

FINAL REPORT

SUKH SHANTI: Promoting Mental Health Wellness in South Asian Americans Project



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



WELLNESS • RECOVERY • RESILIENCE



PROJECT DESCRIPTION

Saahas for Cause's project was selected by the API Underserved Cultural Communities (UsCC) subcommittee to be implemented from August 2022 to July 2023. The two service areas selected are in the San Fernando Valley and South East LA. Our project targets the South Asian immigrant population of Los Angeles who speak Hindi, Punjabi and Gujarati. The Consultant focused on developing informational workshops, attendance sheets, and surveys for each workshop. A description of the project development is as follows:

- I. Develop pre & post questionnaires for each workshop and intergenerational (IG) conversation panel discussion.
- II. Recruit and train Community Health Workers to do one-on-one outreach with the workshop attendees.
- III. Develop workshop curriculum, short plays, podcasts and brief Public Service Announcements (PSAs).
 - Short Plays: Canvassing in South Asian Clubs in universities
 - Podcasts; Nikhil to Nick podcast by Saahas Youth (<https://podcasts.apple.com/us/podcast/nikhil-to-nick/id1543089202?i=1000585012807>)
- IV. Develop marketing material for event- fliers and educational handouts.
- V. Intergenerational Conversation Workshops
 - Workshops were worked on for 6 months
 - Workshop topics: Immigration & Acculturation, Anxiety, Depression
 - Recruited participants for IG panel from both Service Area 2 (SA2) and Service Area 7 (SA7)
 - Intergenerational Conversations included panel discussions on issues that different immigrant generations face due to inter-generational conflicts and acculturation differences.
- VI. Secure workshop locations- identified South Asian organizations that already work with the South Asian population in our targeted service areas and added workshops to their existing platform.
- VII. Implementing workshops in SA2 and SA7 locations.

OBJECTIVE

To bring awareness and education to the members of South Asian communities in service area 2 & 7, in mental health related topics. And to also make them aware of available resources, means and materials which can aid in their healing. Overall, through these workshops and panels, Saahas for Cause would like to highlight the importance of getting assistance for mental health and breaking the stigma around mental health.

WORKSHOP FLIERS, AGENDA AND SIGN-IN SHEETS

INTERGENERATIONAL CONVERSATIONS 1

Diabetes & Depression

SERVICE AREA: 7

LOCATION:

Sanatan Dharma Temple, 15311 Pioneer Blvd, Norwalk, CA 90650

DATE: November 20, 2022

AGENDA:

The goal of this intergenerational panel discussion is to raise awareness about the relationship between diabetes and depression in the South Asian community, and to provide practical advice on how to ask for support to manage these conditions. By bringing together panelists from different generations, the discussion aims to create a space for open and honest dialogue about these important mental health issues correlating with physical health symptoms.

1. Introductions
2. Pre-Survey
3. Skit
4. Discussion
5. Q&A
6. Post-Survey
7. Lunch



SUKH-SHANTI PROJECT

GUFTAGU- INTERGENERATIONAL TALKS ON DIABETES & DEPRESSION

Speakers:

Zeel Ahir, ASW
Sheetal Ayyatan, MS
Payal Sawhney, LCSW
Dr. Deepinder Singh, LPCC

DATE: Nov 20, 2022

TIME: 10 a.m.- 1:00 p.m.

VENUE: 15311 Pioneer Blvd, Norwalk, CA 90650

Food will be served




LA County DMH Access line: (800) 854 7771, select option 1 (available 24/7)




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Sign-in sheet




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Date:	/ /	Event:	Diabetes & Depression (Intergenerational Panel)				
Speakers	Panelists: Kamal Sawhney, Payal, Zeel, Sheetal, Dr. Singh.						
Volunteers	Minal Mehta, Saahas youth.						
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
1	Jocelyn Saffi	90701	Indian	English Hindi	F	20	1 st gen
2	Tamujia Bhutt	90703	Indian	Eng.	F	52	1 st gen.
3	Vaishnavi Ioval.	90731	Indian	Hindi Eng.	F	18	3 rd gen
4	Binaben Desai	90701	Indian	Hindi	F	48	1 st gen
5	Jyotilal Patel	90701	Indian	English Hindi	M	56	1 st gen
6	Payal Sawhney	90703	Indian	English Hindi	F	49	1 st gen.
7	Kamal Sawhney	90703	Indian	English Hindi	F	70	1 st gen
8	Zeel Ahir	90701	Indian	Hindi Gujarati English	F	31	2 nd gen.
9	Sheetal Ayyartan	90705	Indian	Malayalam English Hindi	F	37	1 st gen.
10	Nehander Singh	90703	Indian	English Punjabi	M	61	1 st gen.
11	Deepinder Singh	90703	Indian	English Hindi	M	42	1 st gen.
12	Arjun Bhabha	90701	Indian	English	M	35	2 nd gen.
13	Nishi Desai	90713	Indian	Hindi / Gujarati English	F	42	1 st gen.
14	Aparna Hande	90703	Indian	English Marathi Hindi	F	67	1 st gen
15	Dimple Kumar	90701	Indian	Hindi English	F	49	1 st gen
16	Manjeet Walhi	90701	Indian	English	F	61	1 st gen.

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Date:		/ /		Event:			
		11 20 22				D&D	
Speakers		Kamal, Payal, Zeel, Sheetal, Dr. Singh					
Volunteers		Mital Mehta					
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
17	Kumar R	90701	Indian	Hindi Punjabi	M	41	2 nd gen
18	Pradeep Desai	90703	Indian	Gujarati Hindi	M	64	2 nd gen
19	Kanchan Gokhale	90703	Indian	Hindi Marathi	F	52	2 nd gen
20	Harshita Madam	90703	Indian	English Tamil	F	18	2 nd gen
21	Diya Bhardwaj	90703	Indian	English Hindi	F	19	2 nd gen
22	Tanishka Joshi	90703	Bangladeshi	English Marathi	F	19	2 nd gen
23	Neel Tyer	90089	Indian	English	M	20	2 nd gen
24	Mital Mehta	90703	Indian	Eng/Hindi	F	41	2 nd gen
25	Vibhaan Parekh	90703	Indian	English	M	18	3 rd gen

WORKSHOP 1

Humari Kahani: Immigration and its effects on Mental Health

SERVICE AREA: 7

LOCATION

Cerritos Library 18025 Bloomfield Ave, Cerritos, CA 90703

DATE: February 10, 2023

AGENDA:

The purpose was to provide a platform for individuals to share their experiences as it can help to raise awareness about the unique challenges that immigrants face, including the stress of adapting to a new culture, language barriers, and discrimination. This can help to reduce stigma and increase understanding and empathy within the wider community.

1. Workshop Introduction
2. Pre-Survey
3. Presentation
4. Discussion
5. Conclusion
6. Q&A
7. Post Survey
8. Tea and snack



SUKH-SHANTI PROJECT

HUMARI KAHANI- THE STORY OF IMMIGRATION & ITS EFFECTS

Speakers:

Zeel Ahir, ASW

Sheetal Ayyatan, MS

DATE: Feb 10th, 2023

TIME: 4:00-6:30pm

VENUE: Cerritos Library

**18025 Bloomfield Ave, Cerritos,
CA 90703**

Tea & Snacks will be Served.




LA County DMH Access line: (800) 854 7771, select option 1 (available 24/7)




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Date:	/ / 2 10 2023	Event:	Humari Kahani (Cerritos Library)				
Speakers	Sheetal S. Ayyathan, Zeel Abir						
Volunteers	Payal Sawhney						
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
1.	Vihaan Parekh	90703	Indian	English	M	18	3 rd gen.
2.	Nisha Parekh	90703	Indian	English Gujarati	F	45	2 nd gen.
3.	Nishi Desai	90703	Indian	Hindi Gujarati	F	42	1 st gen.
4.	Pradeep Desai	90703	Indian	Gujarati	M	64	1 st gen.
5.	Kamchan Gokhale	90703	Indian	Hindi Marathi	F	52	1 st gen.
6.	Minal Mehta	90703	Indian	Gujarati Hindi	F	41	1 st gen.
7.	Parag Sawhney	90703	Indian	Hindi Punjabi	M	40	1 st gen.
8.	Neel Tyer	90089	Indian	English	M	20	2 nd gen.
9.	Tanishka Joshi	90703	Indian	English	F	19	2 nd gen.
10.	Harshita Madan	90703	Indian	English	F	18	2 nd gen.
11.	Shravanjay Upadhyay	90703	Indian	English	F	18	2 nd gen.
12.	Aparna Hande	90703	Indian	Hindi	F	67	1 st gen.
13.	Amitha Arkandy	90703	Indian	English Hindi	F	37	1 st gen.
14.	Daljeet Kaur	90703	Indian	Punjabi	F	36	1 st gen.
15.	Neetu Meani	90703	Indian	Hindi Punjabi	F	48	1 st gen.
16.	Vaishali Rangi	90703	Indian	Gujarati	F	45	1 st gen.

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WORKSHOP 2

I, Me & my Negative Thoughts (Depression)

SERVICE AREA: 7

LOCATION

Norwalk ADHC 12110 Firestone Blvd. Norwalk, CA 90650

DATE: March 01, 2023

AGENDA:

Many South Asians have cultural stigmas and taboos surrounding mental illness. This can lead to feelings of isolation, shame, and a lack of understanding about the symptoms and treatment options available. The workshop on depression aims to create a safe and supportive environment for those who may be struggling with depression, through education and conversation.

1. Workshop Introduction
2. Pre-Survey
3. Presentation
4. Discussion
5. Conclusion
6. Q&A
7. Post Survey
8. Lunch

SUKH-SHANTI PROJECT

I, ME & MY NEGATIVE THOUGHTS-
POSITIVE THINKING FOR A BETTER LIFE

TIME: 10:30 A.M.- 12: 30 P.M.

