Board at PEARL Institute of New York

Presentation 1: “Working with Pacific Islander Communities to Promote Mental Health and Self-care”

This presentation is on promoting mental health through self-care practices in Pacific Islander Communities. The presentation provides insights into Pacific Islander Communities from two perspectives: a native cultural-spiritual perspective and from a “wayfinding” neurobiological perspective. Topics discussed:

- Difference and similarity between indigenous and immigrant Pacific Islander Communities
- Overview of mental health care in oceanic communities
- Indigenous and immigrant cultural and spiritual healing beliefs and practices
- Applying psychosocial and family-centered culturally relevant care techniques
- Traditional “wayfinding theory” and its neurobiological underpinnings

Presentation 2: “Psychological Trauma in Traditional Chinese Medicine”

This presentation will explain the psychological trauma meanings in traditional Chinese medicine (TCM), and the common type of emotions can develop and trigger the abnormal qi movement and the mental and physical reactions in different ways and in different clinical symptoms, also the called somatization conditions are the symptoms caused by the abnormal mental energy movement from TCM point view. Our emotions come from the internal mental energy dynamics and their communications, that are five types of shen, a traditional concept as well will be discussed briefly. So, in the real practice, when we know the emotions and qi reactivities, we will know how to make the proper management accordingly. The presentation will discuss the communication skills, psychological care in TCM, ways to contact nature, self-exercise skills, and the application of Meridians and points of all practical skills.

Tue, Dec. 7, 2:00 pm - 3:30 pm

Mental health of Asian American youth, young adults, and families: Risk, Resilience, and Culturally-Congruent Interventions

Cindy Huang, PhD

Teachers College Columbia University

William Tsai, PhD

New York University

Presentation summary:

Asian American youth and young adults have higher rates of anxiety, depression, and suicidal ideation than their White counterparts. These vulnerabilities are further amplified by the high levels of unmet mental health needs, in part due to barriers related to accessing mental health services and the availability of culturally-congruent interventions. In this workshop, the presenters will share their research on risk (e.g., discrimination experiences) and protective factors (e.g., emotion regulation strategies) associated with well-being among Asian American youth, young adults, and families, and discuss their implications for resilience and family functioning for this population. The presentation will discuss the issues and considerations involved in translating this research into adapted interventions for Asian American communities. This workshop will be interactive, including experiential exercises, breakout rooms, and discussions.

Thursday, December 9, 2021

Thu, Dec. 9, 11:00am - 12:30pm

Addressing Asian American health Disparities through Culturally Tailored, Community-Engaged Research

Moderator: Dr. Sahnah Lim

NYU Grossman School of Medicine, Department of Population Health, Section for Health Equity

Mr. Shahmir Ali

New York University School of Global Public Health

Ms. Sanjana Inala

Clinical Research Coordinator at Mount Sinai Hospital

Dr. Lan Đoàn

NYU Grossman School of Medicine, Department of Population Health, Section for Health Equity

Dr. Stella Yi

NYU Grossman School of Medicine, Department of Population Health, Section for Health Equity

Presentation 1 summary:

South Asian older adults in the United States – a population that faces a complex disease burden, yet very little is known on mental health and related psycho-social outcomes (such as loneliness) experienced in the community. To better understand these challenges and identify points of intervention, India Home (a NYC senior center and frontline nonprofit organization dedicated to addressing the needs of the South Asian adults) conducted a comprehensive needs assessment among its clients and members of the local South Asian community. I will be sharing some of the results of this needs assessment, which was collaboratively analyzed by partners at India Home and NYU, and included: 1) challenges related to loneliness and emotional distress, 2) significant intersection of general self-rated health and mental health outcomes, 3) disproportionate mental health burden experienced by Indo-Caribbeans.

Presentation 2 summary:

Dr. Doan will be presenting on how COVID-19 has magnified multiple threats for Asian Americans—including anti-Asian discrimination and violence, economic challenges, and health and mental health challenges. To effectively mitigate the long-term impacts of the pandemic on health in Asian American communities, we must contextualize new threats from the pandemic, as well as underlying threats that existed pre-pandemic, and intervene in concerted efforts. We propose a Syndemic Framework to understand Asian American health in the context of COVID-19 and to address the long-term consequences on the health.

