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ABOUT NAAPIMHA

One in five people live with a mental health challenge. Unfortunately, many Asian American, Native Hawaiian, and Pacific Islanders (AANHPI) who experience a mental health challenge face unique cultural, religious, language, and systemic barriers that can keep them from getting support. Thus, the National Asian American Pacific Islander Mental Health Association (NAAPIMHA) aims to promote and redefine the mental health and wellbeing of the Asian American, Native Hawaiian, and Pacific Islander individuals and communities in the United States through training, programs, policy & advocacy, centering those with lived experience. Everyone experiences a mental health challenge at some point in their lifetime, exacerbated by race-based hate and trauma, requiring everyone to learn the skills to cope, heal, and advocate for wellness and community care. With this work, NAAPIMHA envisions mental wellness for all people and a world where mental health is destigmatized and AANHPI individuals and communities are able to access the care and information they need for their well-being.

Through seed funding from the United States Department of Health and Human Services' Substance Abuse and Mental Health Services Administration, NAAPIMHA was first launched in 2000 as one of four national mental health organizations serving ethnically diverse populations under the National Alliance of Multiethnic Behavioral Associations.

Since 2001, NAAPIMHA has transitioned into a national 501(c)(3) nonprofit organization working to support the holistic health and wellbeing of AANHPI communities, through mental health training, programs, and policy & advocacy. It is the only community-driven organization with a national mental health focus on AA & NHPI communities that integrates an interdisciplinary approach that spans education, training, public health, and policy & advocacy and centers those with lived-experience.
NAAPIMHA leads mental health trainings and community programs for AANHPI youth, communities, providers and AANHPI-serving community based organizations and coalition building with mental health and AANHPI-serving advocacy organizations to impact policy. NAAPIMHA’s work falls into four main areas:

**Culturally-Informed Mental Health Trainings**

NAAPIMHA conducts culturally-relevant, holistic, mental health training across the U.S:
- **Achieving Whole Health** trains and uses a culturally responsive approach to help individuals learn how to be in control of making healthy decisions
- **Growing Our Own** trains providers on how to provide culturally and linguistically appropriate care
- **Mental Health First Aid** teaches individuals how to help someone who is developing a mental health problem or experiencing a mental health crisis.
- NAAPIMHA provides trainings and presentations around AANHPI mental health for service providers, community based organizations, student groups, employee resource groups, businesses, etc.

**Community-Based Mental Health Programs**

NAAPIMHA facilitates community-based mental health programs to foster brave spaces for sharing and healing within AANHPI communities:
- **Friends DO Make a Difference** is a mental health leadership program for AANHPI youth and young adults.
- **The National Asian American Pacific Islander Empowerment Network (NAAPIEN)** is a national network of AANHPIS who have lived experience with mental health issues, either as individuals or as impacted friends or family.
- **Asians in Focus** and heART's hope are projects that highlight the healing power of art in all its forms.

**Community-Driven Policy & Advocacy**

NAAPIMHA engages with local, state, and national partners on grassroots and grasstop advocacy efforts to inform and advance public policy supporting AANHPI mental health:
- Involvement in coalitions, like the National Council for Asian Pacific Americans, AAPI Against Gun Violence Coalition, and #ReimagineCrisis Coalition, that directly influence policies that help address hate, racism, and suicide prevention.
- Coordinates **National Asian American Native Hawaiian Pacific Islander Mental Health Day** (May 10), the national resolution with the Congressional Asian Pacific American Caucus & city/state proclamations with local and regional community partners.
- Facilitates the **Vote for Wellness Initiative**, a national voter engagement campaign supporting Asian American, Native Hawaiian, and Pacific Islander (AANHPI) communities to get out the vote while centering their mental health and well-being during Election season.

**Community Crisis Supports & Response**

NAAPIMHA responds to individual mental health crises and wide scale community mental health crises related to people-made (ex. race-based shootings) and natural disasters impacting AANHPI communities and individuals.
- Developed mental health resource guides following Monterey Park, Half Moon Bay, and Allen, TX Shootings, and Maui wildfires
- Connects and refers individuals to AANHPI mental health services and supports
- Provides input on 988 Suicide & Crisis Lifeline and other national suicide prevention efforts
- Co-chairs SAMHSA Anti-AANHPI Hate workgroup and developing Anti-AANHPI Hate resources and webpage.
OUR TEAM

At NAAPIMHA, our people are the central heartbeat to the heart work we do in support of Asian American, Native Hawaiian, and Pacific Islander individuals, families, and communities. In this section, get to know the team behind NAAPIMHA. To get us started, we’ve captured a few photos of our team over the year - from team outings to virtual meetings to gatherings with the AANHPI and mental health community.
DJ Ida, PhD (she/her)
Executive Director, NAAPIMHA

