

## **SPEAKERS AND MODERATORS**

### **Friday, January 19, 2024, 1 pm Welcome Session**

**Andrea Caracostis, MD, MPH:** Andrea Caracostis, MD, MPH is the CEO of the Asian American Health Coalition dba HOPE Clinic. She is a physician with a master's in public health, biostatistics and epidemiology from Texas A&M and 25 years' experience in health care. Dr. Caracostis has dedicated her life working to provide equal access and culturally appropriate to care for all. Since 2007 she has led HOPE Clinic, a Federally Qualified Health Center providing care to the large multicultural community in southwest and northeast Houston. Under her leadership HOPE Clinic has grown from having 5 employees and a \$700,000 budget to a large organization employing over 200 staff and a \$20 million dollar budget at 5 locations providing over 175,000 visits annually. A unique characteristic of HOPE Clinic is its capacity to provide services in over 30 different languages, including Arabic, Mandarin, Cantonese, Vietnamese, Pashto, Burmese, and Spanish. HOPE Clinic is nationally recognized as a quality and innovation leader by the Bureau of Primary Care. Dr. Caracostis led the strategic planning process of the design and architecture of HOPE Clinic's \$33 million capital construction project of a 70,000 SF three-story outpatient clinic. This facility was built in response to the organization's unprecedented growth and the continuously increased demand for patient care. It was designed to consider the needs of patients and the community and is equipped to maintain operations in the wake of a natural disaster.

Dr. Caracostis is a board member at various local and national healthcare organizations, including Harris Health System and Texas Association of Community Health Centers. She has been voted as a top 20 CEO in Houston in 2019 and most admired CEO in 2021.

**Krystal Ka'ai:** Krystal Ka'ai is the Executive Director of the White House Initiative on Asian Americans, Native Hawaiians, and Pacific Islanders (WHIAANHPI) and the President's Advisory Commission on Asian Americans, Native Hawaiians, and Pacific Islanders. In this role, she is responsible for advising the Biden administration on the coordination and implementation of federal programs and initiatives to advance equity, justice, and opportunity for Asian American, Native Hawaiian, and Pacific Islander (AA and NHPI) communities. Prior to joining WHIAANHPI, Krystal worked on Capitol Hill for over a decade, including serving as the Executive Director of the Congressional Asian Pacific American Caucus (CAPAC) for eight years. She previously held positions with the U.S. Senate Committee on Indian Affairs, the State of Hawai'i, Office of Hawaiian Affairs, and the National Japanese American Memorial Foundation. Krystal was born and raised in Hawai'i and is the first Native Hawaiian to ever lead WHIAANHPI.

**Julia Lothrop:** Ms. Julia Lothrop serves as the Acting Regional Director in the Office of Intergovernmental and External Affairs (IEA) for the Region VI Office of the U.S. Department of Health & Human Services (HHS). The Regional Office is responsible for the implementation of Secretarial and Departmental initiatives in a five-state region serving Arkansas, Louisiana, New Mexico, Oklahoma, Texas and 68 Federally recognized tribes. Ms. Lothrop has served in the HHS IEA Region VI Office as Executive Officer for 15 years. Prior to this, Ms. Lothrop was Special Assistant to the Consortium Administrator for Survey & Certification and Quality Improvement with the Centers for Medicare & Medicaid Services (CMS). During her time with CMS, she assisted with the Medicare national adult immunization, served as a member of the original Medicare Part D enrollment team, assisted with rural initiatives and served as public affairs specialist. Ms. Lothrop began her federal career as an Intergovernmental Affairs Specialist for the Office of the Regional Director of the U.S. Department of Health and Human Services.

Ms. Lothrop earned a Bachelor of Arts degree in Sociology and Master of Science degree in Gerontology from Baylor University in Waco, Texas. After an internship with AARP, she was employed as Director for the Southwest Society on Aging. As an Assistant Professor in the Department of Gerontology and Geriatric Services at UT Southwestern Medical Center, she served as the Education Core Director and Principal Investigator on a National Institutes of Health grant to develop health care professional materials for a national Alzheimer's Disease Research Center. Ms. Lothrop is a native of Little Rock, Arkansas.

**Jennifer Kiger: Director, Office of Epidemiology, Surveillance, and Emerging Diseases at Harris County Public Health**

Jennifer Kiger is Director of the Office of Epidemiology, Surveillance, and Emerging Diseases and the COVID-19 Division for Harris County Public Health. Jennifer received her master's degree in Public Health at the University of Texas Health Science Center in Houston, TX. She started her Public Health career as an epidemiologist and preparedness specialist for the City of Houston Health Department. Then she worked at the Association of Schools of Public Health in Washington DC as a Program Manager for the Centers for Public Health Preparedness. In 2007, she returned to Texas to work for the Texas Department of State Health Services. She spent over 7 years working at the state and regional offices working in the public health preparedness field serving various roles including liaison, Strategic National Stockpile coordinator, Preparedness Planner, and Regional Public Health Preparedness Manager. Jennifer has held command roles in several responses including Hurricane Ike, H1N1, TX West Nile Response, and Texas Wildfires 2010, Harris County Flooding events in 2015 & 2016, Hurricane Harvey 2017, ITC Chemical Fire 2019, and COVID-19.

**Deborah Banerjee, PhD, MS., Houston Health Department**

Dr. Banerjee is a public health professional with the Houston Health Department and serves as a Bureau Chief for the Office of Planning, Evaluation and Research for Effectiveness (OPERE). She has worked in the field of public health for over 20 years. She has expertise and deep interest in studying health inequities, upstream factors, structural and systems factors, social capital and social networks, cultural and linguistically designed approaches to community health, evaluation, study design and measurement of complex constructs. She has conceptualized and designed numerous frameworks for guiding programs and interventions for her department. She holds a PhD in Behavioral Sciences, Epidemiology and Health Policy from University of Texas School of Public Health. She holds a Master of Science in Educational Psychology and Statistics and Measurement.

**Friday, January 19, 2024 1:30-2:15 pm Asim Shah, MD, Keynote Speaker**

Presentation: AAPI Mental Health Issues, Current Resources and Needs

Bio: Dr. Shah is the Executive Vice Chair and Professor in the Menninger Department of Psychiatry and Behavioral Sciences, and the Department of Community and Family Medicine, Baylor College of Medicine. In September 2016, Dr. Shah was appointed as the Inaugural Vice Chair for Community Psychiatry, which has now become the Division of Community Psychiatry under his leadership as its Chief. He is also Chief of Psychiatry for Ben Taub Hospital/Harris Health System and the Director of

Community Behavioral Health Program for Harris Health System. His service is the largest outpatient Mental Health provider in Harris County, with over 100,000 visits a year. He is also the Director of Mood Disorder Research Program at Ben Taub and the Executive Director of Psychotherapy Services for Ben Taub Hospital. Dr. Shah has done numerous media presentations to National and International Radio/TV/Newspapers on topics like Ketamine and Depression, Election stress, mass shootings, stress management, work related stress, ADHD, road rage, seasonal affective disorder and Phobias and has widely presented both nationally and internationally. He has received two Fulbright and Jaworski Awards, one for Teaching and Evaluation in 2012 and second for Educational Leadership in 2014. He also received Rising Star Clinician Award from Baylor in 2014. His current research is in the field of treatment resistant depression, and ketamine.

He won the Faculty of the Year Award in 2013 from Baylor's Psychiatric Residency Program, and in 2014 from Baylor's Psychology Internship Program, and also was named by Houstonia magazine in their Top Doctors list for Houston in 2013, 2014, 2015 and 2017, and Top Doctors of Houston Award by Castle Connolly in 2017. He was appointed as Board Director for Mental Health America (MHA) in June 2017.