DATE: MAR 1, 2023

VENUE: ADHC NORWALK

LUNCH WILL BE SERVED



LA County DMH Access line: (800) 854 7771, select option 1 (available 24/7)



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Sign-in sheet:



Date	3/10/2023	Event : Time & my negative thoughts
Speakers	Zeel, Payal, Sheetal	
Volunteers	Sonia	

Sr. No.	Name	Zip	Ethnicity	Linguistic Capacity	Gender	Age	Immigration Generation level
1	Usha Gandhi	90701	Indian	Hindi Gujarati	F	76	1 st Gen
2	Madhuben Mogi	90703	Indian	Hindi Gujarati	F	86	1 st Gen
3	Ranjambala	90650	Indian	Hindi Gujarati	F	78	1 st Gen
4	Nathalal Gandhi	90701	Indian	Hindi Gujarati	M	88	1 st Gen
5	Ambala Patel	90703	Indian	Hindi Gujarati	F	84	1 st Gen
6	Sarai Lal	90703	Indian	Hindi Gujarati	M	82	1 st Gen
7	Praveena Parikh	90650	Indian	Hindi Gujarati	F	70	1 st Gen
8	Sharad Upadhyay	90701	Indian	Hindi Gujarati	M	72	1 st Gen
9	Bhame Upadhyay	90701	Indian	Hindi Gujarati	F	72	1 st Gen
10	Ranjambala Shah	90703	Indian	Hindi Gujarati	F	84	1 st Gen
11	Vijay Goel	90701	Indian	Hindi Gujarati	M	68	1 st Gen
12	Latika Patel	90650	Indian	Hindi Gujarati	F	70	1 st Gen
13	Sushila Patel	90703	Indian	Hindi Gujarati	F	73	1 st Gen
14	Madhu Patel	90650	Indian	Hindi Gujarati	F	71	1 st Gen
15	Shama Desande	90701	Indian	Hindi Gujarati	F	81	1 st Gen
16	Shobha Jadhav	90650	Indian	Hindi Gujarati	F	75	1 st Gen

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Date: 3/8/2023	Event	I, me & my negative thoughts
Speakers	Zed, Payal, Shetal	
Volunteers	Sonia	

Sr. No.	Name	Zip	Ethnicity	Linguistic Capacity	Gender	Age	Immigration Generation level
17	Indira	90103	Indian	Gujrati Hindi	F	85	1 st Gen
18	Moidula Sanghvi	90701	Indian	Gujrati Hindi	F	72	1 st Gen
19	Ansuya Joshi	90650	Indian	Gujrati Hindi	F	84	1 st Gen
20	Kamal Kothari	90701	Indian	Gujrati Hindi	F	77	1 st Gen
21	Hasubenz	90650	Indian	Gujrati Hindi	F	83	1 st Gen
22	Jayshree	90650	Indian	Gujrati Hindi	F	44	1 st Gen
23	Nisamar	90650	Indian	Gujrati	M	71	1 st Gen
24	Pradip Patel	90701	Indian	Gujrati	M	74	1 st Gen
25	Bharti Patel	90701	Indian	Gurati	F	73	1 st Gen
26	Raj	90701	Indian	Hindi	M	68	1 st Gen
27							
28							
29							
30							
31							

WORKSHOP 3

Rethinking your way out of anxiety

SERVICE AREA: 7

LOCATION

Sanatan Dharma Temple 15311 Pioneer Blvd, Norwalk, CA 90650

DATE: March 21, 2023

AGENDA:

Hosting a workshop to discuss Anxiety with the South Asian population living in America can help reduce the stigma surrounding mental illness, promote wellness, and improve the mental health of individuals within this community. By providing a safe and supportive space for individuals to share their experiences, we can help break down barriers, build resilience, and foster a culture of openness and understanding.

1. Workshop Introduction
2. Pre-Survey
3. Presentation
4. Discussion
5. Conclusion
6. Q&A
7. Post Survey
8. Lunch

SUKH-SHANTI PROJECT

RETHINKING YOUR WAY OUT
OF ANXIETY

TIME: 11:00 AM-12:30AM
DATE: MAR 21, 2023
VENUE: 15311 PIONEER
BLVD, NORWALK
LUNCH WILL BE SERVED

LA County DMH Access line: (800) 854 7771, select option 1 (available 24/7)

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Sign-in sheet:



Date	3/21/23	Event: Rethinking my way out of Anxiety (Sanatan)
Speakers	Sheetal, Payal	
Volunteers	Nisha	

Sr. No.	Name	Zip	Ethnicity	Linguistic Capacity	Gender	Age	Immigration Generation level
1	Jay Patel	90650	Indian	Hindi Gujarati	M	65	1st
2	Indira Patel	90703	Indian	Hindi Gujarati	F	64	1st
3	Shashi	90703	Indian	Hindi Gujarati	F	63	1st
4	Jagdish	90670	Indian	Hindi	M	72	1st
5	Usha Parmar	90650	Indian	Hindi	F	64	1st
6	Vinod	90650	Indian	Hindi	M	66	1st
7	Pushpa	90650	Indian	Hindi	F	65	1st
8	Raj Goel	90701	Indian	Hindi	M	67	1st
9	Shakti Goel	90701	Indian	Hindi	M	73	1st
10	Nisman	90701	Indian	Hindi Gujarati	M	71	1st
11	Jayshree	90701	Indian	Hindi Gujarati	F	62	1st
12	Ranjana	90701	Indian	Hindi	M	68	1st
13	Kirti Vipani	90703	Indian	Hindi Gujarati	F	64	1st
14	Kajal Vipani	90703	Indian	Hindi Gujarati	F	75	1st
15	Pradeep Patel	90701	Indian	Gujarati	M	66	1st
16	Bhasti Patel	90701	Indian	Gujarati	M	65	1st

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Date	3/21/2023	Event	Rethinking my way out of anxiety
Speakers	Sheetal, Payal		
Volunteers	Nisha		

Sr. No.	Name	Zip	Ethnicity	Linguistic Capacity	Gender	Age	Immigration Generation level
17	Ramanz Mahi	90701	Indian	Hindi Gujarati	M	68	1st
18	K. Satya	90650	Indian	Hindi Gujarati	F	72	1st
19	Urvashi	90670	Indian	Hindi Gujarati	F	73	1st
20	Upendra S. Joshi	90703	Indian	Hindi Gujarati	M	71	1st
21	Daxa Joshi	90701	Indian	Hindi Gujarati	F	72	1st
22	Chandrika Misby	90650	Indian	Hindi Gujarati	F	67	1st
23	Arti trivedi	90650	Indian	Hindi Gujarati	F	73	1st
24	Vasee Shah	90650	Indian	Hindi Gujarati	F	75	1st
25	Bhavnaben	90650	Indian	Gujarati	F	71	1st
26							
27							
28							
29							
30							
31							

WORKSHOP 4

Rethinking your way out of Anxiety

SERVICE AREA: 7

LOCATION

Norwalk ADHC 12110 Firestone Blvd. Norwalk, CA 90650

DATE: March 28, 2023

AGENDA:

Hosting a workshop to discuss Anxiety with the South Asian population living in America can help reduce the stigma surrounding mental illness, promote wellness, and improve the mental health of individuals within this community. By providing a safe and supportive space for individuals to share their experiences, we can help break down barriers, build resilience, and foster a culture of openness and understanding.

1. Workshop Introduction
2. Pre-Survey
3. Presentation
4. Discussion
5. Conclusion
6. Q&A
7. Post Survey
8. Lunch

SUKH-SHANTI PROJECT

RETHINKING YOUR WAY OUT OF ANXIETY

TIME: 11:00 A.M.- 1:00 P.M.

DATE: 28th March 2023

VENUE: ADHC Senior Center, Artesia

Lunch will be served



LA County DMH Access line: (800) 854 7771, select option 1 (available 24/7)



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Date:	1 / 03 / 28 / 23	Event:	Sukh Shanti Anxiety Workshop ADHL				
Speakers	Payal Sawhney, Zeel Abhis						
Volunteers	Pradeep Desai						
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
1	Jiviben	90701	Indian	Gujarati	F	80	1 st gen
2	Karnal Kothari	90701	Indian	Gujarati	F	77	1 st gen
3	Pravina Parikh	90703	Indian	Gujarati	F	70	1 st gen
4	Gandhi Usha.	90703	Indian	Hindi	F	76	1 st gen
5	Ranjankben Shah	90650	Indian	Gujarati	F	84	1 st gen
6	Ananya Shah.	90650	Indian	Gujarati	F	84	1 st gen
7	Shanta ben.	90650	Indian	Gujarati	F	87	1 st gen
8	Vasantben D.S	90651	Indian	Gujarati	F	87	1 st gen
9	Shantaben	90650	Indian	Hindi	F	90	1 st gen
10	Lalita ben	90651	Indian	Hindi	F	83	1 st gen
11	Madhu Ben Patel	90670	Indian	Gujarati	F	86	1 st gen
12	Dipti Shah	90703	Indian	Gujarati	F	67	1 st gen
13	Mudulaben	90703	Indian	Gujarati	F	72	1 st gen
14	Sharadaben	90703	Indian	Gujarati	F	83	1 st gen
15	Delavati Patel	90703	Indian	Gujarati	F	82	1 st gen
16	Mudula Parikh.	90701	Indian	Gujarati	F	83	1 st gen

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Date:	1 / 03 28 23.		Event:	Sukh shanti Anxiety workshop ADHC				
Speakers	Payal Sawhney, Zeel Ahir							
Volunteers	Pradip Desai							
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level	
17	Madhukanta	90650	Indian	gujarati	F	71	1 st gen	
18	Sona Vilkhur	90650	Indian	gujarati	F	71	1 st gen	
19	Ratika Vilkhur	90650	Indian	hindi	F	57	1 st gen	
20	Shyamala Desai	90652	Indian	hindi	F	81	1 st gen	
21	Chandruka Murthy	90650	Indian	hindi	F	75	1 st gen	
22	Shanad Upadhyay	90650	Indian	gujarati	M	90	1 st gen	
23	Chunibal Shals	90638	Indian	gujarati	M	82	1 st gen	
24	Kantibhai	90638	Indian	gujarati	M	85	1 st gen	
25	Nalutibhai	90650	Indian	hindi	M	88	1 st gen	
26	Jyotsnaben	90650	Indian	gujarati	F	75	1 st gen	
27	Indiabon Patel	90650	Indian	hindi	F	66	1 st gen	
28	Shomaben	90651	Indian	gujarati	F	75	1 st gen	
29	Tanuben.	90638	Indian	hindi	F	67	1 st gen	
30	Jashbhai Patel	90703	Indian	gujarati	M	84	1 st gen	
31	D Narkadees Patel	90703	Indian	gujarati	M	87	1 st gen	
32	Sukhdar R. Patel	90650	Indian	hindi	M	84	1 st gen	

INTERGENERATIONAL CONVERSATIONS 2

Intergenerational Talks - Guftagu

SERVICE AREA: 2

LOCATION: Zoom

DATE: March 30, 2023

AGENDA:

Immigrating to the United States adds a facet to parenting. Raising children in two different cultures can lead to conflicts between generations. Improper tools of communication can further deepen the divide. The South Asian community seldom has candid conversations between the two generations. Through the panel discussion, we want to foster meaningful conversations and solutions to intergenerational conflicts.