Dr. DJ Ida is a third generation Japanese American who has worked with AANHPI communities for over 40 years. She received her PhD in clinical psychology and uses her years providing direct clinical services to guide her in her policy work and development of training programs. DJ has worked with community based organizations around the country served on numerous boards including the US Dept. HHS, SAMHSA Center for Mental Health Services National Advisory Council; Mental Health America; the UC Davis Medical Center Health Equity Advisory Board, the Annapolis Coalition for Behavioral Health Workforce; and the Sakura Foundation. She helped develop Growing Our Own to help clinicians learn how to provide culturally and linguistically appropriate services, Achieving Whole Health to train healthcare workers on integrated models of selfcare and Mental Health Interpreter to train interpreters to work in mental health settings. Her greatest love is working with AANHPIs to find creative solutions by using a broader public health approach that incorporates a cultural lens to identify what works, what doesn’t and trusting the wisdom and strength of the community.

Krystle Canare (she/her)
Deputy Director, NAAPIMHA

Krystle Canare is a second generation Filipina American and the Deputy Director for the National Asian American Pacific Islander Mental Health Association (NAAPIMHA), a nonprofit organization that promotes the mental health and well-being of Asian American and Pacific Islander (AAPI) communities. Prior to joining NAAPIMHA, Krystle managed the Center of Excellence for Infant & Early Childhood Mental Health Consultation (IECMHC) at Georgetown University’s Center for Child & Human Development. In that capacity, she directed national trainings for IECMHC programs and mental health consultants across the United States.
(cont.) Krystle has served as consultant for the Substance Abuse Mental Health Services Administration, an ambassador for the White House Initiative on Asian Americans & Pacific Islanders during the Obama Administration, steering committee member for the National Network to Eliminate Disparities in Behavioral Health, senior project coordinator at the National Council for Mental Wellbeing, and now serves as the Vice Chair of the Asian Mental Health Collective. Krystle's mental health advocacy and nonprofit leadership expands to the Filipino American community as co-fellowship director and mental health advisor for the Filipino Young Leaders Program (FYLPRO) and Founder of Tayo Trails, an RV touring company amplifying the histories and stories of Filipino Americans nationwide.

Raised in the Washington D.C metropolitan area, Krystle graduated from the University of Maryland, College Park and attributes her passion for mental health, policy making, and community building to the university's Filipino American History & Biography course, Multicultural Involvement & Community Advocacy Office, and the Filipino Cultural Association.

**Pata Suyemoto (she/they)**
**Director of Training and NAAPIEN, Consumer Advocate, Achieving Whole Health Trainer**

Dr. Pata Suyemoto is a feminist scholar, writer, educator, curriculum developer, diversity 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/Program Director for the National Asian American Mental Health Association (NAAPIMHA). Pata is a master trainer for NAAPIMHA’s Achieving Whole Health Program and the director of the National Asian American Pacific Islander Empowerment Network, which is a network of AAPIs with lived-experience related to mental health concerns. She is the co-chair for the Greater Boston Regional Suicide Prevention Coalition and the founder and co-chair of the Massachusetts Coalition for Suicide Prevention (MCSP) Alliance for Equity. Pata is 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 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 also 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 the board of directors for the American Association of Suicidology. Her claim to fame is that she rode her bicycle across the country in the summer of 2012.
Allyson Goto (she/they)
Program Director, NAAPIMHA

Allyson Goto is a fourth generation queer Japanese-American from Colorado. Allyson received her Bachelor of Arts from Brown University in Sustainable Development and Public Policy. Prior to working with NAAPIMHA, Allyson worked at a public health department as a special projects coordinator focused on community-based projects related to food justice and systemic change. While working in public health Allyson collaborated closely with community members, policy makers, funders, and community based organizations. Her work included organizing community coalitions, educating on and advocating for local policies, and advising in discussions for equitable federal funding distribution during the COVID-19 pandemic. She also served as a member of the internal equity action committee for the department and lead racial equity committees around food justice efforts with the local Food Policy Council.

Allyson is passionate about ensuring mental health is accessible to everyone in the AANHPI community and believes that re-imagining what mental health means is a beautiful and important way to achieve this vision. Her own journey around mental health has included exploring the intergenerational trauma that remains from her family's incarceration experience during WWII and the ways in which her cultural upbringing has impacted her understanding and relationship with mental health. Outside of work she serves on Community Rose Foundations' Generation Next Giving Circle, and enjoys caring for her mental health through gardening, fly fishing, DIYing, traveling, and photography.