Presentation 3 summary:

Dr. Yi will be presenting on the intersection of discrimination, nutrition and food access in the Chinese American community in NYC - and highlight the importance of cultural adaptation. She will discuss two interrelated nutrition initiatives being implemented in partnership with Chinese serving community organizations: an intergenerational nutrition education program and a culturally adapted model to enhance access to fresh produce.

Thu, Dec. 9, 2:00pm - 3:30pm

A Panel by CPC: Resiliency and Community Building in Times of Crisis

Moderator: Steven Yip

Director of Operations at the Chinese-American Planning Council

Moderator: Judy Ah-Yune, LMSW

Director of CPC's Manhattan Community Services

Mary Cheng

Director of CPC Childhood Development Services

Winston Chiu

CEO of FEED Forward

Carlyn Cowan

Chief Policy and Public Affairs Officer of the Chinese-American Planning Council

Presentation 3 summary:

Much room is needed to learn what practices community members have stepped forward to confront in terms of a global pandemic that spawned a disturbing rise in anti-Asian hate and violence, coupled with a heightened societal upsurge around the death of George Floyd and the rise of Black Lives Matter.

With the strain, shock, and stress imposed on marginalized communities, helping professionals and concerned community members negotiated uncertain shoals and nevertheless took action, joining together to address challenges imposed by the pandemic and the rise of anti-Asian hate and violence through advocacy, creativity, and volunteer service.

Thu, Dec. 9, 3:30pm - 3:45pm

Official Closing Ceremony



Kenny Kwong, MSW, PhD

Dr. Kenny Kwong is the Professor, Chair of Social Work Research, and the Director of Asian American Social Work Initiative at Touro College Graduate School of Social Work. He teaches courses on research, psychopathology, clinical social work practice in health care, and identity and social justice. Dr. Kwong has more than 20 years of professional social work and managerial experiences in health and mental health.



Benjamin R. Sher, MA, LMSW

Ben is currently the Director of the Office of Global and Lifelong Learning at the New York University (NYU) Silver School of Social Work. Prior to this position, Ben held numerous titles at the Institute for Community Living, Inc., (ICL), including as a Program Director overseeing mental health residential services, and then Director of Training and Staff Development. In addition to this work, Ben has been an Adjunct Instructor with Metropolitan College of New York in the School for Public Administration and Public Affairs, CUNY/Queensborough Community College and the NYU Silver School of Social Work. At these schools, he has taught classes on research, program evaluation, organizational development, grantwriting, human behavior in the workplace and social work practice. Ben is the immediate Past President of the National Association of Social Workers-New York City Chapter of NASW-NYC. His two-year tenure ended on July 1, 2020. Ben has presented at numerous conferences on mental health, program development, succession management, retooling staff development initiatives and clinical practices in residential settings. He published a chapter on "Social Work and Mentoring" in the book, *Hope Matters: The Power of Social Work*, published by NASW Press. In 2016, Ben was awarded the title of Adjunct Associate Instructor for his long tenure of fieldwork supervision of NYU social work students.



Dr. Cecilia Lai Wan Chan

Professor Chan is a world leader in health and social work. She is editor and author of over 30 books, author of over 400 articles and book chapters in health and mental health in social work, eastern integrative empowerment intervention and outcome research, psychosocial oncology, death and bereavement care as well as received over 20 local and international awards and recognitions for her exceptional contributions in promoting wellness and resilience. She advocated for a strength-oriented empowerment approach in her work with traumatized individuals such as cancer patients, women of divorce, bereaved persons, couples with fertility issues, suicide survivors and victims of disaster. Her focus is on transformation through pain and suffering. She adopted vigorous bio-psycho-social outcome indicators in her randomized trials on measuring impact of her innovative Integrative Body-Mind-Spirit (IBMS) interventions on different population groups.