**Friday, January 19, 2:30-3:30 pm Panel Discussion: Experiences of Behavioral Health Clinicians with AAPI Clients**

Panelists: Dr. Khursheed Zia, Dr. Peggy Yang, Dr. Vandana Varma

**Dr. Khursheed Zia:** Dr. Khursheed Zia, is board certified in adult Psychiatry and has over 40 years of experience in the medical field. Dr. Zia has extensive experience in psychotic disorders and addiction and substance abuse. He has been conferred many prestigious awards and certificates from many renowned institutions for his exceptional services. He currently works with the Ibn Sina Foundation's Community Health Center's Mental Health and Well-Being Team

**Dr. Peggy Yang:** Dr. Yang is a faculty member at Baylor College of Medicine's Department of Psychiatry and Behavioral Sciences. She is a licensed psychologist with a combined Ph.D. in Counseling, Clinical, and School Psychology. Dr. Yang co-developed the Asian Values Scale, a research instrument that measures the acculturation level of Asian Americans. The scale is widely used by researchers who examine the impact that one's acculturation-level has on mental health, medical issues, career, and other topics. Dr. Yang has trained master's and doctoral level clinicians who provided multilingual therapy. At the University of San Francisco, she directed the crisis response program and at the University of California, Berkeley, Dr. Yang oversaw the suicide prevention program. Additionally, she taught Asian American studies at the University of California, Santa Barbara. Here in Texas, Dr. Yang was Clinical Director for Rice University's Counseling Center. She was also the inaugural Director of Baylor College of Medicine's Office of Institutional Wellness. She currently provides psychotherapy and resilience programs to the physicians, scientists, and students at Baylor College of Medicine.

**Vandana Varma, MD:** Dr. Vandana Varma is a certified physician by the American Board of Psychiatry and Neurology (ABPN) and specialized in General and Child and Adolescent Psychiatry. Dr. Varma has successfully completed residency and fellowship in Child and Adolescent Psychiatry at University of Texas at Austin. Dr. Varma is an excellent leader and currently leading Behavioral health department at HOPE. She is also a research scholar, and an educator to medical students and resident physicians. She has participated in clinical trials/studies and published several papers related to psychiatric disorders and treatment interventions. She was a team member of the University of Oklahoma's Terrorism and Disaster center at College of Medicine and has contributed in conducting a rigorous review of the child disaster

mental health interventions. Dr. Varma has expertise in diagnosing and treating complex psychiatric, neuro developmental disorders in Children and Adolescents and neuro cognitive disorders amongst Adults. In addition to skills in prescribing psychiatric medication and medication management, Dr. Varma is well versed in integrated medicine and psychotherapy techniques, which she incorporates into her interactions with her patients.

**Friday, January 19, 2024 3:30 PM to 5:15 PM CONCURRENT BREAKOUT SESSIONS ONE: YOUTH, FAMILY/DOMESTIC ISSUES, COMMUNITY AND OLDER ADULTS**

**Youth Session: Panelists:**

**Moderator: Dr. Cassandra Diep**

**Dr. Jeffrey Liew, Update on Research on Asian American Adolescents and Mental Health**

**Judge Juli Mathew, Juvenile Intervention and Mental Health Specialty Court**

**Dr. Cassandra Diep:** Cassandra (Cassie) Diep is an Assistant Teaching Professor of Health Sciences in the Kinesiology Department at Rice University. Dr. Diep earned her Bachelor of Arts in Kinesiology (Health Sciences program) from Rice University, and her Master of Science and Doctor of Philosophy in Health Education from Texas A&M University. She completed a postdoctoral fellowship in behavioral nutrition at the Children's Nutrition Research Center at Baylor College of Medicine, where she led a series of studies on the role of acculturation in Asian American children's diet, physical activity, and health outcomes. Dr. Diep's work involves understanding, preventing, and intervening on determinants (e.g., food-related parenting, acculturation, and policy) of health behaviors and conditions in at-risk populations. The majority of her work has focused on health disparities in diet and physical activity behaviors, childhood obesity prevention and intervention, Asian American health disparities, and behavioral theory and health behaviors.

**Dr. Jeffrey Liew:** Jeffrey Liew is a Professor in the Department of Educational Psychology in the School of Education and Human Development at Texas A&M University. He is a developmental and learning scientist, and has been nationally and internationally recognized for his expertise on social-emotional development and emotional self-regulation processes in early childhood to early adulthood. A major strand of Liew's research focuses on individuals' resilience, thriving, and flourishing, including the risk and protective or promotive factors that are linked to developmental and academic or learning outcomes. Liew has been invited for keynote presentations internationally. He has also been invited for his expertise and served as a grant reviewer or as panel member for the National Institute of Health (NIH), the National Science Foundation (NSF), the Ministry of Education of Singapore, and the University Grants Committee of Hong Kong. Dr. Liew is an elected American Psychological Association (APA) Fellow for outstanding contributions and national impact in the field of psychology, and he has authored more than 100 scholarly publications with much of his work funded by state, federal, or foundation grants, including the NIH and the NSF. Liew has served in multiple leadership positions, including the Associate Dean for Research in his School and Interim Head for his Department. He is the incoming Editor-in-Chief of Early Education and Development and Co-Editor of the Section on Social Emotional Learning in the Routledge Encyclopedia of Education. Liew is also an elected Governing Council Member-at-Large for the Society for Research in Child Development.

Currently, Dr. Liew serves as the Interim Department Head for the Department of Educational Psychology, a unit consisting of nearly 60 full-time faculty (40 tenure-track and 18 non-tenure track), over 40 full-time staff, over 200 undergraduate students, and nearly 500 graduate students. In this role, he oversees the departmental budget, faculty affair matters (e.g., tenure & promotion; annual evaluations and appointments) and academic matters (e.g., academic appeals), and day-to-day operations and supervision of the departmental staff. Between 2017-2020, he served as the Associate Department Head. From 2016-2017, he served as Division Chair of Learning Sciences in his department. In 2017, Professor Liew was honored as one of the inaugural President Impact Fellows at his university. In 2018, Liew led the establishment and launch of the Developmental Sciences Ph.D. program at Texas A&M University and also earned the distinction of the Senior Scholar Research Excellence Award in the College of Education and Human Development at his university. Liew was also awarded the 2021 Chancellor's Enhancing Development and Generating Excellence in Scholarship (EDGES) Fellowship.

**Judge Juli Mathew:** Judge Juli A. Mathew is the Presiding Judge of County Court at Law 3, where she oversees a diverse caseload involving criminal, juvenile, civil, mental health, probate and guardianship, and eminent domain cases. With a passion for promoting positive change, she is the pioneering force behind the county's first Juvenile Intervention and Mental Health (JIMHS), a specialty court, personally engaging with and supporting youth to foster their successful integration into society. Judge Mathew's legal journey began at Penn State University and continued at Delaware Law School, where she earned her Juris Doctorate. A dedicated resident of Fort Bend for over two decades, Judge Mathew takes pride in her immigrant roots from Kerala, India. Fluent in both Malayalam and English, she holds the distinction of being the first Indian American woman elected to the bench in the United States and the first Asian American woman elected in Fort Bend County. Her commitment to public service extends beyond the courtroom, as she actively participates in various community engagements. Notably, Judge Mathew is a member of the National Association of Women Judges (NAWJ), and is part of the organizing committee and a speaker for the Color of Justice Conference, which encourages girls and minorities to consider legal and judicial careers by bringing them together with judges and lawyers, and providing them with resources to pursue their aspirations. Judge Mathew also chairs the US Department of Justice, Edward Byrne Memorial Justice Assistance Grant (JAG), and serves on the Bail Bond Committee in Fort Bend County. She initiated the Chai & Chat series, fostering transparency in local government and providing a platform for the community to engage with elected officials and address county concerns. Kitchen to the Courthouse was also another initiative she started introducing young girls to female trail blazers in various industries that have shattered the glass ceiling. Judge Mathew has also served as the Administrative Judge of the County Courts during her tenure on the bench. A sought-after speaker, Judge Mathew has delivered keynote addresses at notable conventions and gatherings, including the Juvenile Justice Conference, American Judges Association, Texas Democratic Women, and others. Her outstanding contributions have earned her prestigious accolades, such as the NAACP Community Service Award, Honoree at the National Association for Diversity Empowerment, FOMAA Woman of the Year, and Outstanding Woman in Law by the South Indian US Chamber of Commerce. Before her election in 2018, Judge Mathew served as the Associate Municipal Judge in Arcola, Texas, and amassed 15 years of experience as a practicing attorney, handling diverse cases in Fort Bend and neighboring counties, including Harris, Montgomery, Galveston, and Brazoria.