Elizabeth Sweet (she/they)
Community Engagement Manager, NAAPIMHA

Elizabeth Sweet (she/they), is a recent graduate of the University of Washington in Seattle. Transracially and internationally adopted from South Korea into a rural town in Washington state on S’Klallam land, she was raised outside of Asian American community and culture. She has since worked to reclaim her Asian identity and reconnect with Korean culture, advocating that there is no singular way to be Asian American.
(cont.) Elizabeth identifies as a queer woman of color whose experiences before and during the rise of anti-Asian hate in the global pandemic have shaped her vested interest in mobilizing around racial justice, progressive and inclusive politics, and intersectional advocacy. She is a model minority denouncer, who lived under the control of this deeply problematic stereotype for years until realizing her value existed outside of it.

She champions recognition for adoptee issues, dismantling mental health stigma, and the convergence of science with policy. She is passionate about increasing accessibility to, combatting elitism in, decolonizing, and organizing around increasing the political representation and visibility of underrepresented groups. In her free time, Elizabeth enjoys hiking, biking, paddleboarding, discussing Asian representation in media, and reclaiming and wearing Korean traditional dress (hanbok).

**Aryelle Montecer (she/her)**  
Project Coordinator, NAAPIMHA

Aryelle Montecer (she/her) is a recent graduate of The Catholic University of America in Washington D.C, where she received her B.A in Psychology and double minored in Social Work and Latin American and Latino Studies. She is a second gen Filipina who is passionate about dismantling the stigma surrounding mental health.

Aryelle has been involved in leadership within the Filipino American community, having served as an ambassador for the National Federation of Filipino American Association's Empowering Filipino Youth through Collaboration (NaFFAA EPYC) program, and as a fellow of the Filipino Young Leaders Program (FYLPRO). She has also served as Culture Chair and Co-Chair for District VI of the Filipino Intercollegiate Networking Dialogue (FIND Inc) as well as Event Coordinator for The Filipino Organization of Catholic University Students (F.O.C.U.S.).

She is excited to now join the NAAPIMHA team as a project coordinator. In her free time, Aryelle likes to read, listen to music and spend quality time with her friends and family.
Zoë Cain (they/them/she/her)  
Resident Artist and Illustrator

Zoë Cain is a queer, Korean-American illustrator, art teacher, and mental health advocate. They are passionate about “art with impact” and have created illustrations for nonprofits including NAAPIMHA, TaskForce, and Half the Story. Zoë is an experienced online crisis counselor, Rare Beauty Ambassador, and MTV Mental Health Youth Fellow. They are a social media advocate, drawing and writing about their identity and lived experience with mental health challenges to create community, share culturally relevant resources, and normalize conversations about mental health.

In addition to its staff, NAAPIMHA worked closely with:

- Dr. Rachele Espiritu, and Change Matrix who provides evaluation and technical support across various NAAPIMHA projects
- TJ Simba-Medel, arts educator and improv coach who facilitated theater and arts improvisation workshops for Friends DO Make A Difference Program and Redefining Mental Health Summit.
- Michelle Garcia, founder of Thriving Asians who facilitated mental health workshops for Friends DO Make A Difference Program and Redefining Mental Health Summit.
- Katherine Mallari, Act to Change Program Manager who facilitated mental health workshops for Friends DO Make A Difference Program and served as chaperone for the Redefining Mental Health Summit.

Our team would not be complete without our rising youth leaders. In 2023, NAAPIMHA continued its collaboration with the Conference on Asian Pacific American Leadership (CAPAL) to support AANHPI youth leaders from CAPAL’s Public Service Internship Program and brought on other student interns through course accredited programs and volunteer community service. Our immense gratitude and well wishes go to our NAAPIMHA interns and student mental health leaders: Vanshika Anand, Laurie Chan, Andrea Chavez, Sarah Goldman, Yuxin “Christina” Gu, Van Pham, Aiko Reidy, Mia Roque.
On April 14 - 15, 2023, the National Asian American Pacific Islander Mental Health Association (NAAPIMHA) and community partners hosted Redefining Mental Health: Centering Voices of AANHPI Youth and People with Lived Experience, a two-day convening dedicated to centering the voices of Asian American, Native Hawaiian, and Pacific Islander (AANHPI) youth and people with lived experience and redefining mental health and well-being in the AANHPI community.

Over 100 AANHPI youth, people with lived experience, and the greater community joined the plenaries, interactive workshops, advocacy, and opportunities for art, wellness, and connection. Insights and learnings were used to develop national recommendations for supporting AANHPI mental health and amplified on National AANHPI Mental Health Day (May 10, 2023). An infographic of the event learnings can be found at: https://bit.ly/RedefMHgraphic.