Dr. Celia Hoi Yan Chan

As a social work researcher and practitioner working in healthcare settings, Dr. Chan works closely with different professionals and integrates best research evidence with interdisciplinary and clinical experience by applying the Integrative Body-Mind-Spirit Intervention Model, an empirically-based approach to assessment and treatment which connects Western therapeutic techniques with Eastern philosophies and practices. She is the leader in the Laboratory of the Research and Practice on Integrative Wellness, conducting practice-based research and model development on services for different populations with health and mental health issues such as infertility, atopic dermatitis, psoriasis, sleep disorders, depression and anxiety. As a leading figure in fertility and infertility counsellor in Hong Kong, she is committed to develop research and practice on psychosocial issues related to reproductive medicine. Her research focus is also on Interdisciplinary Medical Social Work on reproductive medicine, psycho-dermatology, and paediatric psychology. Furthermore, she is also expert in Family-based research and practice and Evidence based social work practice in promoting the Integrative Body-mind-spirit Intervention Model.



Fen-Ju Tai, LCSW-R

Fen-Ju Tai, LCSW-R, is the Assistant Director of Social Work at Gracie Square Hospital, a free standing inpatient psychiatric Hospital, a Member of New York Presbyterian Regional Hospital Network. Ms. Tai has been with Gracie Square Hospital for 15 years, first as the Social Worker for the Asian Psychiatry Program, before assuming the role as the Assistant Director of Social Work. Prior to her position at Gracie Square Hospital, Ms. Tai also had 15 years of experience in outpatient mental health settings and private practice, working with both Asian Community and General Population in New York City/Metro Area.. Ms. Tai received her B.A. degree in Social Work from National Taiwan University, MSW from Columbia University School of Social Work, and Certification in Family Therapy from Family Institute of Westchester.



Nadine A. Chang, PhD

Nadine A. Chang, Ph.D. is a Clinical Psychologist and Psychology Training Director at Gracie Square Hospital, a freestanding inpatient psychiatric hospital within the New York-Presbyterian Regional Hospital Network. Dr. Chang also holds faculty appointments as Assistant Attending Psychologist at New York-Presbyterian Hospital and Clinical Assistant Professor of Psychology in Psychiatry (Courtesy) at Weill Cornell Medicine. Dr. Chang earned her undergraduate degree in Psychology at NYU and Ph.D. in Clinical and School Psychology at Hofstra University. She completed her pre-doctoral internship at St. Barnabas Hospital in the Bronx and post-doctoral fellowship at the University of Pennsylvania School of Medicine with Dr. Aaron Beck, where she served as Project Director and assessment supervisor for clinical studies of schizophrenia and suicide, receiving the NIH National Research Service Award for this work. Dr. Chang's interests continue to focus on implementing and disseminating CBT for psychosis, suicide prevention and Asian American mental health.



Chen Chen

Chen Chen is a hospital inpatient social worker with years of experience in mental health in New York. During this uniquely challenging year, He has been a frontline healthcare worker providing social work services to many patients, especially in the mental health field. Besides, He plays a critical role in a hospital's Asian program, aiming to help Asian psychiatric patients. He deeply believes that the role of social workers is vital in helping ethnic minorities to deal with mental health issues. He always shares his professional opinion and experience with local Asian communities. Currently, he also works as the Chair of the Mental Health Committee of NASW, thereby providing opinion on treatment strategies and policies to NASW members and reviewing professional articles published by the NASW.



Yu-Kang Chen, PhD

Clinical Psychologist at Hamilton-Madison House/Licensed Psychologist at Private Practice.



Diane Valente, LCSW-R

Diane Valente, LCSW-R is the Program Director for the OnTrack NY Program at The Child Center of NY based out of the Macari Family Center in Flushing, Queens. Ms. Valente has over ten years of clinical experience and licensed in clinical social work. In her current position, she leads an interdisciplinary team of professionals who work with 40 participants newly diagnosed with a primary psychotic disorder. Our team provides services to a vastly diverse population residing in Queens in the following languages; Mandarin, Korean, Spanish, Tagalog, and Portuguese. This coordinated specialty program focuses on assisting individuals to meet their goals of school, work, relationships and recovery.



Zhen Han

Zhen Han (Anna) is the Primary Clinician for the OnTrack NY Program at The Child Center of NY based in Flushing, Queens. Anna has been providing culturally sensitive care to Asian populations that include addressing the stigmatization and barriers to care related to mental health services. During the challenges of the Covid 19 pandemic, Anna and her team supported AAPI populations with their physical and psychological distress due to the rising incidence of Asian hate crimes.