## **Family/Domestic Issues Session: The AAPI Community, Domestic and Intimate Partner Violence, and Gender Roles.**

**Moderator: Shane Chen**

**Panelists:**

**Rachna Khare, Current Statistics on Domestic Violence in the AAPI community**

**Dr. Aisha Siddiqui, Family and Cultural Concerns of AAPI New Immigrants**

**Dr. Rose Yang, Postpartum issues of AAPI Women**

**Shane Chen:** Ms. Shane Chen is the Chief Operations Officer of the Asian American Health Coalition dba HOPE Clinic. The coalition established HOPE Clinic in 2002, and today, HOPE is a comprehensive Federally Qualified Health Center with mission, “to provide quality health care without any prejudice to all people of greater Houston, in a culturally and linguistically competent manner”.

Believing that health care is beyond the walls of the exam rooms, Ms. Chen has led upstream transformation efforts to address equity in primary care by establishing strong community partners to share resources and to maintain an effective network of care. Since 2008, Ms. Chen has overseen HOPE Clinic's operations, ensuring compliance, efficiency, and growth. In her leisure time, Ms. Chen is a booster member of Dulles High School and dedicates her time as advisory of Texas Association of Community Health Centers, BSA Troop 1116 of Arrowhead District, Harris County Precinct 4, and other community organizations.

**Rachna Khare:** Rachna Khare is the Executive Director of Daya, a Houston-based nonprofit whose mission is to empower South Asian survivors of domestic and sexual violence with culturally responsive services and to educate the community to end the cycle of abuse. Since 2016, Rachna Khare has spearheaded Daya's growth, including increases in revenue from \$440,000 to over \$1.5M, client volume from 250 to 640, and a staff size from 4 to 14 employees. Rachna is a founder of South Asian Youth of Houston Unite and South Asian Survivors & Organizations & Allies Rising. She serves on the Board of the Texas Association Against Sexual Assault and on committees for the Houston Immigration Legal Services Collaborative and the Harris County Domestic Violence Coordinating Council, specifically the Interfaith Advisory Council and Coordinated Access Steering Committee. Rachna is an aunt, sister, partner, daughter, gender-justice advocate, dog mom, Houstonian, and graduate of the University of Texas at Austin. Prior to Daya, she has lead programs at Rice University, Mount Sinai Hospital, and M.D. Anderson Cancer Center.

**Dr. Rose Yang:** Dr. Yang earned her undergraduate degree in Psychology from the University of Texas at Austin and completed her doctorate in Clinical Psychology at the University of Denver. She is an assistant professor in the Menninger Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine (BCM) and serves as the Faculty Leader and Liaison to BCM for Diversity, Equity and Inclusion. As a staff psychologist at The Menninger Clinic, Rose Yang, PsyD, has expertise in lesbian, gay, bisexual and transgender issues. In addition, she works with the young adult population, individuals with personality disorders and on cultural/diversity issues. Her research interests include therapeutic assessment and diversity issues in the workplace. A member of the American Psychological Association,

Dr. Yang has given several local and national presentations, including one on the importance of transgender trainings in hospitals at the Arkansas State Hospital in Little Rock.

**Dr. Paul J. Rowan, PhD, MPH**

Dr. Rowan is a clinical psychologist, and is an associate professor with tenure at the University of Texas Health Science Center at Houston School of Public Health.

Dr. Rowan grew up in Spring Branch, with its racial and ethnic diversity. Dr. Rowan conducts research on the ways that the health care system does, and might, detect and address mental health needs, and on patient preferences for health care. He has been a long-time collaborator with CHAT on their school-based Girls Club for Success social-emotional learning project and many other projects.

**Community Issues Session: The Impact of Anti-Asian Sentiment on the Mental Health of AAPIs**

**Moderator: Dr. Gordon Shen**

**Panelists:**

**Thu Nguyen, Stop AAPI Hate Campaign**

**Anum Ali, Reaching New Immigrants through Mental Health First Aid**

**Dr. Joan Deng, Discrimination of Asian medical trainees during COVID**

**Dr. Gordon Shen:** Gordon Shen is an Assistant Professor of Health Care Management at The University of Texas Health Science Center at Houston (UTHealth Houston) School of Public Health. He is a member of its Management, Policy, and Community Health Department. Prior to joining UTHealth Houston in 2019, Dr. Shen was an Assistant Professor at City University of New York. His research agenda is focused on responsible innovations, which entails a balanced understanding of co-creation, culture, and context. His empirical research addressed deinstitutionalization globally, Muslim Community-Based Health Organizations, humanitarianism, and attacks on Asian Americans. Across phenomena, he offers organizational theory explanations in articles that appeared in *Academy of Management Perspectives*, *Sociology of Development*, and *Contemporary Politics*, among others. Dr. Shen holds a BS in psychobiology and public health (2005, University of California, Los Angeles), a SM in epidemiology (2007, Harvard T.H. Chan School of Public Health), and a PhD in health services and policy analysis (2013, University of California, Berkeley). He was a postdoctoral fellow at the Yale School of Public Health in 2014. He is the recipient of a Fulbright Program award to China and a Fulbright-Fogarty Fellowship in Public Health in Ethiopia. Dr. Shen consulted for the World Health Organization, World Bank, and United States Agency for International Development.

**Thu Nguyen:** Thu Nguyen (she/her) serves OCA National as its Executive Director. A graduate from Rice University with degrees in Chemistry and Sociology, Thu found her way into the nonprofit sector through organizing Asian American students on campus and bridging partnerships between student groups and local Houston community organizations. She curated the first Asian American student art gallery at Rice, which pioneered the university's annual underground Asian American art exhibition. Before OCA, she freelanced for non-profits and Asian-owned start-ups to do community outreach and social media marketing. In her capacity, Thu oversees storytelling, relationships, and operations for OCA. She brings a

unique understanding of grassroots organizing and design to her work in managing grants and fundraisers. She serves as the Chair of the Asian American Media Alliance and sits on the diversity, equity, and inclusion council for Charter. With her spare time, Thu focuses on the intersection of advocacy with small businesses.

**Anum Ali:** Anum Ali is a committed mental health professional and a trailblazing first-generation student. Armed with a Master's degree in clinical mental health counseling and currently pursuing her PhD, Anum seamlessly merges traditional counseling methods with cutting-edge technology, ushering in enhanced accessibility to mental health care. She wears multiple hats, contributing significantly to a mental health tech company, managing a thriving private practice, and providing mentorship to graduate-level students at a non-profit organization. Anum's unwavering commitment to service is evident through her roles as the co-chair of the communications committee at the Texas Counseling Association, social media content developer for the International Association of Counseling, and her past editorial contributions to the Journal of Professional Counseling. Beyond her professional engagements, Anum extends her dedication to community service by volunteering as the mental health lead for the Ismaili Muslim community. In her role as the Director of Partnerships at Nunchi Health, an initiative founded at Harvard Medical School focusing on immigrant mental healthcare, Anum plays a pivotal role in bridging gaps and ensuring accessibility. Engaging actively in interfaith and global practitioners' roundtable discussions, she fosters collaboration to improve access and resources for communities worldwide. Anum's tireless advocacy for culturally sensitive mental health care reflects her profound commitment to her profession, her community, and her overarching mission of serving society at large.