The event was made possible by funding from Micron & The Asian American Foundation. Current co-sponsors include RAMS, Asian Americans for Community Involvement (AACI), National Asian Pacific American Families Against Substance Abuse (NAPAFASA), and Act to Change.

“A lot of the youth in my group shared original, motivating stories. I really liked being able to connect with people in my age range and be able to see that a lot of individual difficulties are not only reflected in myself and that I'm not alone in topics regarding youth” - Summit Attendee
FRIENDS DO MAKE A DIFFERENCE

NAAPIMHA’s Friends DO Make A Difference Program is a mental health leadership program for Asian American, Native Hawaiian, and Pacific Islander youth & young adults. The goal of Friends DO Make A Difference is to foster emotionally healthy environments for AANHPI youth, support their skills in peer mental health support, and emphasize that friends DO make a difference.

To date, over 40 universities, 13 high schools, 5 student-run conferences, and 7 national conferences have participated in the Friends DO Make a Difference Program. In 2022, NAAPIMHA piloted the Friends DO Make A Difference program with twenty high school students in Denver, Colorado and Chicago, Illinois across thirteen different high schools. Students represented eleven different ethnicities including: Filipino, Black, Taiwanese, Chinese, Korean, Trinidadian, Indian, Vietnamese, Japanese, Latina, and White and many students also identified as being part of the LGBTQ community.

Program Objectives:
- Increase student’s leadership capacity to talk about mental health
- Provide a safe space for students to talk about mental health and other issues
- Find creative solutions to healing
- Help students claim their identity as a source of strength

Session Topics:
- Cultural Identity and Mental Health
- Mental Health Challenges and Suicide Prevention
- Resiliency and the Power of Allyship
- Community Project Led and Developed by Students
NAAPIMHA is proud of the impact of the Friends DO Make a Difference Program and is excited for the opportunity to expand and build the program and network. The most important aspect of any program is uplifting the voices of the youth themselves and to allow their voices to guide the programming we offer. Below are quotes from students who shared what the Friends DO Make A Difference Program means to them:

- “This program has impacted me because I’ve learned so many useful skills and concepts surrounding mental health while being able to explore my Asian identity...The people I’ve met have created a great AANHPI community for me which has been hard to find in Colorado. I would also say my confidence has grown because I was going into this nervous because it’s a new experience. Taking the dive and committing to the program has definitely helped me feel better about trying new things.”

- “This program has really given me a space where I feel safe and included, being surrounded by peers that understand without me having to explain every detail really makes me feel like I belong.”

- “I feel found because of this program.”
In 2023, the NAAPIEN steering committee continued to build the foundations of NAAPIEN and officially launched NAAPIEN network membership to AANHPI communities across the United States. By the end of 2023, NAAPIEN recruited a total of 100 members.

In the Spring, the NAAPIEN steering committee played a pivotal role in NAAPIMHA’s summit, Redefining Mental Health: Centering Voices of AANHPI Youth and People with Lived Experience. The NAAPIEN steering committee members played key roles as panel participants and workshop facilitators.

In the Fall, the NAAPIEN steering committee spearheaded NAAPIEN’s first community network meeting and launched three special interest groups (SIGs): Healing through the Arts, Mental Health Professionals with LE, Parenting with LE.

In December, NAAPIEN held spaces to support individuals who may be experiencing isolation and mental health challenges during the winter and holiday season. Based on feedback from members, NAAPIEN will continue to hold regularly scheduled monthly meetings for listening circles, learning, and other activities of special interest for network members.
ACHIEVING WHOLE HEALTH

The Achieving Whole Health: Balancing Mind, Body, and Spirit Training teaches paraprofessional staff and community members how to take an active role in improving their own health as well as learning ways to help others as AWH Wellness Coaches. In 2015, AWH was selected by SAMHSA as a best practices model for improving the behavioral health of AANHPIs and became an annual training at SAMHSA’s NNEDLearn Conference. This year, NAAPIMHA was awarded SAMHSA’s Mental Health Awareness Grant and increased the number of AWH training offerings. To date, 65 community based organizations and more than 315 participants have been trained in Achieving Whole Health.

In 2023, NAAPIMHA conducted three AWH trainings and trained a total of 42 participants. AWH participants represented 11 different ethnicities including: Chinese, Filipinx, Indian, Japanese, Latinx, Okinawan, Samoan, Taiwanese, Tongan, Vietnamese, and White, and were based in Arkansas, California, Colorado, Florida, Hawaii, Indiana, New York, Texas, Utah, and Washington.