Dr. Yuhuan Xie

Dr. Yuhuan Xie is a Board-certified child & adolescent and general psychiatrist in the USA. She is the Medical Director of Specialty Mental Health program at Asian Health Service, a part-time faculty member of Stanford University School of Medicine, and the owner of Resilient Children Behavioral Health Center. She has rich clinical experiences in inpatient, outpatient, and community settings. She has worked at private, not-for-profit, government, and academic institutions in the US, Singapore, and Canada. She has specialized training in psychotherapeutic and psychopharmacological treatments in childhood Attention Deficit Hyperactivity Disorder (ADHD), Post-Traumatic Stress Disorder (PTSD), and Obsessive-Compulsive Disorder (OCD). She also has a strong background in basic science and clinical research.



Daniel Wei, MSW, LCSW

Daniel holds a master degree in social work (MSW) from Florida State University. He is licensed (LCSW) in California and currently provides mental health counseling to the underserved minorities at Asian Health Services in Oakland, CA. He had extensive training in existentialism, humanistic and relationship focused approaches Via the Haven Institute in a group setting before his MSW program. He is passionate about working with children and adolescents as well as providing parenting support. He is trained with many well established teachers in various theories and modalities, such as attachment theory, trauma-focused Cognitive Behavioral Therapy (TF-CBT), Eye movement desensitization and reprocessing (EDMR), mindfulness, Gestalt, Virginia Satire Family Therapy, Internal Family System and Somatic Experiencing.



Qingwen Xu, PhD

Qingwen Xu is Professor at NYU Silver School of Social Work and Coordinator of the global MSW Program at NYU Shanghai. Professor Xu's research is situated at the interaction of globalization, community development, and social welfare. With a better understanding of the community perception and behavior among vulnerable groups of people, including ethnic minorities and/or migrant groups of people in the US and abroad. Her work has appeared in International Journal of Aging and Human Development, Social Work Research, The Gerontologist, Journal of Community Psychology, International Social Work and other professional and/or interdisciplinary journals. Professor Xu is member of Council of Social Work Education (CSWE) and Society for Social Work and Research (SSWR).



Doris F. Chang, PhD

Doris F. Chang, PhD is a licensed clinical psychologist and Associate Professor in the Silver School of Social Work at New York University. She is the Co-PI of the CARA project, along with Dr. Sumie Okazaki. Dr. Chang's research seeks to improve the well-being of racial and ethnic minorities by a) clarifying how race, ethnicity, language and culture affect mental health services; b) identifying strategies for improving interracial processes and outcomes; and c) developing inclusive, culturally-grounded interventions for clinical and educational contexts that integrate mindfulness and other contemplative traditions.



Gahwan Yoo

Gahwan Yoo is a second-year doctoral student at NYU Silver School of Social Work and a research assistant of the CARA project. She hopes to examine how racial/ethnic minorities and immigrants/refugees experience mental health issues and their risk/protective factors as social determinants. She is especially concerned about the roles of the offline/online community for minority populations to improve access to mental health services and their mental health status.



Aakriti Prasai

Aakriti Prasai is a second-year doctoral student in counseling psychology, NYU Steinhardt School of Culture, Education, and Human Development and a research assistant for the CARA project. Aakriti's research seeks to understand the experiences of those with immigrant and minoritized identities and protective strategies for wellbeing. As a clinician and researcher, she is especially interested in the role of community spaces and school settings in facilitating wellness for minoritized families.



Kenny KamMan Kwong, PhD

Dr. Kenny Kwong is the Professor, Chair of Social Work Research, and the Director of Asian American Social Work Initiative at Touro College Graduate School of Social Work. He teaches courses on research, psychopathology, clinical social work practice in health care, and identity and social justice. Dr. Kwong has more than 20 years of professional social work and managerial experiences in health and mental health.