**Dr. Joan Deng:** Dr. Huiqiong (Joan) Deng is a clinical assistant professor of psychiatry. She is also the Co-Director of Stanford Mental Health for Asians Research and Treatment (SMHART) Clinic. In addition to a medical degree, she earned a PhD, with a major in rehabilitation science and a minor in neuroscience. Specializing in the area of cultural and interventional psychiatry and the treatment of alcohol/substance addiction, her goal is to help each patient along the journey to achieve optimal health and quality of life. As the co-author of more than a dozen scholarly articles, Dr. Deng's work has appeared in Psychiatry Research, American Journal on Addictions, Brain Stimulation, and other publications. Since she joined faculty at Stanford, Dr. Deng has received research grant support by the Department of Psychiatry and Behavioral Sciences Innovator Grant Program and the Stanford Center for Asian Health Research and Education (CARE).

## **Older Adults Session: Mental and Behavioral Health Needs of AAPI Older Adults**

**Moderator: Chi Mei Lin**

**Panelists:**

**Dr. Christina Miyawaki, Research Findings on Needs of Vietnamese Older Adults**

**Dr. Jiali Sun, Alzheimer's in the Chinese Community**

**Dr. Qian Lu: Creating solutions to improve quality of life for Asian American Cancer Survivors**

**Chi Mei Lin:** Chi-mei Lin is the CEO/Executive Director of the Chinese Community Center, the largest Asian-led human service agency in Texas. A multi-ethnic social service agency, the Center serves over 10,000 families per year in the greater Houston area. In its 45th year, with a four million dollar annual budget, its services include: early childhood education, youth after-school programs, adult education and



Financial Opportunity Center (FOC), senior and social services; and language and cultural heritage programs.

A graduate of the University of Michigan with an M.A. degree in Educational Administration and Supervision, Chi-mei began her non-profit work in 1984 in Texas. She had worked extensively in education, workforce development, and healthcare programs. Chi-mei actively engages in community work and has served on the board of National Coalition for Asian Pacific American Community Development (CAPACD) of Washington D.C. since 2018.

**Dr. Christina Miyawaki:** Christina E. Miyawaki, PhD, MSW, MA is an Associate Professor at the University of Houston Graduate College of Social Work. She earned her M.A. in Gerontology from San Francisco State University, M.S.W. from the University of California, Berkeley, and Ph.D. from the University of Washington. She worked as a bilingual Geriatric Social Worker and the Program Director at a senior social service agency in Berkeley, California. Dr. Miyawaki's overall research has centered on the health and well-being of older adults of color and their family caregivers. Trained as a bilingual geriatric social worker, Dr. Miyawaki has first-hand working experience with family caregivers and their care recipients from a variety of racial/ethnic groups. As a gerontologist, she developed a strong foundation in health disparities research, especially focusing on Asian American populations. She has investigated how Asian American family caregivers' physical and mental challenges are associated with care recipients' health conditions including Alzheimer's disease and related dementias. More recently she has focused on health disparities among older Vietnamese immigrants and refugees and their family caregivers based on their culture. She is a Fellow of the Gerontological Society of America, the Council on Social Work Education, and the Society for Social Work and Research and an elected member of the Phi Alpha Honor Society.

**Dr. Jiali Sun:** Dr. Sun graduated from Fudan University Shanghai Medical School (certified by ECFMG in 2018) and practiced in Gastroenterology at a tertiary hospital in Shanghai. She then completed her PhD study on tumor immunotherapy at Baylor College of Medicine and a Master of Public Health in Healthcare Management. Additionally, Dr. Sun has been a long-time practitioner in mindfulness, such as meditation and Tai Chi. She is currently working as the Project Development Advisor for MyCHN (Community Health Network) to develop an Age-Friendly Health System and promote the community-based Wellness Program. Dr. Sun is particularly interested in elder care and end-of-life care issues. She recently joined the adjunct faculty at the Institute for Spirituality and Health at the Texas Medical Center. Dr. Sun is also serving as the secretary and member of the Board of Directors of the Houston Hospice and CACCC (Chinese American Coalition for Compassionate Care) to promote advance care awareness and education. She would like to integrate her experience in modern medicine and Eastern wellness resources into the community health services.

**Qian Lu, PhD:** Dr. Qian Lu is a Professor in the Department of Health Disparities Research at the University of Texas MD Anderson Cancer Center. She is an innovative, strategic, and results oriented leader and behavioral oncologist who is committed to promoting health equity and eliminating health disparities along the cancer prevention and control continuum through research, education, training, and intentional collaborations with diverse and underserved communities. Dr. Lu has developed innovative psychosocial interventions for underserved populations. She is a pioneer in Asian American cancer survivorship research. She has developed strategies to help Asian American cancer survivors in

navigating their cancer journeys and conducted the first randomized controlled trial to improve the quality of life in this population using community based participatory research methods. She has over 140 publications in peer reviewed journals and has been frequently invited to speak at national and international conferences. She is the recipient of \$9 million in NIH and ACS grants for interventions to enhance quality of life and cancer prevention behaviors among diverse communities.

**Saturday, January 20, 2024 9:15 am to 9:45 am Dr. D. J. Ida, Keynote Speaker**

**Moderator: Rogene Gee Calvert:** Rogene Gee Calvert is a native Houstonian and has worked in the non-profit field for over thirty years. Her early experience came from the Community Welfare Planning Association and the United Way. Over the subsequent decades, she served as executive director of the Child Abuse Prevention Network, Inter-Ethnic Forum, Asian Pacific American Heritage Association, the Asian American Chamber of Commerce and Care for Elders. She has started up several nonprofit organizations and projects. Most notably, she is a co-founder of the Asian American Health Coalition/HOPE Clinic, a Federally Qualified Health Center (FQHC) that serves as a safety net for Houston's underserved, uninsured and hard to serve populations. She later began her political career working in several local campaigns and then in Houston City government for ten years, first in City Council as chief of staff for At-large Council member Gordon Quan, and then in the mayor's office, as director of personnel and volunteer initiatives for Bill White. She is currently a principal at Outreach Strategists, LLC, a public affairs, strategic communications, and digital marketing firm. In this role, she has worked with the City of Houston Health Department on civic engagement and leadership training programs, one for adults in the city's three health profile areas, a second focused on young adults, 18-30 years old in Gulfton and Acres Home, two of the Mayor's Complete Communities, and a third addressing health access and equity in the Mayor's Complete Communities. The unique aspect of these projects was providing a mini-grant for up to \$1,500 to individuals completing the training and applying successfully for a mini-grant to address an issue among social determinants of health in their community. She is also leading an effort to establish a young adult action council for civic engagement and leadership development. In her work with AARP, she has helped establish the Houston Age-Friendly/Livable Community Initiative. In August 2019, Mayor Turner signed this initiative into executive order to make Houston a place that will be age-friendly, livable, and safe for individuals from 8- to 80-year-olds.

Rogene serves in leadership positions on several nonprofit boards, advisory committees, and coalitions, such as Blueprint Houston, the Memorial Park Conservancy, Asian American Health Coalition/HOPE Clinic, Organization of Community Advocates (OCA) Greater Houston, City of Houston Women's Commission, and the U.S. Advisory Committee for Civil Rights, Southern Region. She continues to advocate for the needs of the underserved, older adults, and Asian Americans in the areas of health, mental health, voting rights and social justice issues. She is a senior fellow of the American Leadership Forum, Class XXIV, and was a member of Leadership Houston Class XIII and later served as Chair of LH Class XXXVI. In 2017, Rogene received the Robert Wood Johnson Health Equity Award, and continues to work in addressing health equity issues in our community."

