

The LACDMH Asian Pacific Islander (API) UsCC Subcommittee invites you to attend the API Wellness Summit 2019: "Sharing Our Stories of Resilience." The Summit will bring together API consumers, family members, community members, as well as mental health and allied professionals, to improve awareness regarding mental health issues and their impact on API consumers, families, and communities.

The Summit features a keynote address by Leo Lishi Huang, who is the API Underserved Cultural Communities (UsCC) subcommittee Co-chair and a consumer leader in the mental health awareness movement. The morning plenary session will include a play called 'Stand' by Christopher Belen Aguilar, which was inspired by their own experience with bipolar disorder and how their Filipino-American family learns to help. The afternoon plenary will include an API Consumer and Family Member Panel, where recovery stories will be shared. In addition, there will be an offering of 6 diverse workshops on a variety of topics that impact API consumers, family members, and community members.

This Summit will educate and inspire attendees with the personal testimonies of API consumers and family members and their recovery journeys. Attendees will also gain knowledge about the various API cultures and the impact of cultural influences on mental health. This will also be an opportunity for API community members to connect and learn from each other. This year's array of topics and presenters promises to deliver a day of knowledge, skill-building, cultural awareness, and community connection.

No Continuing Education credits will be provided for Summit presentations. The Summit presentations meet the cultural competency training requirement for LACDMH staff and providers.

Photo and Video Disclosure: Los Angeles County Department of Mental Health may use/disclose photographs and audio-video recordings of attendees. They may be used in motion picture, still photography in any form, future brochures/programs, editorial, or any and all other lawful purposes.

Asian Pacific Islander Wellness Summit 2019 "Sharing Our Stories Of Resilience"

Thursday, April 11, 2019

Almansor Court
700 S. Almansor St., Alhambra, CA 91801
8:00 a.m. – 4 p.m.



Presented by:
Asian Pacific Islander UsCC Subcommittee
Los Angeles County Department of Mental Health



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



Funded by the Mental Health Services Act

ASIAN PACIFIC ISLANDER WELLNESS SUMMIT 2019

REGISTRATION FORM

First Name _____ Last Name _____
Address _____ City _____ State _____
Zip Code _____ Telephone _____ E-mail _____

Please check all that apply:

- LACDMH Consumer/Client Family Member Community Member
 Peer Advocate Family Advocate WOW worker Promotora

SPECIAL ACCOMMODATIONS: Please check appropriate box(es) below if you need any special accommodations

Language Interpretation: Cambodian/Khmer Cantonese Korean
 Mandarin Vietnamese ASL Other language: _____
ADA: _____

WORKSHOPS: Please select the workshop that you are interested in attending. Please note that interpretation services will be provided for 1-2 workshops for each language, 1-2 in the morning and 1-2 in the afternoon. The workshop will be based on requests and confirmed on the day of the Summit.

Morning Workshops: 11:15-12:15. Please select only one workshop

- Self-Care and Nutrition in Mental Health from a Traditional Asian Medicine Perspective
 Self-Care and Stress Management for API Peers
 Addressing Mental Health in the Older Adult API Community: Building Awareness and Providing Access to Help
 Substance Abuse and Addiction in the API community
 Asian Pacific Islander Resiliency, Healing, and Empowerment
 Tai Chi for Mental and Physical Wellness

Afternoon Workshops: 2:30-3:30. Please select only one workshop

- Self-Care and Nutrition in Mental Health from a Traditional Asian Medicine Perspective
 Self-Care and Stress Management for API Peers
 Addressing Mental Health in the Older Adult API Community: Building Awareness and Providing Access to Help
 Substance Abuse and Addiction in the API community
 Asian Pacific Islander Resiliency, Healing, and Empowerment
 Tai Chi for Mental and Physical Wellness

TRANSPORTATION REQUESTS:

To request transportation assistance, please email APISummit@dmh.lacounty.gov

LACDMH EMPLOYEES (Directly Operated and Contract Providers) ONLY:
Conference Fee is \$25. DMH employed Peer Advocates, Family Advocates, Promotores, and WOW workers do not have to pay a registration fee.

- LACDMH Directly Operated County Employee
 LACDMH Contract Provider Employee

Agency/Organization: _____

Work Title: _____

Please make checks payable to "Los Angeles County Department of Mental Health"

Check number: _____ Date check mailed: _____

REGISTRATION DEADLINE: UNTIL CAPACITY IS REACHED

- **YOU MUST REGISTER TO ATTEND THE SUMMIT.** There will be no on-site registrations/walk-ins and no refunds.
- **YOU MUST BE AT LEAST 18 YEARS OF AGE TO ATTEND THE SUMMIT.**

Please email, fax, mail or submit in person the completed registration form and payment (if applicable) to:

Los Angeles County Department of Mental Health
Office of the Deputy Director of Strategic Communications, UsCC unit
ATTN: Desiree DeShay
695 S. Vermont Avenue, Suite 500, 5th floor, Los Angeles, CA 90005
FAX: (213) 252-8747

CONFIRMATIONS WILL ONLY BE SENT VIA EMAIL.

If you do not receive a confirmation email within 5 business days, please email: APISummit@dmh.lacounty.gov

For questions on registration and Summit please contact:

APISummit@dmh.lacounty.gov

213-251-6815

Seating is Limited! Please Register Early!