In addition, NAAPIMHA provided ongoing consultation to InTouch Outreach Resource Center (ITOR), OMID Multicultural Institute for Development, Community Health for Asian Americans, and Primary Care Development Corporation.

TESTIMONIALS

“This training has re-energized my passion for mental health. It’s always so great connecting with people who have been in the field for a long time and are still just as passionate.”

“The AWH Training really gave me good insight on how to make realistic and positive strides towards balancing the mind, body and spirit! This training put into perspective the importance of decision-making, goal-setting and also accountability. Since training, I have still kept to my goal and have made much progress in the way I think about my whole health. I am most fortunate to learn and train under the wings of both DJ and Pata! Your guidance, approach, tips, experience and knowledge is what sustained me in the training. Most of all, I enjoyed your support of me and those whom joined me in the training, it was very intimate given our group size but it definitely worked! I would definitely recommend this training to others!”

TRAINING SITES:

OMID

INTouch Outreach Resource Center

PRIMARY CARE DEVELOPMENT CORPORATION

CHAA COMMUNITY HEALTH FOR ASIAN AMERICANS
MENTAL HEALTH FIRST AID

In 2023, NAAPIMHA offered Mental Health First Aid, a nationally recognized evidence-based practice from the National Council for Mental Wellbeing, at no-cost to AANHPI-serving organizations and communities. Mental Health First Aid teaches individuals how to help someone who is developing a mental health problem or experiencing a mental health crisis. NAAPIMHA’s Mental Health First Aid trainings are taught by AANHPI MHFA trainers and train the curricula with an emphasis on cultural considerations specific to AANHPI communities.

To date, NAAPIMHA provided three MHFA trainings and trained a total of 34 participants, with an anticipated 150 new trainees in 2024. MHFA participants represented eight different ethnicities including: Filipinx, Chinese, Asian Indian, Bangladeshi, Vietnamese, Korean, Taiwanese, and Pakistani and were based in Arkansas, California, Hawaii, Maryland, Massachusetts, New York, North Carolina, Oregon, Texas, and Washington. In order to support the specific needs of AANHPI individuals with lived experience, MHFA trainings were dedicated to NAAPIEN members on a quarterly basis.

Testimonials

“I have encountered a person in need of mental health first aid since the training. I did utilize the ALGEE method and am currently helping them access counseling services. Thank you for this guidance!”

“I have been able to effectively communicate to family members, understanding the negative outcome of cultural stigma and ways to softly approach and assess the direction of a conversation.”
On May 10, 2023, NAAPIMHA, cities, elected officials, and over 80 community organizations and businesses celebrated the third annual National Asian American Pacific Islander Mental Health Day, a national day to raise awareness around mental health in AANHPI communities.

The national resolution stands on the shoulders of mental health advocates at RAMS, Inc. in San Francisco who spearheaded the first statewide proclamation making May 10th Asian and Pacific American Mental Health Day in California in 2010. In 2023, the resolution was introduced yet again in the House of Representatives and a Senate companion was introduced for the first time. At the state and local level, AANHPI mental health advocates and organizations from 37 states and cities submitted proclamation requests and the following states, cities, and counties have approved their proclamation requests:

- **State Proclamations**: Arizona, California, Colorado, Hawaii, Illinois, Michigan, Washington
- **City Proclamations**: Boston, Dallas, Denver, Fontana, Houston, San Francisco, Santa Clara, Washington DC

Artwork provided by: Zoë Cain (@zoeccainart)
Thank you to our wonderful volunteers and to our 80+ community partners and community champions who committed to celebrating AANHPI Mental Health Day in 2023 and beyond!
NAAPIMHA’s Vote for Wellness Initiative is a voter engagement campaign supporting Asian American, Native Hawaiian, and Pacific Islander (AANHPI) communities to get out the vote while centering their mental health and well-being during Election season.

The goals of the initiative are to increase voter participation within AANHPI communities by 1) providing voter education and voter registration support to AANHPI individuals with mental health challenges and disabilities and the loved ones who support them and 2) providing voter education through the lens of mental health education to inform AANHPI voters of candidate positions on mental health.

As a year-long initiative gearing up for the 2024 Presidential Elections, the Vote for Wellness Initiative kicked-off its voter engagement efforts with a National Voter Registration Day event with students at the University of Arkansas’ Multicultural Center, a webinar held on Election Day 2023 on AANHPI Voting Rights and Voting with Lived Experience featuring former Election Commissioner and NAAPIEN Steering Committee Member, the Honorable Joshua Ang Price, and launched its national call for Vote for Wellness Ambassadors, AANHPI individuals committed to supporting their communities’ wellness this Election season.