**Keynote: – AANHPI Mental Health: Where We Are and Where We Are Going.**

Pata Suyemoto, PhD, National Asian American Pacific Islander Mental Health Association (NAAPIMHA)

Dr. Pata Suyemoto is a feminist scholar, writer, educator, curriculum developer, equity trainer, mental health activist, jewelry designer, and avid bicyclist. She earned her PhD. from the University of

Pennsylvania and did her research on anti-racist education and issues of race and racism. She is the Training Director for the National Asian American Pacific Islander Mental Health Association (NAAPIMHA) and a master trainer for NAAPIMA's Achieving Whole Health Program. Pata is the director of the National Asian American Pacific Islander Empowerment Network, which is a network of Asian American Native Hawaiian Pacific Islanders (AANHPI) with lived-experience related to mental health concerns. She is the Associate Director of Equity for the Massachusetts Coalition for Suicide Prevention (MCSP) and the co-chair of the Greater Boston Regional Suicide Prevention Coalition. Pata is also founder and co-chair of the MCSP Alliance for Equity and one of the authors of *Widening the Lens: Exploring the Role of Social Justice in Suicide Prevention – A Racial Equity Toolkit*. She has spoken and written about being a suicide attempt survivor and her struggles with chronic depression and complex PTSD. She is a co-founder of The Breaking Silences Project, which is an artistic endeavor that educates about the high rates of depression and suicide among Asian American young women. Pata is a member of a number of boards and committees including the MCSP's Executive Committee, the planning committee for the annual Asian American Mental Health Forum, and MGH CARE Trustees. She is also the chair of SPRC's (Suicide Prevention Resource Center's) Lived Experience Advisory Committee. Her claim to fame is that she rode her bicycle across the country in the summer of 2012.

## **Saturday, January 20, 2024 9:45 AM to 11:00 AM CONCURRENT BREAKOUT SESSIONS TWO**

### **YOUTH, FAMILY/DOMESTIC ISSUES, COMMUNITY AND OLDER ADULTS**

#### **Youth and Family/Domestic Issues Session: Panelists:**

**Moderator: Dr. Anila Khan**

**Tuan Nguyen: A School Counselor's Perspective on AAPI Youth**

**Sheila Savannah, MA, Prevention Institute**

**State Representative Gene Wu: Juvenile Justice Reform**

**Dr. Anila Khan:** Dr. Anila Khan is the Community Behavioral Health Project Manager at the Asian American Health Coalition-HOPE Clinic. Dr. Khan is a physician specializing in medicine, prevention, and public health. With over 15 years of experience in the field, she deeply understands the importance of promoting health and preventing disease. Dr. Khan's work focuses on developing and implementing public health policies and programs that address the health needs of diverse populations. She is committed to improving the health of communities and reducing health disparities through education, advocacy, and research. As a seasoned expert in the field, Dr. Khan has worked with a variety of organizations, including government agencies, non-profit organizations, and academic institutions. Her research has been published in numerous peer-reviewed journals.

**Tuan Nguyen:** Tuan Nguyen is a licensed clinical social worker. He received his Bachelor degree in psychology and social behavior from University of California at Irvine and his Master of Social Work degree from the University of Houston. Currently, he works as a social worker at Fresenius Kidney Care, but previously, Tuan was a clinician with Counseling for Change in Pearland, TX where he provided counseling services to individuals 12 and older, families and couples. He also worked with Pearland ISD providing therapy to selected students. He created and conducted presentations to parents and

teachers for professional development on topics such as “Depression, Anxiety and Self-Care,” “Triggers and Triangles,” and “Asian American Population in Counseling.” Tuan’s other work experience included serving as a staff clinician with Asian American Family Services and a therapist with Lee Nguyen Counselling and Strategic Learning Services. He also was an academic advisor at Lee College and a Student Success Advocate/Academic Advisor at the University of Houston. Tuan authored a chapter entitled, Bi- or Multi-Cultural Identity, in *Therapeutic games and guided imagery, Volume II: Working with children, adolescents, and families with special needs and in multicultural settings* (M.Cheung, 2014).

**Sheila B. Savannah, MA, Managing Director, Prevention Institute**

Sheila Savannah has over forty years of experience in multi sector collaboration and youth/family engagement to address health, safety, and community wellbeing. She is widely recognized for her contributions in the areas of equity and racial justice, community building, and therapeutic programming with adolescents, families, leaders and communities.

In her leadership role with Prevention Institute, she has guided the organization’s safety and wellbeing portfolios for the past nine years. This includes the Houston Health Department’s Embedding Equity Initiative, projects focused on the public health response to the opioid crisis, and projects examining racial justice as a determinant of community safety. Since 2019 she has led Communities of Care, funded by the Hogg Foundation, an initiative that supports collaborative approaches to wellbeing in the greater Houston Metropolitan Area, with a focus on children and youth of color and their families. Its goal is to strengthen efforts to transform the environments where people live, learn, work, play, and pray to support resilience, mental health, and wellbeing.

Sheila’s team launched Safety Through Connection, a California initiative that centers organizations that work on other issues—from nutrition and physical activity to worker rights—to become leaders in preventing intimate partner violence (IPV) and promoting safe relationships.

Her work advances an understanding of community level trauma using PI’s [Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma](#), the first framework developed for understanding the impacts of community-level trauma while offering strategies for building resilience, engagement and healing as a pathway to prevent declining health conditions.

Through a cooperative agreement with the CDC in 2020, She led a Prevention Institute partner team to update the suicide technical package and design modules that provide a foundation for a multi-partner approach to address the rising rates of isolation, loneliness, and violence (including self-harm) during periods of infrastructure disruption.

**Gene Wu:** is an elected State Representative in the Texas Legislature (4th Term) and practicing trial attorney who serves as OF Counsel to PDH. Representative Wu divides his time managing the state’s affairs and representing litigants in court. He currently manages the state’s budget on the House Appropriations Committee and regulates banking and other financial institutions on the Pensions, Investments & Financial Services Committee. In private practice, Wu uses his years of experience as a prosecutor in the Harris County District Attorney’s Office to provide distinguished representation as a

trial counsel. He handles litigation matters from across the spectrum, but is specialized in representing children in Child Protective Services (CPS) cases and Juvenile Delinquency (criminal) cases. He received his undergraduate degree from Texas A & M University, a Master's in Public Affairs from the University of Texas LBJ School of Public Affairs, and his Doctor of Jurisprudence from South Texas College of Law.

### **Community Issues Session: Crisis Intervention in the AAPI Community**

**Moderator: Dr. Beverly Gor**

**Panelists:**

**Sarwa Numan, Special Mental Health Concerns of Refugees and New Immigrants**

**Kimberly Le, What Asian Americans should know about crisis intervention**

**Johnny Lin, Navigating Mental Health Resources**

**Dr. Beverly Gor:** Dr. Beverly “Jeanie” Gor is a registered dietitian who completed her bachelor’s and doctoral degrees from the University of Houston, and master’s degree in nutrition and food science from Texas Woman’s University. In 1994, she and her colleagues established the Asian American Health Coalition and in 2002, created the HOPE Clinic, a federally qualified health center providing culturally and linguistically appropriate care to more than 30 language groups, including many Asian American groups. In 2019, she retired from the Houston Health Department after working with their research and evaluation group conducting projects on food security, health equity and cultural competency in public health. Prior to that, Dr. Gor was a researcher and faculty member at the University of Texas M.D. Anderson Cancer Center where she conducted studies on childhood obesity and Asian American and minority health and cancer disparities. She is an active volunteer with several community organizations. In 2021, she was honored to be invited to be a member of the Executive Council of AARP Texas. Currently, she is a consultant on nutrition and public health projects.

**Sarwa Numan:** Sarwa Numan, an Iraqi American, holds a Languages bachelor's degree in German language from the University of Baghdad. With over 9 years at USAID Iraq, she aided in achieving sustainability in red zones post-ISIS, working with US Army, Marines, International organizations, the government and local nonprofit organizations. Since 2014 in Houston, she's been active in immigrant and refugee support, initially with a resettlement agency and later with HOPE Clinic. Sarwa collaborates with various resettlement agencies and immigrant communities, focusing on education and community resources for the vulnerable. She works closely with the Arab community, facilitating access to healthcare and other services. As the Community and Culture Director of The Princess Magazine, the first Arabic women’s magazine in Texas, she empowers women and raises awareness of women's issues and rights. Sarwa, certified as a Community Health Worker, Certified Application Counselor, and train-the-trainer, is the first woman from the Middle East in the Global Women Leadership network since 2009, sponsored by Santa Clara University and a member of the Women Leaders for the World network, Sarwa emphasizes the importance of serving the underserved and believes in inspiring the next generation to get involved.