Dr. Pamela Yew Schwartz

Dr. Schwartz is a bilingual and bicultural clinician who received her doctoral degree in psychology from NYU. She worked in the mental health field for over 40 years, twenty-seven of them in Manhattan Psychiatric Center as well as in Kirby Forensic Psychiatric Center. For the past 13 years, she has been involved in bereavement work at the Visiting Nurse Service of New York's Hospice & Palliative Care program, working with patients, family members and bereaved individuals on individual and group basis. Pam is a founding member of the New York Coalition for Asian American Health. She serves on the New York Asian American Advance Directive Task Force and she also maintains a private practice. She has published and presented in the area of mental health and Chinese immigrants, specifically topics related to depression, suicide, loss, as well as Asian culture and bereavement and end of life issues.



Sandy Chen Stokes

Founder of the CACCC. Sandy has been providing end of life (EOL) training for the Chinese community and health professionals since 2005. The training focused on Advance Care Planning (ACP), hospice and palliative care, respite and spiritual care, Chinese cultural beliefs, and practices. The CACCC produced DVDs, books, and other educational materials. Sandy also created Heart to Heart® cards and developed the Heart to Heart® Café to facilitate EOL conversations that lead to ACP. Sandy is a member of the advisory board of the Chinese Health Initiative at El Camino Hospital in California, a member of the National Hospice and Palliative Care Organization's (NHPCO) Diversity Advisory Council, and a board member at Snowline Hospice.



Gourab Das Nayan

Gourab completed Master of Public Health (MPH) from St. John's University, New York in 2018 and passed Certified Health Education Specialist Certification in 2019. As an ardent enthusiast of public health, he has been conducting and collaborating efforts to promote public health awareness both in person and online in English and Bengali.



Yuhwa Eva Lu, PhD, LCSW

Dr. Yuhwa Eva Lu is the founding boarding president of the PEARL Institute. She is recently retired from NYU, Silver School of Social Work. Her scholarship and research interests are primarily in human diversity and social work practice, particularly in the areas of assessment and evaluation of clinical and cultural competency. She had pioneered the use of Objective Structured Clinical Evaluation (OSCE) in the SW classrooms; and standardized the Social Work-OSCE methodology. She was also interested in the areas of clinical process and outcome research, such as clinicians' personal styles and clinical decisions, the impact of cultural factors on clinical practice, and developed various outcome studies with diverse children, adult, and elderly populations. Most recently, Dr. Lu had focused interest on advocating for the holistic, Self-Healing and Integrative Care (SHIC) prevention and intervention services model, which integrates traditional Chinese Medicine, culturally congruent mindfulness practice and spiritual-awareness amongst AAPI clients and beyond.



Gil Ontai, EdD, M.Arch.

As managing director for BFT, Consultants, Dr. Ontai works with business managers, corporate leadership, and higher education practitioners in providing professional development training to improve people communications skills in management and teaching. Using neuroscience as the basis for improving people's communications, Dr. Ontai's strategies and skills are designed around the individual's emotional and cognitive strengths and weaknesses. He has over 20 years of teaching in post-secondary education at two urban campuses, in addition to serving as interim campus director. He served as undergraduate and graduate student advisor, faculty training lead, and doctoral student advisor.



Joseph Changqing Yang, PhD

Dr. Yang is Vice Director, Mental Health Committee of the World Federation of Traditional Chinese Medicine. Dr. Yang received his bachelor and master's degree at Chinese Medicine University of Heilongjiang, China and the Ph.D. degree at Kobe University in neuropsychiatry, Japan. Dr. Yang has served for 6 years at the Accreditation Commission for Acupuncture of Oriental Medicine (ACAOM) as a commissioner in the United States. Besides his clinic practice, he is a faculty member and offers lectures and training programs. Dr. Yang is focused on mental disorders. So, his methodology is based on traditional medicine theory with new development, therefore, he has published his 4 books on the mental health of TCM and he is playing his unique and effective role in the clinic.



Cindy Huang, PhD

Dr. Huang is an assistant professor in the counseling psychology program at Teacher's College, Columbia University. Her research focuses on understanding the cultural factors associated with child development and psychopathology for ethnic minority and immigrant youth, and the prevention of psychopathology for these youth. Specifically, Dr. Huang's work identifies the culturally-relevant risk and protective factors that influence outcomes for minority and immigrant youth and families. Currently, Dr. Huang is examining the impact of discrimination and stress on the mental health of Asian American parents during COVID-19. She is also testing the effectiveness of a telehealth family-based prevention intervention for suicidal adolescents in New York City.