Resources Launched in 2023:
- Vote for Wellness website homepage
- Wellness During Election Season Brochure
- Know Your Voting Rights: Voting for People with Mental Disabilities Brochure
- Uplifting of Inseparable’s Mental Health Now Campaign
- NAAPIMHA’s Policy and Advocacy Action Center Tool to Locate Your Elected Officials and Election Information
- Rock the Vote partner tools for online voter registration, voter status checking, pledge to vote/get election reminders, and absentee ballot (vote by mail) requesting.

Civic Holiday Partnerships:
- August: Civic Health Month (Civic Vote)
- August 23: Poll Worker Recruitment Day (Power the Polls)
- September 18-22: Disability Voting Rights Week (American Association of People with Disabilities)
- September 19: National Voter Registration Day
- October 2-6: National Voter Education Week
- October 26: National Vote Early Day
- November 7: Election Day
- November 6: Election Hero Day
On May 30th, Reps. Judy Chu and Grace Napolitano were joined by Senator Mazie Hirono (HI) to announce the first bicameral introduction of the Stop Mental Health Stigma in Our Communities Act, which would curb mental health stigma in the Asian American, Native Hawaiian, and Pacific Islander (AANHPI) community. NAAPIMHA is in strong support of the Stop Mental Health Stigma in Our Communities Act and provided organizational endorsement of the bill alongside 57 mental health and AANHPI-serving organizations. This bill is an important step to providing critical investments towards reducing stigma associated with mental health within Asian American, Native Hawaiian, and Pacific Islander (AANHPI) communities. NAAPIMHA is hopeful this bill will improve mental health outcomes through much needed cultural and linguistically appropriate outreach education and mental health services, workforce development, and research with and for AANHPI communities.

NEW & CONTINUED COLLABORATIONS

NAAPIMHA engaged in new and continued collaborations with the following mental health and/or AANHPI-serving organizations and agencies: Association of Asian Pacific Community Health Organizations, AAKOMA Project, AAPI Equity Alliance, Act to Change, Center for Law & Policy, Conference for Asian Pacific American Leadership, Asian Americans Advancing Justice, Filipino Young Leaders Program Tayo, National Council for Asian Pacific Americans, National Asian Pacific American Families Against Substance Abuse, Mental Health Action Day, National Alliance on Mental Illness, O'Hana Center of Excellence, The Asian American Foundation, This Is My Brave, University of Arkansas Multicultural Center, Value Our Families, and the Substance Abuse Mental Health Services Administration.

NAAPIMHA engaged in the following coalitions and councils to align and strategize on mental health policy and advocacy efforts:

- Substance Abuse Mental Health Services Administration Pathways Forward:
  - Anti-AANHPI Hate Workgroup
  - 988 Suicide & Crisis Lifeline Workgroup
  - Workforce Development Workgroup

- National Council for Asian Pacific Americans Committees
  - NCAPA Health Committee
  - Civic Engagement Committee
  - Data Equity Working Group

- #ReimagineCrisis Coalition with NAMI

- AAPI Against Gun Violence Coalition

- 988 Suicide & Crisis Lifeline Formative Research Group with Education Development Center

- Immigrant Mental Health Research Group with Center for Law and Social Policy

- AANHPI Youth Mental Health Community Advisory Board with The Asian American Foundation
While NAAPIMHA is accustomed to offering referrals to mental health supports and services, the increased frequency of wide-scale community disasters and trauma particularly impacting AANHPI communities requires a wide-scale community support response. NAAPIMHA is motivated by the rapid response of AANHPI communities to organize in the face of violence and destruction and works alongside local community partners to support impacted victims and families during times of crisis and post-community care:

**Monterey Park & Half Moon Bay Shootings**
In the wake of the Monterey Park & Half Moon Bay shootings on the eve of Lunar New Year, NAAPIMHA checked in with local AANHPI mental health organizations and developed a resource guide of local healing offerings and support groups. In collaboration with the Pacific Southwest Mental Health Technology Transfer Center, NAAPIMHA supported a series of AANHPI Healing Circles: A Space of AANHPI Providers & Community Members to Gather.

**Allen, TX Shooting**
NAAPIMHA mourns the lives lost from the senseless gun violence in Allen, Texas. NAAPIMHA attended vigils honoring Allen, TX shooting victims and developed a resource guide amplifying all community efforts to collectively mourn, grieve, process, and engage in restoration and care.