**Kimberly Le:** Kim Le, LPC, LCDC is a dedicated professional with a passion for improving the lives of individuals facing behavioral health challenges. Currently serving as a Project Coordinator in Behavioral Health Services at Memorial Hermann Health System, Kim ensures that behavioral health patients

receive the most appropriate and effective treatment when patients come to the hospital in a crisis. Beyond hospital coordination, Kim brings a wealth of experience as a private practice therapist, showcasing a genuine passion for working with the AAPI (Asian American and Pacific Islander) population. With a commitment to culturally sensitive and inclusive mental health care, Kim extends tailored support and guidance to individuals from diverse backgrounds. Kim is also actively involved and engaged in the Asian-American Alliance for Learning, Inclusion, Growth and Networking (ALIGN) Employee Resource Group at Memorial Hermann, contributing to the creation of a supportive and inclusive work environment.

**Johnny Lin:** Johnny Lin is a LMFT, LPC and a graduate of the UH-Clear Lake Family Therapy Program. Prior to working at Memorial Hermann as part of the Behavioral Health Dept, Johnny worked at SEARCH Homeless Services and is still partially involved with work involving the formerly homeless. Johnny was also a very part-time private practice clinician at Family Enrichment Clinic (FEC) for about a decade before it permanently closed its doors a couple years ago. FEC was a multicultural clinic that focused on serving the Asian and South Asian American population. Nowadays, Johnny has another full-time job of being a dad of 2 small girls and working overtime every week and weekend to serve his kids so they can be forever spoiled.

#### **Older Adults Session: Programs to Enhance Mental Health for AAPI Older Adults**

**Moderator: Tina Tran**

**Panelists:**

**Mike Nguyen: The Bamboo Villages**

**Sanford “Sandy” Rodgers: A PACE Program for Houston Asian American Older Adults**

**Angela Chen, Adult Day Center at Chinese Community Center**

**Tina Tran:** Tina Tran is the State Director of AARP Texas. Serving Texas’ 2.4 million members, Tina is responsible for driving AARP Texas’ social impact agenda throughout the state. With AARP’s guiding mission of empowering people to choose how they live as they age, Tina and the AARP Texas team advocate at the federal, state, and community level on policy issues that better the lives of the 50+ and their families. In addition, the AARP Texas team delivers education and engagement opportunities to diverse Texans across the state to encourage healthy, financially resilient, and purposeful lives at any age.

Tina received a B.A. degree from the University of California at Berkeley, a J.D. from Thurgood Marshall School of Law, and is a member of the Texas State Bar.

**Mike Nguyen:** Mike C. Nguyen is the Executive Director of VN TeamWork, Inc., a community-based non-profit that serves the low-income and underserved communities through its many health care programs, training programs, and community service programs, including developing, owning, and managing affordable housing apartments for low-income families and seniors named Golden Bamboo Village I, II, and III. Mike has been the Executive Director since 2011 after the founder, his father Michael CaoMy Nguyen, passed the same year. VN TeamWork primarily serves the Vietnamese community, but Mike thrives to spread the organization’s scope to serve all communities. Mike has extensive experience in management and customer service spending more than a decade in the food industry, as well as a few

years counseling in the fitness industry. Mike knew his passion was to serve the people of this Earth in any way possible to make their lives better and happier. It was a perfect fit for him to end up at a non-profit to serve the community. Mike continues his efforts in developing affordable housing, as well as improving current programs such as Volunteer Income Tax Assistance program (VITA) where more than 2.5 million dollars are returned to the community by approximately 100 volunteers every year, Afterschool Youth Programs where his goal is to improve the education and well-being of students of Golden Bamboo Village II, and hosting community events such as Senior Valentine's, Parent Child Dance, and Veteran's Luncheon throughout the year. Mike spends the rest of his time playing basketball & golf while raising 2 children and doing family activities along with his wife, Audrey, in Houston, TX.

**Sanford "Sandy" Rodgers:** As Director of On Lok PACE partners, the consulting arm of On Lok, Sanford "Sandy" Rodgers brings in-depth knowledge of the Program of All-Inclusive Care for the Elderly (PACE) to current and prospective PACE organizations. His 30+ years of healthcare experience includes 10+ years leading PACE programs from an operational and census-growth perspective, developing new PACE programs nationwide, and elevating existing programs' performance. His experience working with federal and state agencies supports clients seeking to understand the regulatory and compliance complexities of PACE. Sandy's experience prior to PACE includes consulting to pharmaceutical industry leaders and as an internal consultant to a provider of post-acute skilled care. Sandy has spoken at the National PACE Association, local AARP Chapters, and community-based organizations on the delivery of care to older adults. As a member of California's Alzheimer's Association Advisory Board, Sandy works with other community leaders who combine their frontline knowledge of the care for order adults to assist in forming policies and strategies for improving the care of California's aging population.

**Angela Chen:** Angela Chen, MPH, a professional in long-term care, health administration, and public health, serves as the Director of Senior Health Services at the Chinese Community Center. With extensive experience, Angela leads a dynamic team providing specialized Adult Day Care services tailored to the unique needs of the aging community. Her expertise in long-term care ensures a comprehensive approach to enhancing the physical and mental well-being of older adults. In her role, Angela oversees a multifaceted program integrating health administration, ensuring operational efficiency and excellence in service delivery. Navigating the intricate landscape of health administration, her expertise contributes to providing top care services for seniors. Understanding the crucial connection between health education and caregiver support, by organizing healthcare workshops, seminars, and health fairs, she ensures that family caregivers are well-prepared with the knowledge necessary to offer optimal support for the aging population. Ms. Chen received her Bachelor's Degree in Long-Term Care Management from National Quemoy University, Kinmen, Taiwan, a Master's Degree in Health Services Administration from China Medical University, Taichung, Taiwan, and a Master of Public Health degree in Health Services and Policy Management from the University of South Carolina.

**Saturday, January 20, 2024 11:15 AM to 12:30 PM CONCURRENT BREAKOUT SESSIONS THREE**

**YOUTH, FAMILY/DOMESTIC ISSUES, COMMUNITY AND OLDER ADULTS**

**Youth Session: Panelists:**

**Moderator: Dr. Paul Yeh**

**Stacy Lin: Disordered eating and body image among Asian Americans**

**Dr. Jennifer Yen:** board-certified child, adolescent, and adult psychiatrist

**Karishma Mendes, MS, LPC, Performance anxiety, combating mental health stigma and the model minority myth**

**Dr. Paul Yeh:** Paul G. Yeh, MD, MPH is a Faculty Associate at the University of Texas Health Science Center at Houston School of Public Health. He completed his undergraduate at Vanderbilt University and his medical degree and public health doctoral degree at UTHealth Science Center. He has taught Physician Assistant clinical students at the graduate level as a Clinical Assistant Professor. In this capacity, he instructed Physician Assistant students in clinical research and trained them to engage in primary care-based mental health treatment, empowering them to be able to manage low-acuity mental health issues that commonly arise in the primary care setting. He has been conferred with accolades for innovative teaching and empathetic mentoring during his teaching with the largest physician assistant program in Texas at the University of Texas Rio Grande Valley. Dr. Yeh has completed an NCI postdoctoral fellowship, focusing on behavior-based cancer prevention and health economic evaluation. Driven by a passion for preventive medicine, Dr. Yeh aims to bridge the gap between clinical medicine and public health to achieve equity in mental health outcomes and behavior-based cancer for underserved populations.

Collaborating with interdisciplinary teams, Dr. Yeh has applied decision science microsimulation modeling and health economic evaluation methods to assess the cost-effectiveness of clinic-based outreach programs aimed at improving cancer screening adherence rates and to assess primary endometrial cancer prevention strategies. He is also involved in the execution, analysis, and management of the economic evaluation of interventions designed to improve mental health access and outcomes for breast cancer survivors and youth.