1. Panel Introduction
2. Pre-Survey
3. Intergenerational Video Presentation
4. Discussion
5. Q&A
6. Post Survey

SUKH-SHANTI PROJECT

GUFTAGU -INTERGENERATIONAL TALKS

TIME: 6:00pm

DATE: March 30th, 2023

VENUE: Zoom

email: info@saahasforcause.org for
Zoom Link.*



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Date:		/ /		Event:		Intergenerational Panel (Gutttagu)	
Speakers		Panelists: Kalika Gupta, Zeel, Anir, Harshita, Madan, Manmohan, Pramesh Shah, Chopra, Sanchi Kohl					
Volunteers		Sheetal S.					
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
1	Riddhi Patel	90703	Indian	English	F	21	2 nd gen
2	Navya	91316	Indian	English	F	19	2 nd gen
3	Zeel	90701	Indian	Gujarati English	F	31	2 nd gen
4	Sonal Ladwa	90703	"	English	F	52	1 st gen
5	Tanishka Joshi	90703	"	English	F	19	2 nd gen
6	Manmohan Chopra	91316	"	Punjabi English	M	54	1 st gen
7	Diya Bhardwaj	90703	"	English	F	18	2 nd gen
8	Pramesh Shah	91316	"	Gujarati English	M	45	2 nd gen
9	Manjeet Wahu	90701	"	Punjabi English	F	61	1 st gen
10	Patel Tej	91316	"	Gujarati English	M	38	1 st gen
11	Sunil Agrawal	91436	"	Hindi English	M	41	1 st gen
12	Kalika Gupta	90703	"	English	F	48	1 st gen
13	Harshita	90703	"	English	F	19	2 nd gen
14	Vartika Jha	91436	"	Hindi English	F	38	2 nd gen
15	Peema	91316	"	Gujarati English	F	52	1 st gen
16	Shalini	91046	"	Hindi English	F	45	1 st gen

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Date:	/ / 3 30 .23.	Event:	Int. Panels					
Speakers	Panelists: Kalika Gupke, Zeel Bhiri, Harshita Madam, Man Sanchi Kohli, Pramesh							
Volunteers	Sheetal, Ayyasam.							

Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
17	Sangeeta	91316	Indian	Hindi English	F	48	1 st gen.
18	Amitha	91316	"	Hindi	F	54	1 st gen.
19	Prem Chopra	91303	"	Hindi English	M	62	1 st gen.
20	Kunal	91436	"	Hindi	M	45	1 st gen.
21	N/A (username)		"				
22	Sandeep A.	90703	"	Hindi English	M	38	1 st gen.
23	Sanchi Kohli	90703	"	English	F	20	2 nd gen.
24	Akash Bhiri	90707	"	English	M	25	2 nd gen.
25	Nelhi Sam	91316	"	English Gujarati	M	26	2 nd gen.
26	Rupa Shah	90703	"	English	F	60	1 st gen.
27	Kalika Guest	90703	"	English	F	17	2 nd gen.
28	Pramesh Guest	91316	"	Gujarati English	M	16	2 nd gen.
29	Mannohan Guest	91316	"	Punjabi Hindi Punjabi	M	15	2 nd gen.
30	Deepthi Singh	91303	"	English	F	56	1 st gen.
31	Jayana Shah	90703	"	Gujarati English	F	58	1 st gen.
32	Kanchan Gokhale	90702	"	Hindi English	F	52	1 st gen.



Saahas
COURAGE FOR CAUSE
Building Bridges to Higher Quality of Life.



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
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Date:	/ / 3 30 23	Event:	Intergenerational Panel				
Speakers	Panelists: Keliya, Zeel, Sanchi, Harshika, Manmohan, P.						
Volunteers	Sheetal Ayyalam						
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
33	Sanil Agrawal	91501	Indian	Hindi English	M	45	1 st gen
34	Manjeet guest	91316	Indian	English	M	38	2 nd gen
35	Sangeeta guest	91316	"	English	M	36	2 nd gen
36	Kunal guest	91436	"	English	M	35	2 nd gen
37	Anita guest	91316	"	Hindi English	F	43	1 st gen
38	Rina Jhaveri	91316	"	Hindi English	F	52	1 st gen
39	Aparna	91304	"	English Hindi	F	61	1 st gen
40	Aparna guest	91304	"	English	F	41	2 nd gen

INTERGENERATIONAL CONVERSATIONS 3

Intergenerational talks- Guftagu

SERVICE AREA: 7

LOCATION

Norwalk ADHC 12110 Firestone Blvd. Norwalk, CA 90650

DATE : April 4, 2023

AGENDA:

Immigrating to the United States adds a facet to parenting. Raising children in two different cultures can lead to conflicts between generations. Improper tools of communication can further deepen the divide. The South Asian community seldom has candid conversations between the two generations. Through the panel discussion, we want to foster meaningful conversations and solutions to intergenerational conflicts.

1. Panel Introduction
2. Pre-Survey
3. Intergenerational Video Presentation
4. Discussion
5. Q&A
6. Post Survey
7. Lunch

SUKH-SHANTI PROJECT

INTERGENERATIONAL TALKS- GUFTAGU

Lunch will be provided

TIME: 11:00 A.M.- 1:00 P.M.

DATE: April 4th, 2023

VENUE: Norwalk ADHC

Norwalk ADHC 12110 Firestone Blvd.
Norwalk, CA 90650



LA County DMH Access line: (800) 854 7771, select option 1 (available 24/7)



LOS ANGELES COUNTY
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SUKH SHANTI: Promoting Mental Health Wellness in South Asian Americans Project

Sign-in sheet



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

Date:	1 / 1 / 23	Event:	Intergenerational Panel (ADHC)				
Speakers	Payal Sawhney, Zeel Ahi						
Volunteers	Sheetal A.						
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
1	Pradeep Desai	90701	Indian	English	M	60+	1st
2	Samika Saste	92805	Indian	English, Marathi	F	19	1st
3	Nisha Parekh	92805	Indian	English, Gujarati	F	43	1st
4	RAJ GOEL	90703	Indian	English, Hindi	M	75	1st
5	Rina Shah	90701	Indian	Hindi, Gujarati	F	82	1st
6	Hasee Patel	90703	Indian	Hindi, Gujarati	F	70+	1st
7	Sumitra Patel	90703	Indian	Gujarati	F	70+	1st
8	Anusuya Shah	90701	Indian	Hindi, Gujarati	F	70+	1st
9	Usher Ambhi	90701	Indian	Hindi, Gujarati	F	70+	1st
10	Pravina Parikh	90703	Indian	Hindi, Gujarati	F	70+	1st
11	Vijay Dave	90701	Indian	Hindi, Gujarati	F	70+	1st
12	Shakuntala Patel	90703	Indian	Hindi, Gujarati	F	70+	1st
13	Ramjanbala Shah	90701	Indian	Hindi, Gujarati	F	70+	1st
14	Vasantiben Shah	90703	Indian	Hindi, Gujarati	F	70+	1st
15	Jiviben Patel	90701	Indian	Gujarati	F	80+	1st
16	Renuka Vohra	90703	Indian	Gujarati	F	70+	1st

SUKH SHANTI: Promoting Mental Health Wellness in South Asian Americans Project



LOS ANGELES COUNTY
DEPARTMENT OF
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Date:	4/4/23	Event:	ADHC - Interger Panel - Guftafu				
Speakers	Payal Sawhney, Zeel Ahi						
Volunteers	Sheetal A.						
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
17	Nalini Trivedi	90701	Indian	Gujarati	F	80+	1st
18	Shantaben Patel	90703	Indian	G	F	80+	1st
19	Leelavati Patel	90701	Indian	G	F	80+	1st
20	Lalitaben Patel	90701	Indian	G	F	70+	1st
21	Madhuben Patel	90701	Indian	G	F	70+	1st
22	Vithalbhai Patel	90703	Indian	G	M	70+	1st
23	Chunilal Shah	90703	Indian	G	M	65+	1st
24	Shardaben Jasubhai	90701	Indian	G	F	73	1st
25	Chandrika Patel	90703	Indian	G	F	65	1st
26	Rushaben Patel	90703	Indian	G	F	66	1st
27	Bhagwandas Patel	90703	Indian	G	M	60+	1st
28	Savitaben Patel	90701	Indian	G	F	60+	1st
29	Jayshree	90703	Indian	G Hindi	F	40+	1st
30	Shantaben Shah	90701	Indian	G	F	67	1st gen.
31	Dwarkadas Patel	90703	Indian	G	M	70+	1st

WORKSHOP 5

I, Me and My Negative thoughts (Depression)

SERVICE AREA: 2

LOCATION

Valley Hindu Temple- 18700 Roscoe Blvd, Northridge, CA 91324

DATE : April 29, 2023

AGENDA:

Many South Asians have cultural stigmas and taboos surrounding mental illness. This can lead to feelings of isolation, shame, and a lack of understanding about the symptoms and treatment options available. The workshop on depression aims to create a safe and supportive environment for those who may be struggling with depression, through education and conversation.

1. Workshop Introduction
2. Pre-Survey
3. Presentation
4. Discussion
5. Conclusion
6. Q&A
7. Post Survey
8. Lunch

SUKH-SHANTI PROJECT

I, ME & MY NEGATIVE THOUGHTS

In collaboration with India Association of LA (IALA)

Lunch will be provided

TIME: 11:00 A.M.- 1:00 P.M.