**Maui Wildfires**
On Tuesday, August 8th, widespread wildfires ravaged the islands of Maui and Hawai‘i Island, leading to devastating death, displacement, and destruction to these lands and its people. NAAPIMHA continues to send our deepest aloha and prayers to the families impacted by the wildfires and offer this compilation of resources to amplify spaces of support during these challenging times.

**Genocide in Palestine**
NAAPIMHA supports all who are suffering from the consequences of the horrible acts of war in Gaza and the ongoing genocide of the Palestinian people. NAAPIMHA has compiled a list of mental health resources to support those directly or indirectly impacted by the crisis in Gaza and the ongoing Palestinian genocide.
HeArt’s Hope Plenary: Asians*inFocus - HeArt’s Hope Project
During the American Association of Suicidology Conference, NAAPIMHA shared its HeART’s Hope Project which is part of NAAPIMHA’s Asians*in Focus initiative focusing on the healing power of art in all its forms. This is particularly important at this time as more attention is being paid to the importance of mental health and finding ways of healing. HeART’s Hope was started through a generous donation by the Sevelo family to honor Nicholas Fatu Sevelo who ended his life at the age of 18. It is the hope of the Sevelo family and NAAPIMHA that we can prevent others from experiencing the pain of losing a loved one to suicide.

ReclaimAsian: Making Asian American Experiences Visible for Action
Through creative storytelling, this thought leader session explores the intersections of Asian American identities, lived experiences, and activism through the work of national networks such as the NAAPIN (National Asian American Pacific Empowerment Network) and LEAC (Lived Experience Advisory Committee). Dr. Pata Suyemoto co-presented with Susie Reece.

Select Presentations:
Asian Pacific American Medical Students Association Panel: Mental Health Attitudes

American Association for Suicidology Conference: Fireside Chat with NAAPIN

National Training & Technical Assistance Center System of Care Summit: AANHPI Mental Health Day Opening Keynote

Asian Pacific American Institute for Congressional Studies Legislative Leadership Summit: Breaking the Stigma: Mental Health in AA & NHPI Communities

United Nations: International Day of Families & AANHPI Mental Health

Asian Mental Health Project Honor Your Feelings Festival Panel: Honoring Our Future

Ohio Suicide Prevention Foundation: AANHPI Mental Health

Colorado Marginalized Peoples Suicide Prevention Summit: Living Beyond Suicide Summit

Asian Pacific American Medical Students Association Presentation: Careers in Mental Health Advocacy

O’hana Center of Excellence Webinar Webinar: Stigma: We Need to Talk About It!

"Through the Screen" by Dao Than, Asians In Focus* Project
Advancing Cultural and Racial Equity in Suicide Prevention – Pre-Conference
To take an intentional step towards beginning to acknowledge the need to diversify perspectives and approaches to suicide prevention, Dr. Pata Suyemoto co-directed the Advancing Cultural and Racial Equity in Suicide Prevention Pre-Conference, centering the experiences, work, and scholarship of ethnoracially minoritized people in the suicide prevention space.

Other presenters included Project Director Allyson Goto, who presented on the Mental Health Panel on youth perspectives and shared the work of the Friends Do Make a Difference Program.

White House Initiative on AANHPIs AANHPI Heritage Month Celebration & Mental Health Panel
On May 3, NAAPIMHA Executive Director DJ Ida participated in the WHIAANPI panel, “Supporting the Mental Health Care Needs of AANHPI Communities” alongside David Ko, CEO of Calm, Mina Fedor, Founder and Executive Director of AAPI Youth Rising, and Sahaj Kaur Kohli, Founder of Brown Girl Therapy and moderated by MSNBC Correspondent Richard Lui.

AANHPI Roundtable Discussion with Secretary Becerra
On May 8th, NAAPIMHA Executive Director DJ Ida joined a roundtable discussion with the U.S. Department of Health and Human Services (HHS) Secretary Xavier Becerra, Krystal Ka'ai, WHIAANHPI Executive Director, and leaders of 11 national organizations serving AANHPI communities to address the mental health and health disparities impacting AA and NHPI communities, promote greater data disaggregation and language access, and provide technical assistance for grant opportunities.
HHS Strengthening Mental Health Summit
On May 4, NAAPIMHA Executive Director DJ Ida, Deputy Director Krystle Canare, and NAAPIEN Steering Committee member Emily Wu Truong participated in the U.S Department of Health and Human Services’ Mental Health Summit, a gathering of leaders from various organizations to discuss the challenges faced by the mental health community. The summit's goal was to strengthen the mental health workforce through investing in resources, such as the 988 suicide crisis line, and providing access to mental health services.