Dr. Yeh also has experience in implementing efficacious, sustainable health behavior promotion interventions, including the uptake of preventive lifestyle behaviors and engagement in preventive services, with a focus on reducing the incidence and comorbidity of noncommunicable diseases in Asian-American and Latinx communities. Dr. Yeh aims for his research endeavors to generate valuable insights that will inform strategies for achieving equitable and effective cancer and mental health outcomes in underserved communities.

**Dr. Jennifer Yen:** Jennifer Yen, M.D. is a double board-certified child, adolescent, and adult psychiatrist of Taiwanese descent. Having completed her general psychiatry residency at University of Texas Medical School at Houston, she went on to finish her child and adolescent fellowship at Baylor College of Medicine. Dr. Yen has practiced in a variety of arenas, including private practice, academic medicine, and community psychiatry, where she now works at The Harris Center for Mental Health and IDD. She currently serves as an Assistant Professor of Psychiatry and Behavioral Science for Baylor, and previously served as Assistant Professor of Psychiatry and Behavioral Sciences with UT. Dr. Yen is also a distinguished fellow with the American Academy of Child and Adolescent Psychiatry, where she serves as a member of the media committee, addressing the issue of technology, social media, and their impact on youth. She's authored multiple peer reviewed articles and book chapters, and has presented at local,



state, and national levels. Her primary areas of interest include Asian American mental health, acculturation challenges, intergenerational conflict, and disparity in mental healthcare.

**Dr. Stacy Lin:** Dr. Stacy Lin (she/her) is a Clinical Assistant Professor and licensed psychologist in the Department of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. She specializes in providing culturally-informed psychotherapy for the treatment of emotion dysregulation, trauma, and eating disorders through the Stanford Mental Health for Asians Research and Treatment Clinic, Dialectical Behavior Therapy, and Eating Disorders clinics. Dr. Lin is broadly interested in issues of diversity, equity, and inclusion (DEI) in clinical, training, and professional settings, and is active in various administrative and educational DEI efforts within the department.

**Karishma Mendes, MS, LPC:** Karishma is a Licensed Professional Counselor in Texas and specializes in trauma-informed counseling. She discovered her passion for counseling after consulting with her college's career counselor, who helped her identify her strengths. Karishma holds a Masters of Science in Clinical Mental Health Counseling from the University of St. Thomas. She aims to combat mental health stigma and empower diverse clients towards lasting recovery. During her graduate years, Karishma served as a career counselor at Rice University- Center for Career Development. She also provided counseling for adults and youth who are survivors of sexual abuse at Counseling Connections for Change, a local non-profit in Pearland during her associateship. Currently, Karishma works as a counselor at Sacred Minds Counseling, where she provides counseling services for couples, families, and individuals. Karishma believes that everyone has the potential to thrive and lead an authentic life, just like a lotus.

## **Family/Domestic Issues Session: Efforts to Address Domestic Violence and Human Trafficking in the AAPI community**

**Moderator: Dr. Ping Ma**

**Rachna Khare, How DAYA Helps the South Asian Community**

**Maryam Eldin, All About Asians Against Domestic Violence**

**Jennifer Fischer, Efforts to Address Human Trafficking in Houston**

**Dr. Ping Ma:** Dr. Ping Ma is a Professor in Health Behavior at Texas A & M University. She received her Bachelor's degree in social welfare and social work and Master's degree in Population Studies and Demography from Liaoning University, China. She continued her studies at Linköping University, Sweden and Ecole des Hautes Etudes en Sciences Sociales (EHESS), Paris, France, receiving a Master's degree in Dynamics of Health and Society. Dr. Ma completed her PhD at Tulane University, School of Public Health and Tropical Medicine, with a focus on Global Community Health and Behavioral Sciences. Her research interests include children's injury prevention, smoking cessation, maternal and child health/women's health, social determinants of health/health disparities and health promotion of vulnerable populations (e.g., adolescents, immigrants, racial minorities, and seniors).

**Rachna Khare:** Rachna Khare is the Executive Director of Daya, a Houston-based nonprofit whose mission is to empower South Asian survivors of domestic and sexual violence with culturally responsive services and to educate the community to end the cycle of abuse. Since 2016, Rachna Khare has spearheaded Daya's growth, including increases in revenue from \$440,000 to over \$1.5M, client volume from 250 to 640, and a staff size from 4 to 14 employees. Rachna is a founder of South Asian Youth of Houston Unite and South Asian Survivors & Organizations & Allies Rising. She serves on the Board of the Texas Association Against Sexual Assault and on committees for the Houston Immigration Legal Services Collaborative and the Harris County Domestic Violence Coordinating Council, specifically the Interfaith Advisory Council and Coordinated Access Steering Committee. Rachna is an aunt, sister, partner, daughter, gender-justice advocate, dog mom, Houstonian, and graduate of the University of Texas at Austin. Prior to Daya, she has lead programs at Rice University, Mount Sinai Hospital, and M.D. Anderson Cancer Center.

**Maryam Kamal Eldin:** Maryam Kamal Eldin has been the Executive Director of Asians Against Domestic Abuse (AADA) in Houston, TX since 2015. She completed her Bachelor's degree in Business Administration from the Arab Academy for Science, Technology and Maritime Transport. She has a master's degree in Domestic Violence studies from Sam Houston State University and conducted postbaccalaureate studies at the University of Houston. She has developed outreach programs to promote awareness on domestic abuse and gender-based violence. Maryam has created a nine-month transitional housing program for domestic abused clients that helps locate and furnish an apartment and provide monthly rental assistance. She ensures and advocates for clients' legal rights including searching and recruiting for attorneys that will provide pro bono services to maximize client needs and minimize organizational costs.

**Jennifer Jones Fischer:** Jennifer Jones Fischer, PA-C, is a Physician Assistant with experience in nephrology, family practice, occupational medicine, telemedicine, internal medicine and Infectious disease (including CoVid-19 public health disaster response). She received a Bachelor of Arts degree in Spanish and Psychology from Stephen F. Austin University, a Master's in Social Work from the University of Houston and completed her Physician Assistant Studies at the University of Texas Southwest Medical School in Dallas, TX. Jennifer is trilingual in English, Spanish, and Mandarin-Chinese. She currently works at the Legacy Health Center providing outpatient health services to both uninsured and underinsured patients in the Houston/Montrose area including LGBTQ+, refugees, individuals recently released from prison, and those in need with limited access to health care. Jennifer has also given several presentations to health care professionals about sex trafficking and rescuing individuals from human trafficking situations.

#### **Community Issues Session: Mental Health Resources for the AAPI Community**

**Moderator: Lynne Nguyen, MPH**

#### **Panelists:**

**Phuong T. Nguyen, PhD and Zoey Ng, PhD, Baylor College of Medicine**

**Mariana Barahona, Hope and Healing Center and Institute**

**Angelina Brown Hudson, National Alliance on Mental Illness (NAMI), Greater Houston)**

**Lynne Nguyen, MPH:** Lynne Nguyen is Associate Director of Research Planning & Development in the Center for Community-Engaged Translational Research, within the Department of Health Disparities Research at MD Anderson Cancer Center. She leads the Minority & Women Clinical Trial Recruitment Program, helping research teams develop inclusive, patient-centered research, and set meaningful and attainable accrual goals. Lynne also oversees research collaborations with community partners, and leads training on equitable research practices for MD Anderson research team members.

A passionate community volunteer and health advocate, Lynne is a co-founder of the Asian American Health Coalition and HOPE Clinic. From its beginnings as a 4-hour a month volunteer-led clinic in 2002, HOPE Clinic is now a fully-staffed Federally Qualified Community Health Center that serves all patients regardless of insurance or income status. Today HOPE serves as the medical home for more than 26,000 patients, providing more than 170,000 patient visits in 2021.

Lynne received her Bachelor of Science from the University of Houston and her Master's in Public Health from the University of Texas School of Public Health. Lynne is an avid swimmer, paddler (outrigger canoe), and coffee farmer.