DATE: Saturday, 29th April, 2023

VENUE: Valley Hindu Temple

18700 Roscoe Blvd, Northridge, CA 91324



LA County DMH Access line: (800) 854 7771, select option 1 (available 24/7)



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
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Sign-in sheet



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

Date:	04/29/23	Event:	Depression Workshop St 2					
Speakers	Misha Parekh, Zee Ahir							
Volunteers	Pradeep Desai, Dharmasmi							
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level	
1.	Raj Kaushal	91324	Indian	Gujarati Hindi	F	78	1 st gen	
2.	Jyotsna Shuk	91303	Indian	Gujarati Hindi	F.	84	1 st gen	
3.	Vinuben Patel	81307	Indian	Gujarati Hindi	F.	94	1 st gen	
4.	Induben Desai	91601	Indian	Gujarati Hindi	F.	91	1 st gen	
5.	Milaben Desai	91601	Indian	Gujarati Hindi	F	77	1 st gen	
6.	Shureshchandra Kotla	93063	Indian	Gujarati Hindi	M	78	1 st gen	
7.	Vipulaben Kohari	93063	Indian	Gujarati Hindi	F	77	1 st gen	
8.	Dr. Madhuben Patel	91311	Indian	Gujarati Hindi	F	84	1 st gen	
9.	Piyush Raythatha	91335	Indian	Gujarati Hindi	M	81	1 st gen	
10.	Vina Raythatha	91335	Indian	Gujarati Hindi	F	76	1 st gen	
11.	Ila Shah	91311	Indian	Gujarati Hindi	F	74	1 st gen	
12.	Madhuphai Shah	91303	Indian	Gujarati Hindi	M	86	1 st gen	
13.	Raxabon Darul	90250	Indian	Gujarati Hindi	F	72	1 st gen	
14.	Bhannuben Modi	90250	Indian	Gujarati Hindi	F.	68	1 st gen	
15.	Bremashthema	90250	Indian	Gujarati Hindi	F	65	1 st gen	
16.	ABHAY J SURATHA	91406	Indian	Gujarati Hindi	M	72	1 st gen	



Date:	4/29/23	Event:	Depression Workshop SA2				
Speakers	Nisha Parekh, Zeel Ahir						
Volunteers	Pradeep Desai, Dhanalakshmi						
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
17	ALKA A SUTARIN	91406	INDIAN	Hindi (w)	F	69	1 st gen
18	ESMAIL KADARBHAI	91335	INDIAN	Gujarati Hindi	M	82	1 st gen
19	YASHVANT PARIKH	91326	Indian	Gujarati Hindi	M	90	1 st gen
20	Shitaram Patel	91326	Indian	Gujarati Hindi	M	71	1 st gen
21	Jyotsnaben Patel	91326	Indian	Gujarati Hindi	F	67	1 st gen
22	Ranjaben Desai	91324	Indian	Gujarati Hindi	F	70	1 st gen
23	Bhramadhi Benkeri	91324	Indian	Gujarati Hindi	M	74	1 st gen
24	Mamhar Shukh	91307	Indian	Gujarati Hindi	M	89	1 st gen
25	Arun Desai	91304	Indian	Gujarati Hindi	M	72	1 st gen
26	Calperl Sharma	91335	Indian	Gujarati Hindi	M	72	1 st gen
27	Ajit Garg	91325	Indian	Gujarati Hindi	M	72	1 st gen
28	Raj Garg	91325	Indian	Gujarati Hindi	F	70	1 st gen
29	Shrijit	91325	Indian	Gujarati Hindi	F	72	1 st gen
30	Mamjit	93063	Indian	Gujarati Hindi	F	75	1 st gen
31	Mahendran	93063	Indian	Gujarati Hindi	M	79	1 st gen
32	Alka. Shukhiya	91344	Indian	Gujarati Hindi	F	71	1 st gen

INTERGENERATIONAL CONVERSATIONS 4

Guftagu- Intergenerational Talks

SERVICE AREA: 2

LOCATION

Valley Hindu Temple- 18700 Roscoe Blvd, Northridge, CA 91324

DATE: April 29, 2023

Agenda:

Immigrating to the United States adds a facet to parenting. Raising children in two different cultures can lead to conflicts between generations. Improper tools of communication can further deepen the divide. The South Asian community seldom has candid conversations between the two generations. Through the panel discussion, we want to foster meaningful conversations and solutions to intergenerational conflicts.

1. Panel Introduction
2. Pre-Survey
3. Intergenerational Video Presentation
4. Discussion
5. Q&A
6. Post Survey
7. Tea & Snacks



SUKH SHANTI PROJECT

In collaboration with India Association of LA (IALA) &
Global Organization of People of Indian Origin- LA
(GOPIO-LA)

GUFTAGU- INTERGENERATIONAL TALKS PANEL DISCUSSION

*REFRESHMENTS WILL BE PROVIDED

Time: 3:30-5:30pm
Date: Saturday, April 29th, 2023
Location: Valley Hindu Temple
18700 Roscoe Blvd, Northridge, CA 91324





LA County DMH Access line: (800) 854 7771, select option 1 (available 24/7)



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

Sign-in sheet

Date:	/ / 04 29 23	Event:	Intergenerational Panel				
Speakers	Manmohan Chopra, Kallika Gupta, Prem Chopra, Kunal Wahi						
Volunteers	Zeel Akir, Pradeep Desai, Dhanlaxmi, Nisha Parekh						
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
1.	Tej Patel	91326	Indian	English	M.	16	2 nd gen
2.	Narottambhai Gill	91331	Indian	English	M.	80	1 st gen
3.	Darshambhai Gill	91331	Indian	Gujarati	F	75	1 st gen
4.	Modi Bhawan	91331	Indian	Gujarati	F	75	1 st gen
5.	Aasha Suddh	91335	Indian	Hindi	F	68	1 st gen
6.	Joshna Patel	91335	Indian	Gujarati	F	74	1 st gen
7.	Kiran Kambej	91390	Indian	Hindi English	F	51	1 st gen
8.	Seema Arora Ph.D	91326	Indian	English Hindi	F	60	1 st gen
9.	Mohinder Kambej	91326	Indian	English Hindi Punjabi	M.	71	2 nd gen
10.	Prem Seem	91326	Indian	English Hindi Punjabi	F	71	1 st gen
11.	Dhara Patel	91326	Indian	English Gujarati	F	43	1 st gen
12.	Jyotsna Shah	91326	Indian	English Gujarati	F	75	1 st gen
13.	Jyotsnaben Patel	91326	Indian	English Gujarati	F	65	1 st gen
14.	Sitaram Patel	91326	Indian	Gujarati	M.	71	1 st gen
15.	Mohinder Kaur	91331	Indian	English Gujarati	F	71	1 st gen
16.	Narottam Singh	91331	Indian	Hindi	M.	70	1 st gen

SUKH SHANTI: Promoting Mental Health Wellness in South Asian Americans Project



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
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Date:		/ /		Event:			
		04 29. 23.				Intergenerational Panel	
Speakers		Kiran, Nisha, Kunal, Kiran, Dr Seema, Tej					
Volunteers		Zeel, Pradeep, Iaxmi, Nisha					
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
17	Sushma Arora	91326	Indian	Hindi	F	70	1 st gen
18	Rehem Paul	91326	Indian	Hindi	M	68	1 st gen
19	Rani Seed	91326	Indian	Hindi	F	65	1 st gen
20	Anuram Bawry	91326	Indian	Hindi	M	68	1 st gen
21	Manimohan Chopra	91331	Indian	Hindi	M	63	1 st gen
22	Navin Gaur	91331	Indian	Hindi	M	64	1 st gen
23	Sukhinder Singh	91331	Indian	Hindi	M	39	1 st gen
24	Rina Gupkar	91331	Indian	Hindi	F	48	1 st gen
25	Paramjeet Kaur	91326	Indian	Hindi	F	84	1 st gen
26	Dhiren Mehta	91326	Indian	Hindi	M	75	1 st gen
27	Ramesh Chatare	91326	Indian	Hindi	M	77	1 st gen

WORKSHOP 6

Rethinking your way out of Anxiety

SERVICE AREA: 2

LOCATION:

Valley Hindu Temple- 18700 Roscoe Blvd, Northridge, CA 91324

DATE : May 23, 2023

AGENDA:

Hosting a workshop to discuss Anxiety with the South Asian population living in America can help reduce the stigma surrounding mental illness, promote wellness, and improve the mental health of individuals within this community. By providing a safe and supportive space for individuals to share their experiences, we can help break down barriers, build resilience, and foster a culture of openness and understanding.

1. Workshop Introduction
2. Pre-Survey
3. Presentation
4. Discussion
5. Conclusion
6. Q&A
7. Post Survey
8. Dinner

SUKH-SHANTI PROJECT

RETHINKING YOUR WAY OUT OF ANXIETY

In collaboration with India Association of LA (IALA)

DATE: May 23rd, 2023

TIME: 6-8 p.m.

VENUE: 18700 Roscoe Blvd,
Northridge, CA 91324

Food will be served.