William Tsai, PhD

Dr. Tsai earned his Ph.D. in Clinical Psychology from the University of California, Los Angeles. His research interests are in the intersection of cultural, health, and clinical psychology. His research examines the well-being of ethnic minority cancer survivors from a cultural and biopsychosocial lens with the goal of improving health outcomes and reducing cancer health disparities. Other areas of research include investigating how culture shapes the way we regulate our emotions, the way we reflect over negative experiences, and their implications for psychological and physical health. His work has been published in *Journal of Psychosomatic Research*, *Journal of Abnormal Child Psychology*, *Cognition and Emotion*, and *Cultural Diversity and Ethnic Minority Psychology*. He also serves on the editorial board of the *Asian American Journal of Psychology*, *Cultural Diversity and Ethnic Minority Psychology*, and *Frontiers in Psychology: Cultural Psychology*. He has received national recognition for his work, including the APA Division 45 Emerging Professional – Contributions to Research Early Career Award and Asian American Psychological Association Early Career Award for Distinguished Contributions to Research. His research has been funded by the NIH National Institute on Minority Health and Health Disparities (NIMHD) and American Psychological Foundation (APF).



Dr. Sahnah Lim

Dr. Sahnah Lim is an assistant professor who is leading the Gender Equity scientific track and co-leading the Mental Health track at the Department of Population Health's Section for Health Equity. As a health disparities researcher, Dr. Lim conducts applied, community-engaged studies that seek to address gender-related health issues among hard-to-reach populations such as sex workers and immigrant survivors of gender-based violence. Her research uses intersectionality and syndemics frameworks to understand how multiple marginalization impacts mental and sexual health outcomes. Dr. Lim is a mixed-methods researcher, with expertise in psychosocial statistics and survey methods.



Mr. Shahmir Ali

Mr. Shahmir Ali is a doctoral student at the New York University School of Global Public Health. He received his Bachelor's degree in public health and political science from Johns Hopkins University, and has conducted research in the US, China, Australia, and Pakistan on various social and behavioral contributors to health. His current research focuses on interpersonal and community level factors involved in the eating behaviors of young and second-generation Asian Americans, and how these factors can be integrated into innovative intervention designs to address non-communicable disease disparities.



Ms. Sanjana Inala

Ms. Sanjana Inala works at Mount Sinai Hospital as a clinical research coordinator in pulmonary medicine with a primary focus in sleep medicine. She earned her MPH in epidemiology from the Icahn School of Medicine at Mount Sinai and her BS in biology from The College of New Jersey. Prior to joining Mount Sinai, Sanjana worked at a non-profit organization, India Home, to provide culturally sensitive services for South Asian immigrant older adults. She is very active in her community, advocating for asylum seekers at the Mount Sinai Human Rights Clinic and volunteering as a mentor for MedStart, a medical enrichment program for underprivileged students. Her previous research works include studying squamous cell carcinoma of the anus in women, effects of different coping styles in patients with traumatic brain injury, cardiovascular disease in the Bangladeshi American community, and sleep apnea as a risk factor for cardiovascular disease. Although her research interests are broad, Sanjana's primary focus is in health disparities and preventative services among vulnerable populations.



Dr. Lan Đoàn

Dr. Lan Đoàn is a Postdoctoral Fellow in the Department of Population Health Section for Health Equity at NYU Grossman School of Medicine. Her work is centered on the structural determinants of health and has focused on cardiovascular disease and psychosocial factors, including quality of life and depression, among Asian American older adults and how neighborhood deprivation modifies the impact of these determinants. She is an interdisciplinary scholar with expertise in analysis of complex data-sets, with a focus on aging and aging-related processes, immigrant health, and social environments.



Dr. Stella Yi

Dr. Stella Yi is an Assistant Professor at the NYU Grossman School of Medicine, Department of Population Health, Section for Health Equity. Dr. Yi is a researcher focused on health equity and social justice for Asian American and other immigrant communities. Her specific content area expertise is on community-partnered and culturally appropriate initiatives focused on nutrition and eating, cardio-metabolic disease and the collection of disaggregated race/ethnicity data at the local and state levels. Dr. Yi received her Masters in Public Health in Chronic Disease Epidemiology/Social Behavioral Sciences at the Yale School of Public Health and her doctorate in Epidemiology from the Johns Hopkins Bloomberg School of Public Health.



