



NAAPIMHA

National Asian American Pacific Islander  
Mental Health Association



NAAPIEN

National Asian American Pacific Islander Empowerment Network

11/7/2023

Welcome to our Policy & Advocacy Webinar!

# AANHPI Voting Rights and Voting with Lived Experience



# Land Acknowledgement

We acknowledge that the land that now makes up the United States of America was the traditional home, hunting ground, trade exchange point, and migration route of more than 574 American Indian and Alaska Native federally recognized tribes and many more tribal nations that are not federally recognized or no longer exist.

We recognize the cruel legacy of slavery and colonialism in our nation and acknowledge the people whose labor was exploited for generations to help establish the economy of the United States.

We honor Indigenous, enslaved, and immigrant peoples' resilience, labor, and stewardship of the land and commit to creating a future founded on respect, justice, and inclusion for all people as we work to heal the deepest generational wounds.

Source: [Suicide Prevention Resource Center](#)





# Grounding Exercise

**Inhale**

*We are not alone*

**Exhale**

*We are held*

[Additional Mental Health Resources](#)



# Welcome!

Type in Chat: Name, Pronouns, Location & Icebreaker Question:  
WHO or WHAT do you bring into the space with you today?

**Krystle Canare (she/her)**



**Deputy Director**  
NAAPIMHA

**Dr. DJ Ida (she/her)**



**Executive Director**  
NAAPIMHA

**Elizabeth Sweet (she/they)**



**Community Engagement  
Manager**  
NAAPIMHA



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## Who We Are

### **Mission:**

The mission of the National Asian American Pacific Islander Mental Health Association (NAAPIMHA) is to promote and redefine the mental health and well being of the Asian American, Native Hawaiian, and Pacific Islander individuals and communities through training, programs, policy & advocacy, centering those with lived experience.

### **Vision:**

NAAPIMHA envisions mental wellness for all people; 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.



# WHAT WE DO



## Culturally-Informed Trainings

- Achieving Whole Health Training
- Mental Health First Aid Training
- Training & Technical Assistance to Organizations (Community Based Organizations, Businesses, etc)



## Community Based Programs

- Friends DO Make A Difference Program (Youth)
- **National AAPI Empowerment Network (Individuals with Lived Experience)**
- Healing Through the Arts Program



## Community-Driven Policy & Advocacy

- National AANHPI & Mental Health Coalition Efforts
- AANHPI Mental Health Policy Tracking & Engagement
- **Vote for Wellness Initiative**



## National Asian American Pacific Islander Empowerment Network (NAAPIEN)

National Asian American Pacific Islander Empowerment Network

- Brings together Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPIs) who have lived experience with mental health issues, either as individuals or as impacted friends or family.
- We work to support each other in a world that marginalizes AANHPIs and those of us with mental health challenges. We share our unique experiences, knowledge, and perspectives to inform mental health awareness, practices, and policy.
- We aim to tear down stigma and stereotypes, and to work toward liberation within our communities and beyond.

**Join NAAPIEN (it's free!):** <https://www.naapimha.org/naapien>

# Agenda

- ❑ Welcome & Introductions
- ❑ Voting Rights and Sharing Story
- ❑ NAAPIMHA's Vote for Wellness Initiative
- ❑ Group Dialogue
- ❑ Ways to Get Involved
- ❑ Community Announcements





# Community Agreements

- **Come as you are.** If you have needs or requests, please share them with the NAAPIMHA team so we can fully support you.
- **Stay engaged as you are able.** Listen actively, listen to understand
- **Confidentiality.** What's shared here, stays here. What's learned here, leaves here.
- **Use "I" statements.** Speak for yourself, share your experience - my normal may not be your normal.
- **Share air space.** W.A.I.T = Why Am I Talking? OR What Am I Thinking?
- **Intent vs. Impact.** Be aware of your intent vs. impact
- **Be open to feedback,** ask clarifying questions
- Take or ask for a pause when necessary

# Voting Rights & Sharing Stories



**Honorable Joshua Ang Price**  
**(he/siya)**  
**洪中美**

# Why We Should Vote



- It's our civic responsibility
- It builds power within our communities
- It provides representation and gives us a seat at the table where decisions are being made
- It lets us elect government officials who share our values and experiences
- It allows us to address issues important to our community and find solutions



## Tips for Voting

- Check voter registration at [www.vote.gov](http://www.vote.gov)
- Have a PLAN: Early Voting, vote by mail, etc.
- Bring correct IDENTIFICATION.
- Sign your official government NAME and make your SIGNATURE as neat as possible.
- BE PREPARED: Bring your own bottled water, snacks, pop-up chairs for waiting in line.
- Avoid ELECTIONEERING.