LA County DMH Access line: (800) 854 7771, select option 1 (available 24/7)



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
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Sign-in sheet



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
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Date:	5/23/23	Event:	Sukh Shanti - Anxiety				
Speakers	Zeel Akar, Sheetal A.						
Volunteers	Manjeet Wahi						
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
1	Pama Sudhar	91326	Inde	Inde/Eng	F	6	
2	Sumay Bhabha	91304	Hindu	am	M	61	1st gen
3	Dr. Anjum Padyal	91306	Indian	Eng/Hindi	F	50	1st gen
4	RAM BALI	91324	Indian	English	M	82	1st gen
5	Aditya Mooliy	91303	Indian	English	M	50	1st gen
6	Rajni Thakkar	91306	Indian	Eng/Hindi	M	79	1st gen
7	Paranjit Kaur	91325	Indian	English	F	84	1st gen
8	Dharen Mehta	91326	Indian	Gujarati	M	75	1st gen
9	Ramesh Chatteran	91325	Indian	Sindhi	M	77	1st gen
10	Surinder Sharma	91325	Indian	Punjabi	M	73	1st gen
11	Reshma Shahani	91325	Indian	English	F	67	1st gen
12	Ramesh Vyas	91326	Indian	Gujarati	M	72	1st gen
13	Narottam Singh	91324	Indian	Hindi/Eng	M	80	1st gen
14	Gajinder Sood	91304	Indian	Hindi/Punjabi	M	85	1st gen
15	Harpal Sukhija	91304	Indian	Punjabi	M	72	1st gen
16	Raj Kaushal	91325	Indian	English	F	78	1st gen
17	Mohinder Gill	91331	Indian	Punjabi	M	78	1st gen



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
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Date: 5/23/23 5/23/23		Event: Sukh Shanti - Anxiety					
Speakers		Zeel Ahir, Bheeta A.					
Volunteers		Manjeet Wahi					
Sr. No.	Name	Zip Code	Ethnicity	Linguistic Capacity	Gender	Age	Immigrant Generation level
18	Sahwant Brikh.	91324	Indian	Gujarati English	M	19	2 nd gen
19	Yogesh Shah	91306	Indian	English	M	23	2 nd gen
20	Anun Desai	91331	Indian	English Gujarati	M	54	1 st gen
21	Ranjam Desai	91331	Indian	Gujarati	F	55	1 st gen
22	Jyotsna Patel	91306	Indian	Gujarati	F	21	2 nd gen
23	Aanchal Goel	91306	Indian	English Hindi	F	29	2 nd gen
24	Mahendra Mehta	91306	Indian	Gujarati	M	63	1 st gen
25	Starom Patel	91303	Indian	Gujarati	M	62	1 st gen
26	Tina Patel	91303	Indian	Gujarati	F	50	1 st gen
27	Savita Patel	91325	Indian	Gujarati	F	49	1 st gen

SUKH SHANTI: Promoting Mental Health Wellness in South Asian Americans Project

Summary:

Service Area	Date	Workshop/ Conversations	Intergenerational	Location
WORKSHOPS				
SA7	02/10/2023	Immigration and its Effects on Mental Health (Hamari Kahani)		Cerritos Library- 18025 Bloomfield Ave, Cerritos, CA 90703
SA7	03/01/2023	I, Me & My Negative Thoughts (Depression)		ADHC- 11745 Firestone Blvd, Norwalk, CA 90650
SA7	03/21/2023	Rethinking your way out of anxiety		Sanatan Dharma Temple 15311 Pioneer Blvd, Norwalk, CA 90650
SA7	03/28/2023	Rethinking your way out of anxiety		ADHC- 11745 Firestone Blvd, Norwalk, CA 90650
SA2	04/29/2023	I, Me & My Negative Thoughts (Depression)		Valley Hindu Temple 18700 Roscoe Blvd, Northridge, CA 91324
SA2	5/23/2023	Rethinking your way out of anxiety		Valley Hindu Temple 18700 Roscoe Blvd, Northridge, CA 91324
INTERGENERATIONAL CONVERSATIONS				
SA7	11/20/2022	Diabetes & Depression (Mein, Meri Tanhai and Diabetes)		Sanatan Dharma Temple 15311 Pioneer Blvd, Norwalk, CA 90650
SA2	03/30/2023	Guftagu: Intergenerational Talks		Zoom
SA7	04/04/2023	Guftagu: Intergenerational Talks		ADHC- 11745 Firestone Blvd, Norwalk, CA 90650
SA2	04/29/2023	Guftagu: Intergenerational Talks		ADHC- 11745 Firestone Blvd, Norwalk, CA 90650

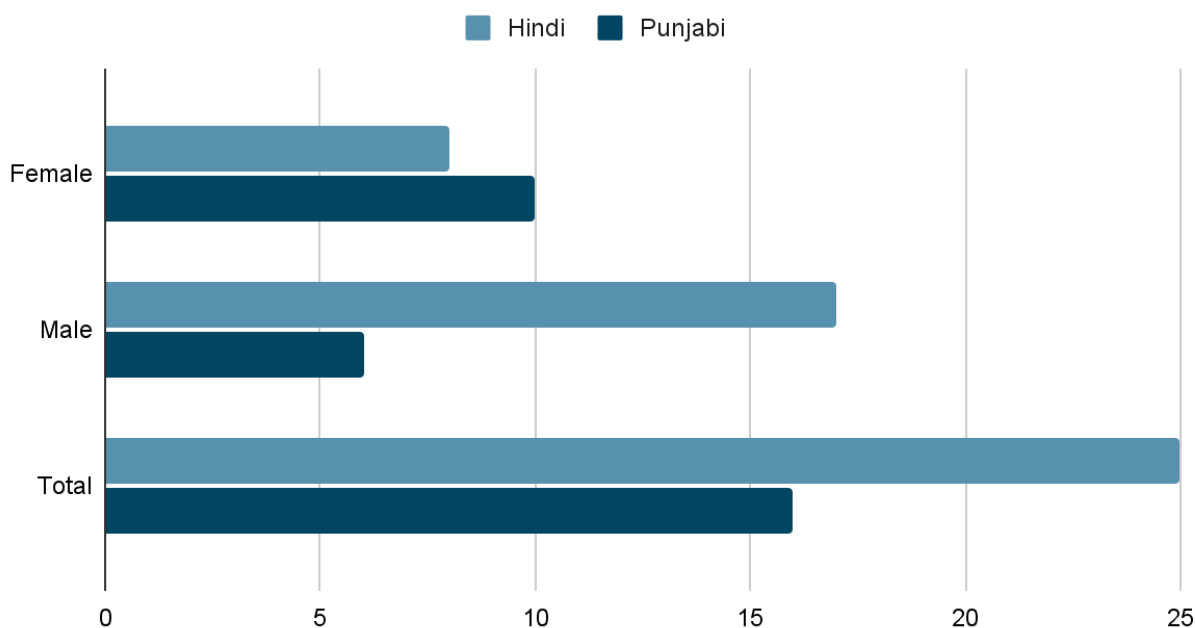
Summary of participant demographics

The Sukh Shanti workshop participants were from zip codes in LA County. Participants from Service Area 7 were residents of Artesia (90701), Cerritos (90703), Norwalk (90650), and La Mirada (90638). Participants from Service Area 2 were residents of Santa Clarita (91390), Simi Valley (93063), Pacoima (91331), and Northridge (91324). The **ages** of the audience ranged from 15 to 94 years old where the majority of the audience fell in the 30-40 and 60-80-year-old age range. There were 120 **males** and 198 **females** making a total of 318 people recorded from attendance sheets. This project includes South Asian communities with the following **linguistic capacities**: Hindi, Punjabi, Gujarati. The majority of attendees identified as Indian with 1 participant identifying as Bangladeshi and 2 identifying as Pakistani. There were also 275 **first-generation** attendees, 40 **second-generation** attendees, and 3 **third-generation** attendees.