**Phuong T. Nguyen, PhD:** Phuong Nguyen, PhD is an Associate Professor in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine (BCM). Dr. Nguyen received his PhD in Clinical Psychology from the University of Massachusetts – Boston and he completed his internship and postdoctoral fellowship at Massachusetts General Hospital/Harvard Medical School. Currently, he is Director of Psychology Services at Ben Taub Hospital (BTH), and the Program Director of the Baylor College of Medicine Anti-Human Trafficking Program. Additionally, he serves as the Training Director for the BCM Psychology Internship Program and the Ben Taub Hospital/BCM Psychology Postdoctoral Fellowship Program. At BCM, Dr. Nguyen enjoys a mixture of leadership, training, clinical, and research activities. Given his refugee background, his clinical and research interests stem from his desire to better understand and address psychological difficulties experienced by historically underserved and marginalized groups, especially racial and ethnic minorities, refugees, internally displaced and homeless individuals, and human trafficking survivors. Prior to coming to BCM, Dr. Nguyen served as Director of Clinical Services at Asian American Family Services, one of the only counseling agencies in the Houston-area committed to the social and mental well-being of Asian, Asian American, and Pacific Islanders.

**Zoey Ng, PhD:** So Yu Cicy (Zoey) Ng, PsyD, is a Psychology Postdoctoral Fellow in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. Dr. Ng received her PsyD in Clinical Psychology from Wheaton College in Illinois and completed her predoctoral internship at the University of Rochester Medical Center. Currently, she provides psychology services in the psychiatric inpatient unit at Ben Taub Hospital and consultation and liaison services throughout the hospital. Her professional interest in research and clinical work is serious and persistent mental illness, especially in suicide prevention. She is particularly interested in serving the multicultural communities and underserved populations and utilizes her trilingual skills in English, Mandarin, and Cantonese.

**Mariana Barahona:** Mariana joined Gateway to Hope, the training branch of the Hope and Healing Center and Institute, in October of 2021 as a Community Education Coordinator. She was born in Colombia but has called Texas her home since the age of eight. Mariana obtained her Bachelor's degree in Psychology and a minor in Business Administration from The University of Texas at San Antonio in 2015 and has spent over 8 years advocating for mental health awareness. She believes that community leaders have a wonderful opportunity to understand mental health further and help those in mental health distress seek not only help but support that is within reach.

**Angelina Brown Hudson:** Angelina Brown Hudson, MPA is the Executive Director of NAMI Greater Houston. In this position, Hudson determines and executes strategic initiatives, collaborations, and partnerships to improve services, resources, treatment, care, and recovery outcomes of people with mental illnesses in Greater Houston—an area that encompasses Harris, Fort Bend and Montgomery counties. An organization executive leader since 2011, and a mental health advocate, spokesperson, and trainer on the local, state, and national levels for more than two decades, Hudson has targeted much of her focus on earlier identification of those facing a mental health condition; removing barriers to mental health services and supports; de-criminalizing those living with mental health conditions by encouraging appropriate treatment options; and connecting adults disabled by their mental health diagnosis to supported-employment opportunities, cross-training, and entrepreneurial development.

#### **Older Adults Session: Innovative Strategies to Enhance Mental Health for AAPI Older Adults**

**Moderator: Kristie Brooks, MS, LPC**

**Panelists:**

**Jeri Shikuma, Asian Community Center of Sacramento, CA**

**Steven Lee, Lac Hong Adult Day Center**

**Paula Johnson, Houston/Harris County Area Agency on Aging**

**Kristie Brooks:** Kristie Brooks is a Licensed Professional Counselor and tribal member of the Choctaw Nation. She has served rural Oklahomans in a wide variety of ways for nearly 20 years. As a proven leader in the areas of mental health and substance use disorder programming, Ms. Brooks has served on numerous federal, state, and tribal committees. She is a strong advocate for the rights of under-resourced populations at the programmatic and national policy levels. Early in her career, Ms. Brooks worked in Child Welfare for the Oklahoma Department of Human Services and served as a counselor for the Oklahoma Department of Mental Health and Substance Abuse Services.

Ms. Brooks initial work as a therapist built a strong foundation that led to her promotion to Director of Behavioral Health Services for the Choctaw Nation, with over 200,000 tribal members. In this position, she oversaw behavioral health services for all treatment facilities and mental health clinics in the 10 counties of the Reservation. In her Behavioral Health leadership role, Ms. Brooks was instrumental in the implementation of new programs and services that provided benefits to Native Americans throughout the State of Oklahoma. Ms. Brooks also pursued and attained funding from 13 federal grants from agencies such as Substance Abuse and Mental Health Services Administration (SAMHSA), Indian Health Service (IHS), U.S. Department of Justice (DOJ), and National Institutes of Health (NIH). This funding

contributed to the launch of programs that undeniably improved the access and quality of mental and substance use disorder services in the CNO Reservation.

As a result of her continued commitment to the Tribe, Ms. Brooks was invited to sit on the Leadership Board for the Choctaw Nation Health Services Authority (CNHSA). She was also recognized for her dedicated service through two distinguished awards in 2018: the Oklahoma City Area Indian Health Service Area Director's Superior Management award from IHS, and the Local Impact Award from the National Indian Health Board.

Ms. Brooks received her BA and MS in Human Services Counseling from East Central University in Oklahoma. She is Certified as a Licensed Professional Counselor and Licensed Professional Counseling Supervisor

**Jeri Shikuma:** Jeri leads a Home & Community-Based Programs team that provides Transportation, Social Work, Lifelong Learning & Wellness, and Workforce Development services aimed at keeping seniors and their families active, healthy, socially connected and living independently. Born and raised in Hilo, Hawaii, Jeri received her Bachelor's degree in Human Biology from Stanford University and her Masters in Public Health from the University of Hawaii. She has lived in a variety of places overseas and in the U.S., and worked in the public and non-profit sectors doing health promotion and education, community development, and program management. Jeri joined ACC Senior Services in 2017, staffing their Senior Community Service Employment Program. She became ACC's Home & Community-Based Programs Administrator in 2021. Sacramento, CA is home now, where she and her husband are raising their family, working in their garden and taking off to the beach whenever possible.

**Steven Lee:** Steven Lee was born and raised in the Houston area. As the Program Director of Lac Hong Adult Day Center since 2013, he along with his Co-Director and wife, Kimsa Nguyen, manage and operate the daily operations of the facility. Being one of the first culturally-based adult day programs for the Asian community, they've been able to adapt many of the cultural changes of our community into their programming to improve the quality of life of their members. In his recreational time, Steven has served as a volunteer Firefighter and EMT within the Alief area since 2006, and proudly shares three daughters, Haleigh, Evelyn, and Eloise with Kimsa.

**Paula Johnson, MPH:** Paula Johnson retired from the Army in 2011 after 27 years of service. She began her career with the Houston Health Department as a Management Analyst with the Office of Surveillance and Public Health Preparedness. In 2015, SGM (Ret.) Johnson transitioned to the Centers for Disease Control and Prevention as a Public Health Analyst where she became the Assistant Director of the Policy Unit, serving as the lead for the Ebola Policy Unit, and Deputy Lead for Zika. Paula returned to Houston in 2016 where she currently serves as the Bureau Chief of the Harris County Area Agency on Aging. She holds a master's degree in public health from American Military University and a Liberal Arts degree from Chaminade University.

### **12:30 pm Closing Session and Call to Action by Dr. Anhlan Nguyen**

**Dr. Anhlan Nguyen:** Dr. Nguyen currently works at Lyceum Global – Life Skills and Professional Development for Success, an US based social enterprise specialized in life skills and professional development for AAPI professionals and entrepreneurs globally. In 2020, she became an international

bestselling author with her first book “Living in GRACE”. The book has blessed thousands of lives across US, Canada, Australia and around the world. Her dream is to spread emotional intelligence through the lens of GRACE globally to improve youth resiliency and well-being through stressful time.