# Know Your Rights!

✓✓✓✓✓  
**VOTING  
RIGHTS IS  
CIVIL  
RIGHTS**  
✓✓✓✓✓

- No one should **EVER** be turned away at the polls.
- You are only required to show **ONE** form of ID.
- If you have physically changed in appearance compared to your photo ID, you are still entitled to vote.
- Ask for help!
- **ASSERT** your voting rights!
- If you aren't allowed to vote, **DEMAND** a provisional ballot.

## Get Help with Voting

National Election Protection Hotline:  
1-866-OUR-VOTE (1- 866-687-8683)



1-888-API-VOTE (1-888-274-8683)

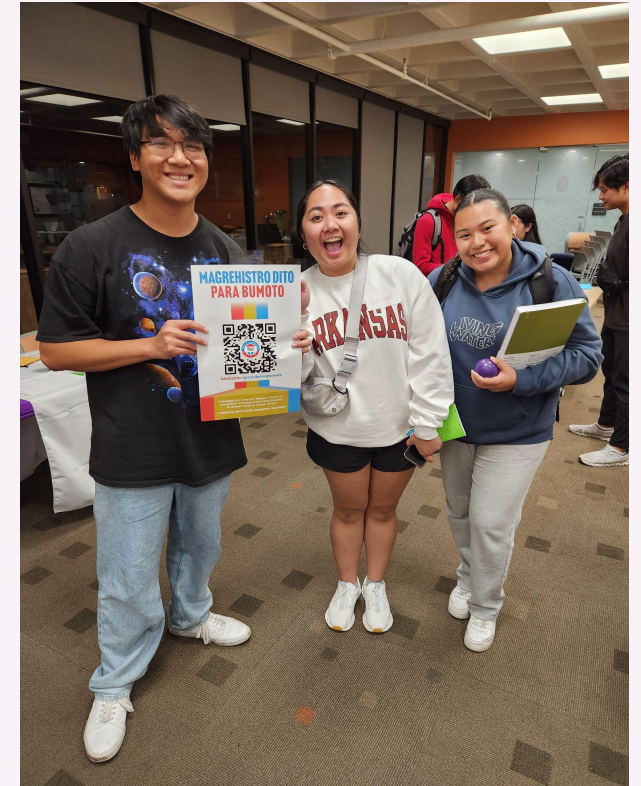
Bilingual assistance is available in English, Mandarin, Cantonese, Korean, Vietnamese, Tagalog, Urdu, Hindi, and Bengali.

[www.apiavote.org/election-protection/](http://www.apiavote.org/election-protection/)



# Introducing NAAPIMHA's Vote for Wellness Initiative

- What is “wellness”?
- Why Voting for Wellness Matters



# Introducing NAAPIMHA's Vote for Wellness Initiative

- Upcoming schedule of events
- Volunteer form: <https://bit.ly/VFWSignUp>





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# Group Dialogue

What questions and thoughts do you have  
for our presenters? The group?





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# Get Involved!

What can you do to engage in the  
2024 elections?

*Adapted with permission from APIAVote*

# Level One: Introductory

- Ask your family, friends, community members if they are registered to vote.
- Encourage groups you are a part of/lead to incorporate voter registration and pledge vote cards into your existing programs.
  - Ex. Support groups, clinics, classes, cultural and community gatherings & festivals
- Read NAAPIMHA's Vote for Wellness resources to equip yourself with mental health resources for Election season



# Level Two: Intermediate

- Sign-up and become a Vote for Wellness Ambassador
- Participate in National Civic Engagement Holidays
  - Civic Health Month - August
  - Disability Voter Rights Week - Sep 9 - 13, 2024
  - National Voter Registration Day - Sep 17, 2024
- Hold drives throughout the months leading up to Election Day.





# Level Three: Advanced

- Work with local APIAVote partners in your state to conduct one or more of the following:
  - Recruit volunteers to a phone bank
  - Canvass high-density AAPI neighborhoods
  - Support and participate in local voter education events and candidate forums
- Sign-up as a Poll Worker for Election Day  
[www.powerthepolls.org/NAAPIMHA](http://www.powerthepolls.org/NAAPIMHA)
- Join APIAVote's Anti-Disinformation program and participate in biweekly calls to share and learn about problematic narratives impacting our communities



# Thank you!

Website: [naapimha.org/vote-for-wellness](https://naapimha.org/vote-for-wellness)

Email: [vote@naapimha.org](mailto:vote@naapimha.org)

Be a Vote for Wellness Ambassador:  
[bit.ly/VFWSignUp](https://bit.ly/VFWSignUp)