SA2 Workshops

	Hindi	Punjabi	Gujarati	Total
Female	8	10	23	41
Male	17	6	23	46
Total	25	16	46	87

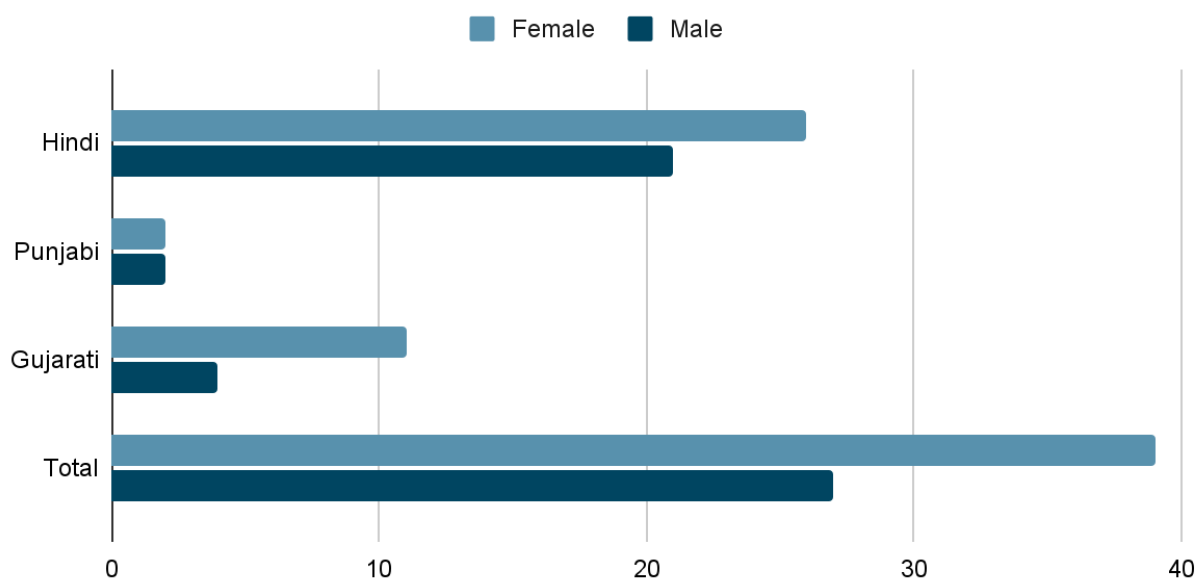
SA2 Workshops



SA2 Intergenerational Conversations

	Hindi	Punjabi	Gujarati	Total
Female	26	2	11	39
Male	21	2	4	27
Total	47	4	15	66

SA2 Intergenerational Conversations

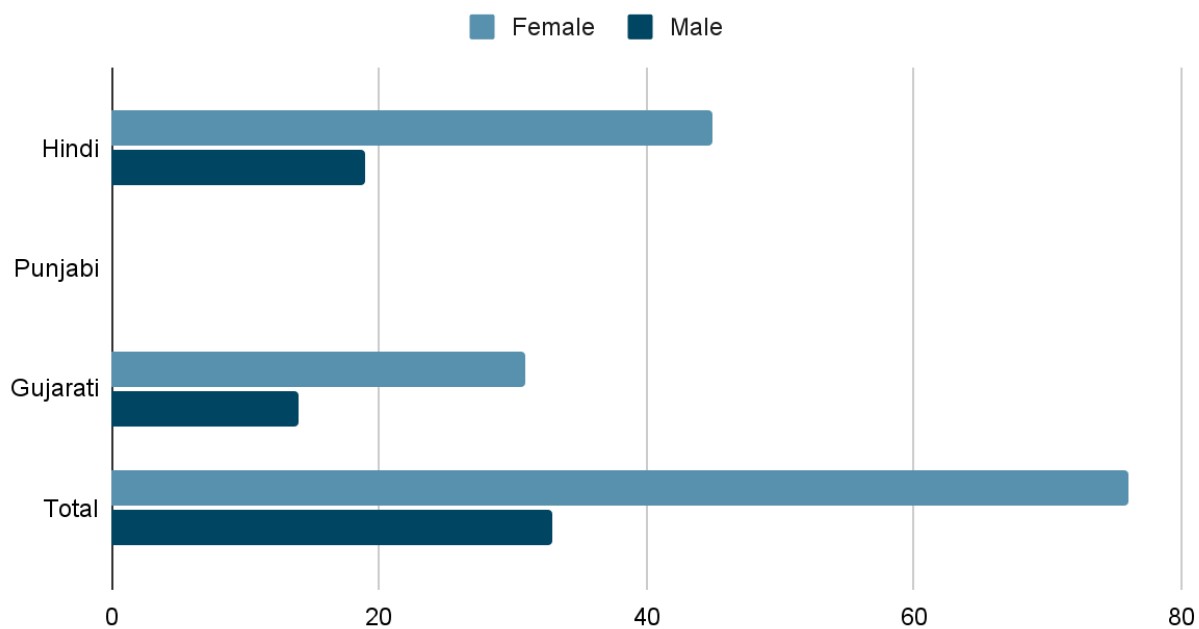


SUKH SHANTI: Promoting Mental Health Wellness in South Asian Americans Project

SA7 Workshops

	Hindi	Punjabi	Gujarati	Total
Female	45	0	31	76
Male	19	0	14	33
Total	64	0	45	109

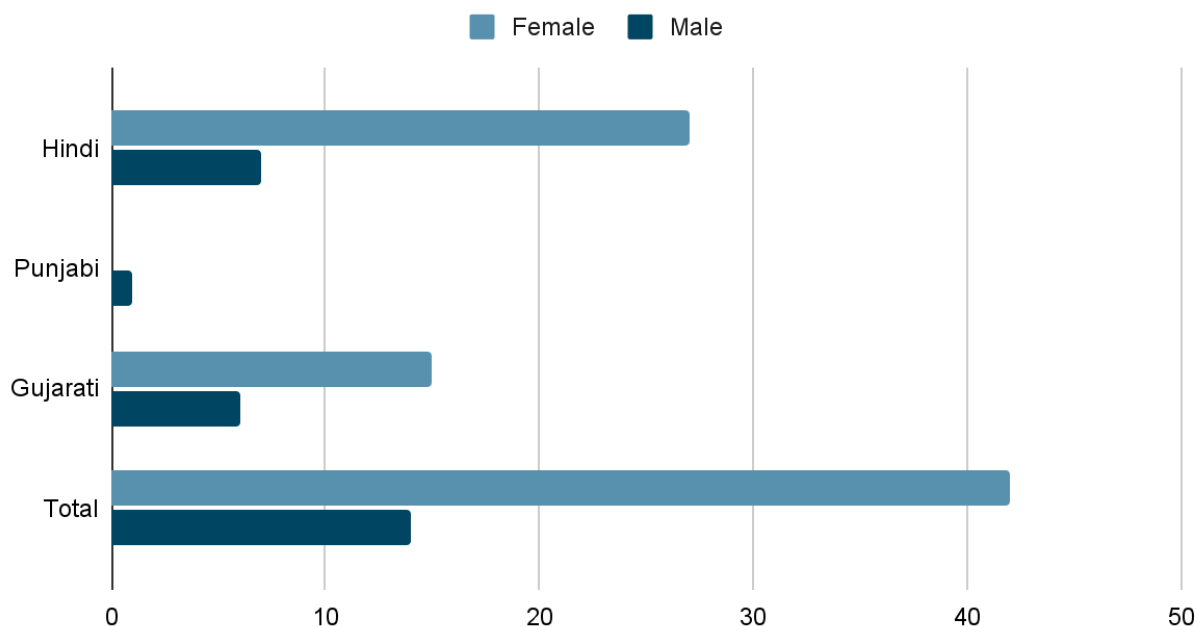
SA7 Workshops



SA 7 Intergenerational Conversations

	Hindi	Punjabi	Gujarati	Total
Female	27	0	15	42
Male	7	1	6	14
Total	34	1	21	56

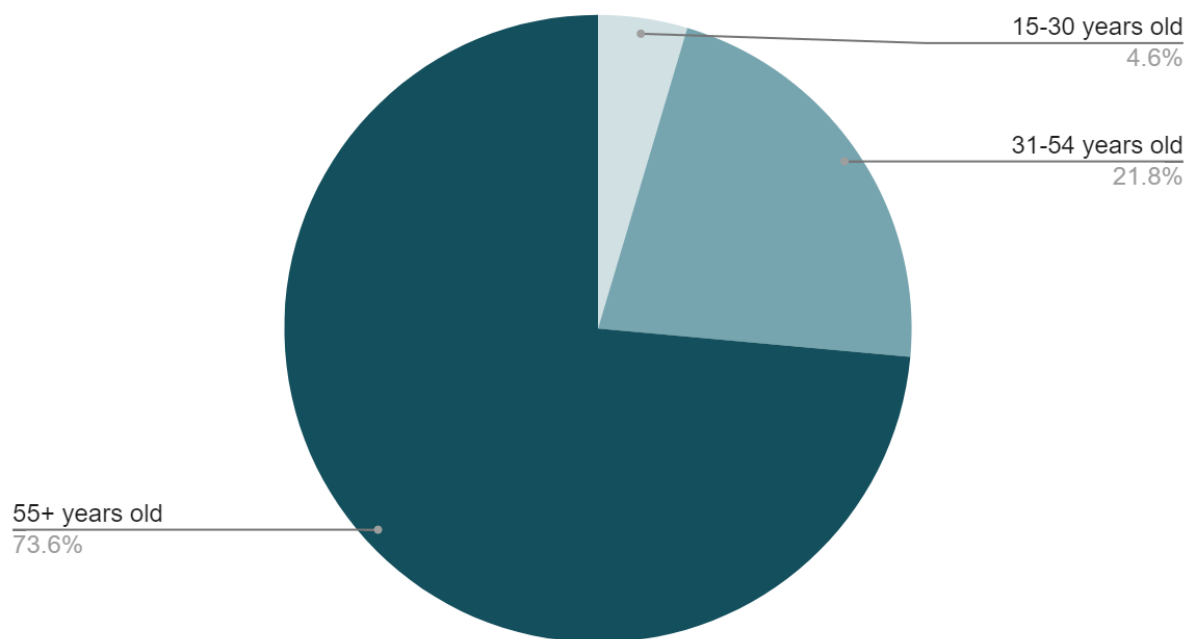
SA 7 Intergenerational Conversations



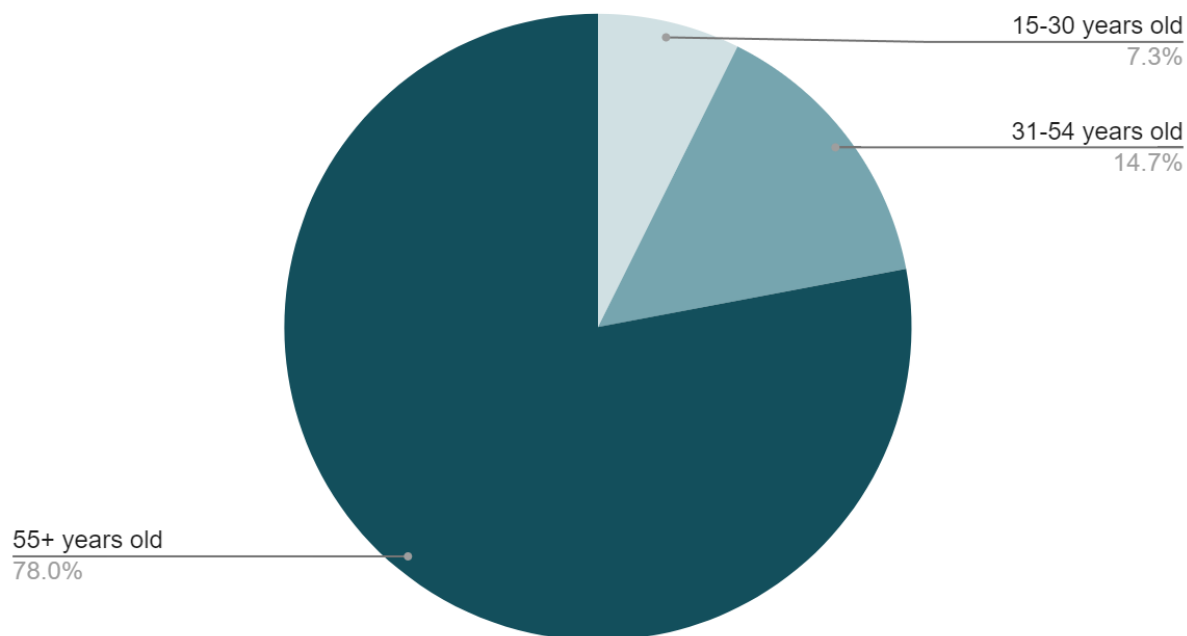
Workshops (Age Range and Immigrant Generation Level)