Reimagine Crisis Partner Summit
On June 20, NAAPIMHA Deputy Director Krystle Canare, Community Engagement Manager Elizabeth Sweet, and intern Laurie Chan joined NAMI, the American Foundation for Suicide Prevention, colleagues, and members of Congress to recognize the collective work that has gone into 988 and crisis response and celebrate how far we’ve come. NAAPIMHA is a part of the #ReimagineCrisis Coalition, #ReimagineCrisis is an initiative that brings together a diverse group of leading organizations to reimagine our national response to people experiencing a mental health, suicide, or substance use crisis.

AAPI Against Gun Violence Summit
On June 19-20, NAAPIMHA joined AAPI Equity Alliance and over 10 AAPI groups for the 2nd annual 2023 AAPI Against Gun Violence conference. The two-day conference included speakers, workshops, and panels from experts, advocates, and survivors alike. NAAPIMHA Deputy Director Krystle Canare spoke on the impact of gun violence on the mental health of AAPI communities. NAAPIMHA is proud to be a part of the AAPI Against Gun Violence Coalition, which seeks to coalesce a vision forward for the fight against gun violence.
White House Initiative on AANHPIs Mental Health Summit
On July 20, NAAPIMHA joined the White House Initiative on Asian Americans, Native Hawaiians, and Pacific Islanders, SAMHSA, and the U.S. Department of Health and Human Services (HHS) for the Administration’s first-ever in-person summit focused on improving equity and access to behavioral health care for AANHPI communities.

NAAPIMHA Executive Director Dr. DJ Ida and NAAPIEN Director Dr. Pata Suyemoto presented on the Beyond Stigma: Expanding Access, Integrating Care and Navigating Innovative Models, Embracing New Solutions panels, respectively.

SAMHSA Pathways Forward AANHPI Mental Health Meeting
On August 28-29, NAAPIMHA attended SAMHSA’s Pathways Forward: Action Plans to Advance AA, NH, and PI Mental Health convened by SAMHSA’s Office of Behavioral Health Equity. As a follow-up to the WHIAANHPI Mental Health Summit, the Pathways Forward meeting reconvened AANHPI-serving organizations and federal agencies across the country to solidify action plans and working groups to advance collective strategies around the topic areas of: 988, Anti AA, NH, and PI Hate, language access, and workforce development.

NAAPIMHA Executive Director DJ Ida, Training and NAAPIEN Director Dr. Pata Suyemoto, and Deputy Director Krystle Canare participated in the meeting and NAAPIMHA continues to be involved in subsequent working group committees related to 988, Anti AA, NH, and PI Hate, and workforce development.
FINANCIAL SUMMARY

REVENUE

Contributions
- Individual Contributions: $8,492.18
- Sponsorships: $55,000.00

Program Revenue
- Grants: $375,744.00

Sample Line Items:
- Personnel: $256,250.00
- Contract: $30,000.00
- Printing: $5,000.00
- Admin Fees: $2,016.00
- Website: $1,200.00
- Supplies: $3,000.00
- Conference/Meeting Travel: $20,000.00

TOTAL: $439,236.18

EXPENDITURES

Sample Line Items:
- Personnel: $256,250.00
- Contract: $30,000.00
- Printing: $5,000.00
- Admin Fees: $2,016.00
- Website: $1,200.00
- Supplies: $3,000.00
- Conference/Meeting Travel: $20,000.00

TOTAL: $317,466.00
Thank you & Acknowledgements

At NAAPIMHA, there’s a history of paying homage to the past. We honor the Japanese phrase “okagesamade”, which is used to say “thank you” but has a much deeper meaning. It means to have thanks with gratitude – to be aware that we owe a debt of gratitude to those who have gone before. Kage is the Japanese word for “shadow” so it is to recognize that we are in the shadow of others, that we must be grateful for things that go unseen. NAAPIMHA has always worked to benefit the community and yet those who did the work may never be known because it isn’t about getting individual recognition. That said, we show our immense gratitude and okagesamade to all those who have joined us in this work:

- **Sponsors**
  - Substance Abuse Mental Health Services Administration
  - Caring for Denver Foundation
  - National Council for Asian Pacific Americans
  - National Voter Registration Day
  - Asian Americans Advancing Justice
  - The Asian American Foundation
  - Micron

- **Partners**
  - Asian Americans for Community Involvement
  - Act to Change
  - Conference on Asian Pacific American Leadership
  - Lived Experience Advisory Community of the Suicide Prevention Resource Center
  - National Asian Pacific American Families Against Substance Abuse
  - Richmond Area Multiservices Inc

- **Other Donors**
  - AARP
  - Playstation
  - BD International