Steven Yip

Steve Yip is Director of Operations at the Chinese-American Planning Council (CPC). An administrative generalist, Steve previously worked in ambulatory care administration for 17 years at the Presbyterian Hospital and at the Montefiore Medical Group. Born and raised in the San Francisco Bay Area, he is a veteran of the Asian American social movements which birthed Asian American studies in the university level. Steve is a co-editor of the 2000 anthology, *Legacy To Liberation: Politics and Culture of Revolutionary Asian Pacific America*. After 23 years of service, Steve will be leaving CPC at the end of 2021.



Judy Ah-Yune

Judy Ah-Yune, LMSW, is Director of CPC's Manhattan Community Services; overseeing services in the areas of child abuse neglect and foster care prevention, childcare, HIV/AIDS, special needs, and walk-in entitlement services such as SNAP (food stamps), Medicaid, Medicare, housing and pandemic relief. Prior to her current role, Judy supervised CPC's General Preventive Program. She worked closely with the Administration for Children's Services (ACS) child welfare system to prevent child abuse neglect and foster care placement. Judy advocated, provided direct support to immigrant families and children from zero to eighteen years. Judy has worked with disabled adults in residential settings, as well as the domestic violence population. She regularly supervises and mentors MSW graduate students who would like to enter the social work field. Her dedication to the health and wellbeing of our community's families is a reflection of her character and the quality of the services her team provides to the community.



Mary Cheng

Mary Cheng is Director of CPC's Childhood Development Services. She began her journey at CPC as a student at the School-Age Child Care Center at PS 130 in Chinatown, Manhattan. Seeing education as her calling, Mary went on to obtain her Bachelor's in Elementary Education from City College of New York and her Master's in Early Childhood Education from Hunter College. Mary returned to CPC as a Teacher at Chung Pak Early Childhood Center. After seven years of teaching at Chung Pak Early Childhood Center, Mary became the Education Director of CPC's Little Star of Broome Street Early Childhood Center and is now currently CPC's Director of Childhood Development Services. She oversees CPC's six early childhood centers, as well as 11 School-age programs. Mary continues to inspire directors, front line staff and parents to be caring, and active participants in their children's lives. Growing up in the community and understanding the challenges children of immigrants face firsthand; Mary tirelessly works to ensure that all families feel empowered to access necessary resources to improve their quality of life. She embodies CPC's mission to promote the social economic empowerment of Chinese American and immigrant and low-income communities. She is Vice President of CSA's Asian American Association (A3). Mary was honored in 2017 as Day Care Council of New York's Unsung Hero.



Winston Chiu

Winston Chiu is Founder and CEO of Food Forward. Born and raised in Brooklyn, he attended college at CUNY Bernard Baruch College, receiving his degree in Mathematics/Finance. He started his career as an actuary in public service and then later as a consultant in a global risk consulting firm. Later pivoting and in pursuit of fulfilling a dream of making an impact through food + community, he obtained a degree from the Institute of Culinary Education. Over the past decade, he's been a chef and (co)founder of several food businesses/advocacy initiatives before recently launching Feed Forward. These initiatives include Rethink Food (501c3), Little Tong Noodle Shop, and Bonbite Catering & Food Incubator. Just this past year, Winston has been named an Empire Blue Cross Blue Shield Whole Health Hero and named to the 40 under 40 Rising Stars in Food Policy by Hunter College New York City Food Policy Center.



Carlyn Cowan

Carlyn Cowan is Chief Policy and Public Affairs Officer of the Chinese-American Planning Council. She is responsible for developing CPC's policy agendas, managing government affairs, and promoting community engagement at CPC. Among her previous experiences, she was a Senior Policy Analyst at the Federation of Protestant Welfare Agencies (FPWA), member of the NYC Nonprofit Resiliency Committee, Policy Analyst at the Mayor's Office of Contract Services, and Development Director for Nourish International.

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