	SA2	SA7
15-30	4	8
31-54	19	16
55+	64	85
1st gen	80	100
2nd gen	7	8
3rd gen	0	1

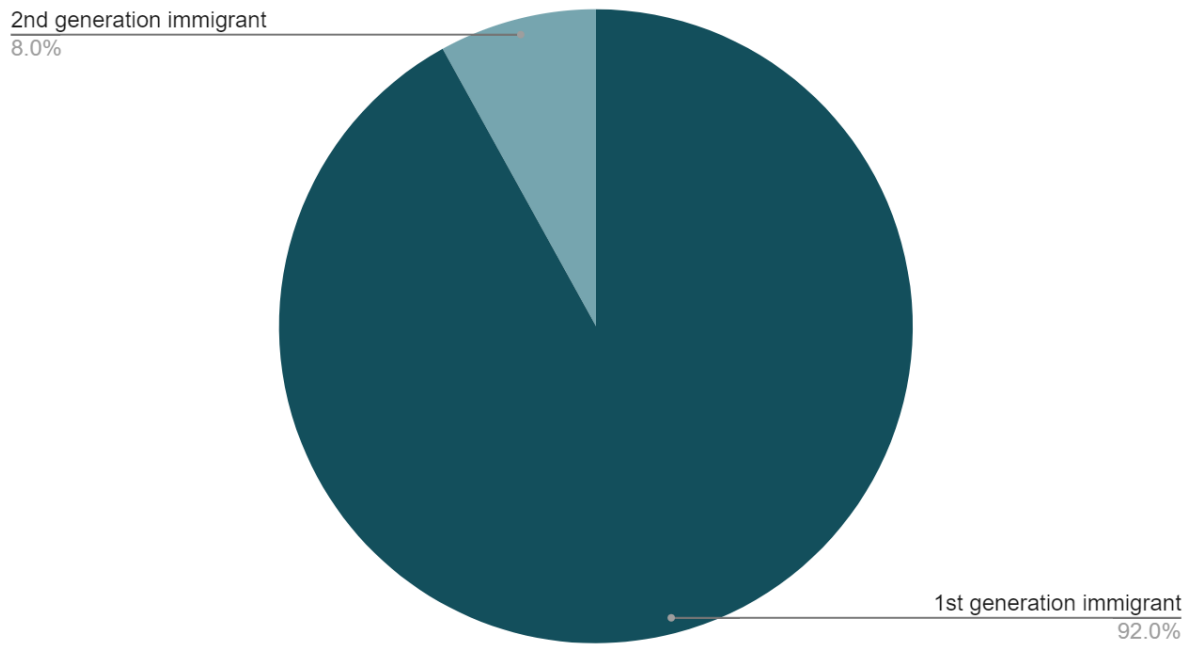
Workshops: Service Area 2 Age Range



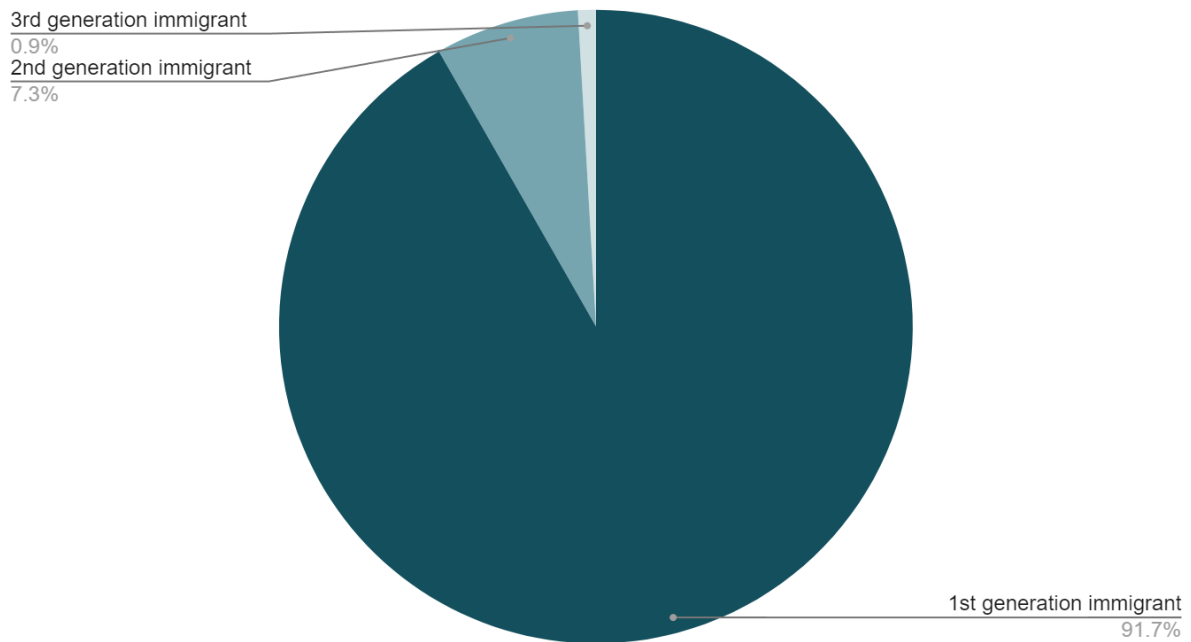
Workshops: Service Area 7 Age Range



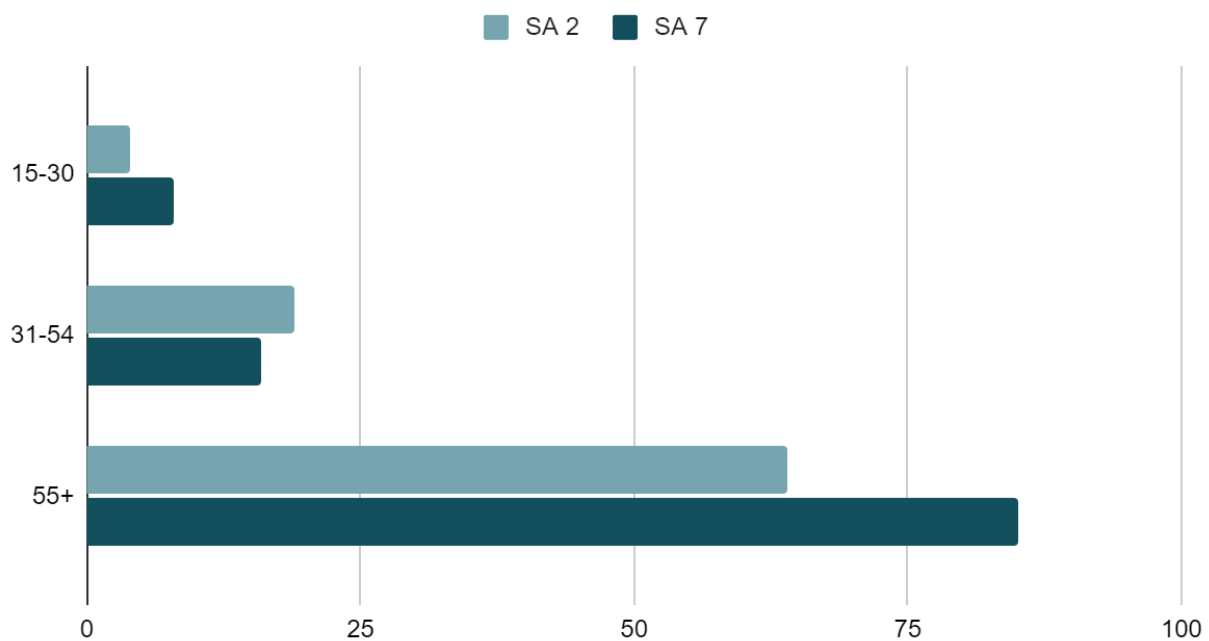
Workshops: Service Area 2 Immigration Level



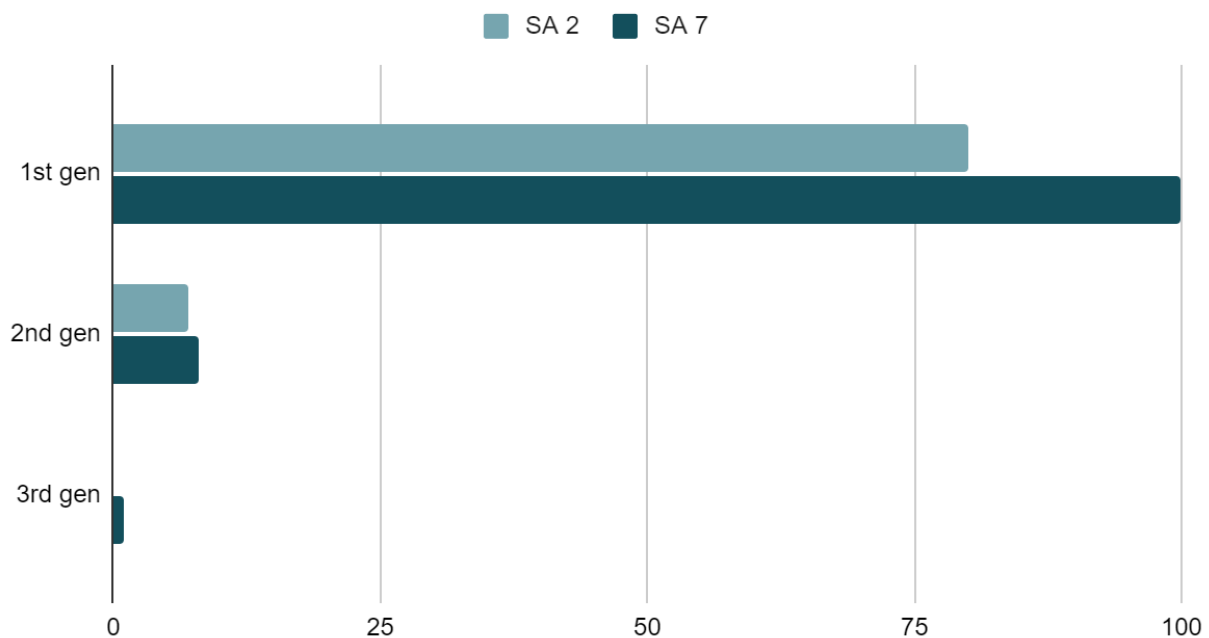
Workshops: Service Area 7 Immigration Level



Workshops: Age Range Comparison for SA 2 and SA 7



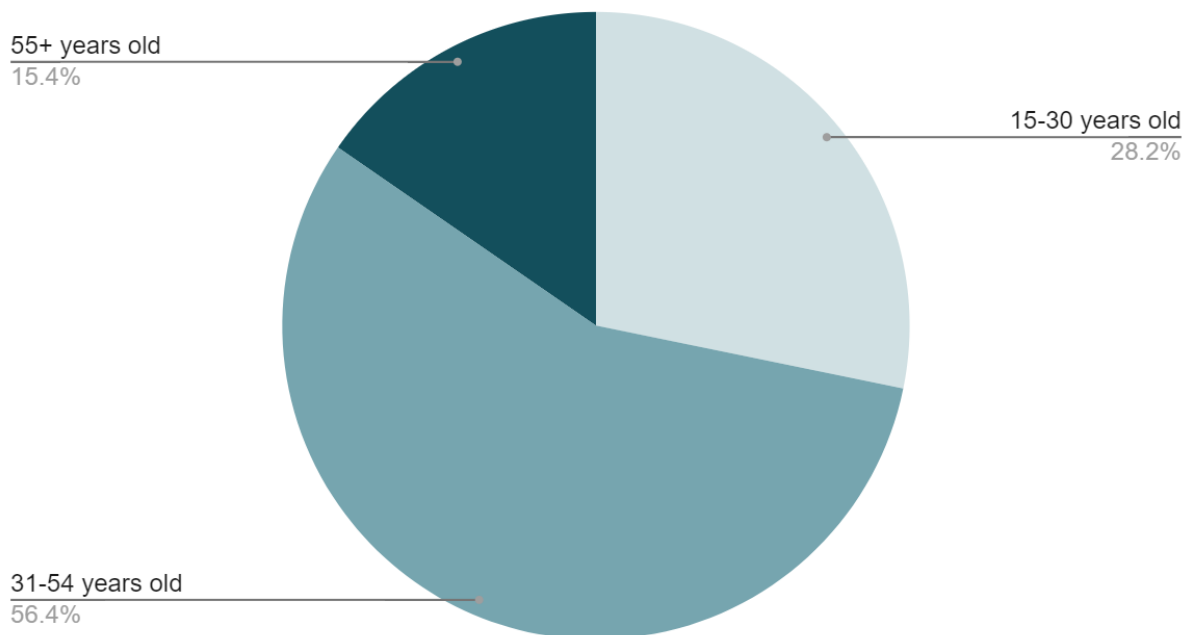
Workshops: Immigration Level Comparison for SA 2 and SA 7



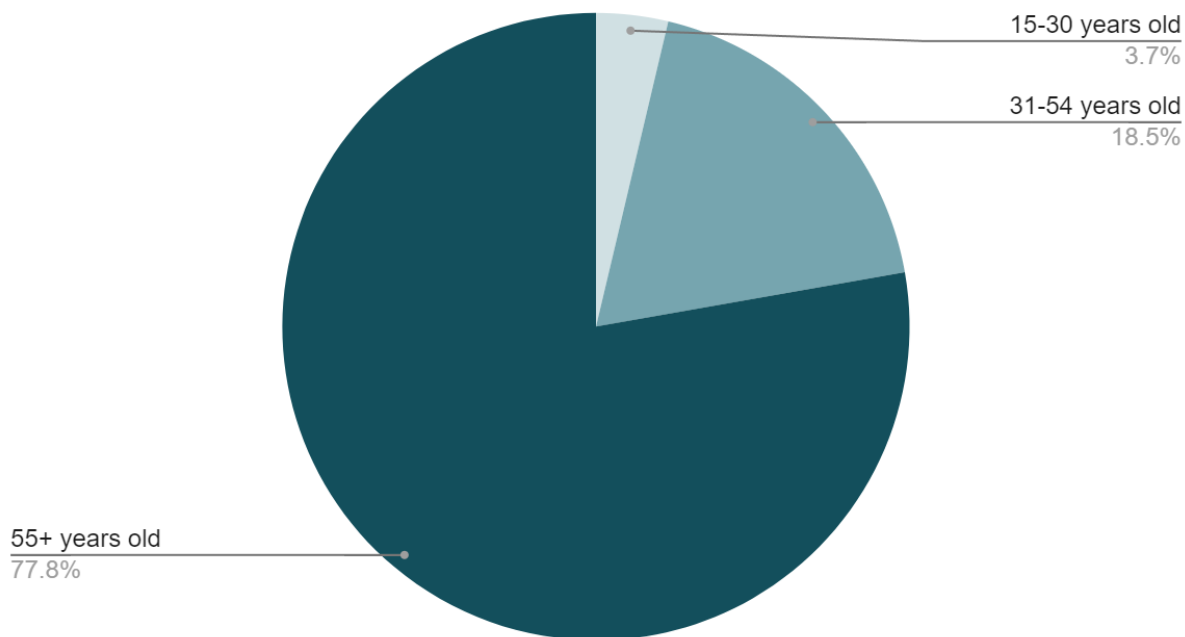
Intergenerational Conversations (Age Range and Immigrant Generation Level)

	SA2 IG1	SA2 IG2	SA7 IG1	SA7 IG2
15-30	11	1	7	1
31-54	22	5	12	1
55+	6	21	6	29
1st gen	22	25	17	31
2nd gen	17	2	6	0
3rd gen	0	0	2	0

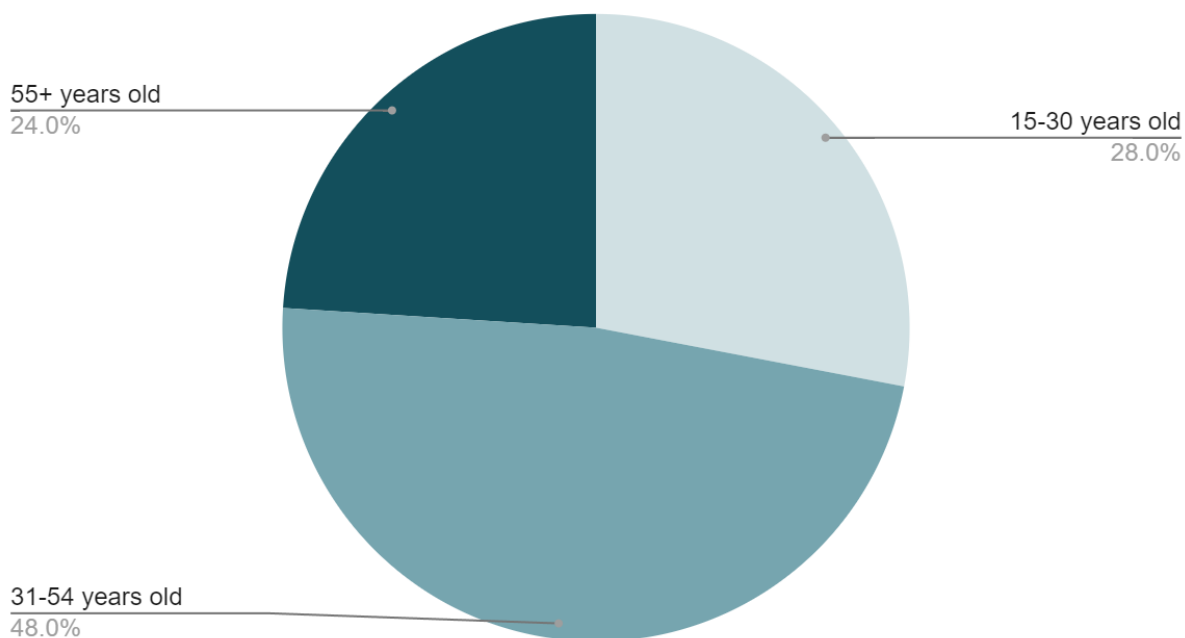
Intergenerational Conversations 1: Service Area 2 Age Range



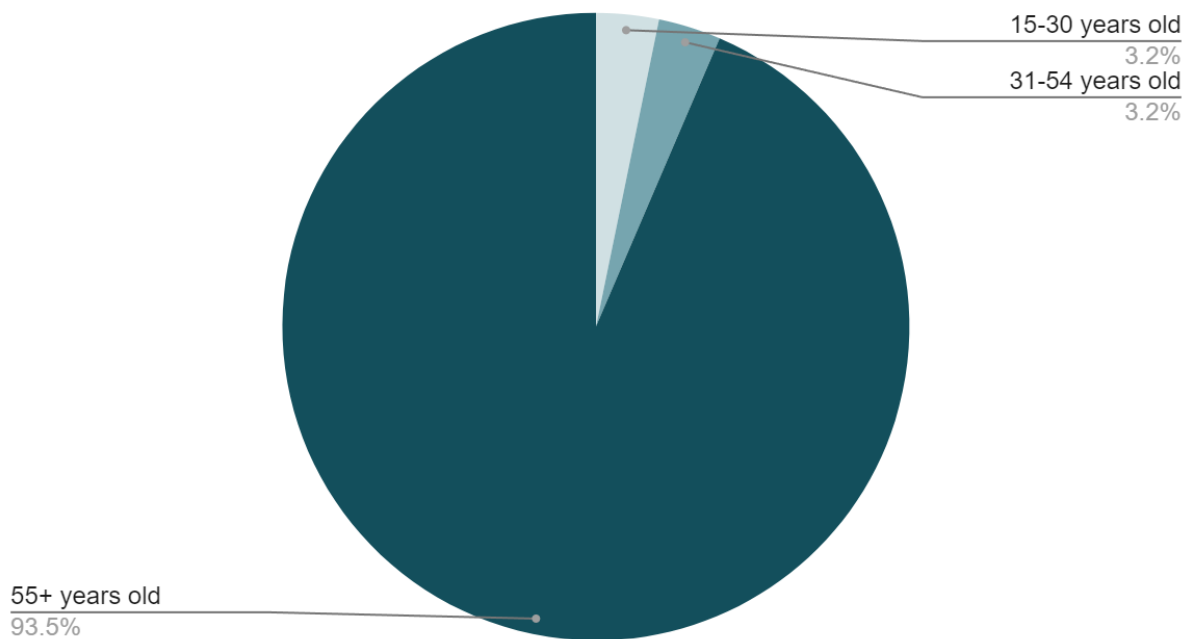
Intergenerational Conversations 2: Service Area 2 Age Range



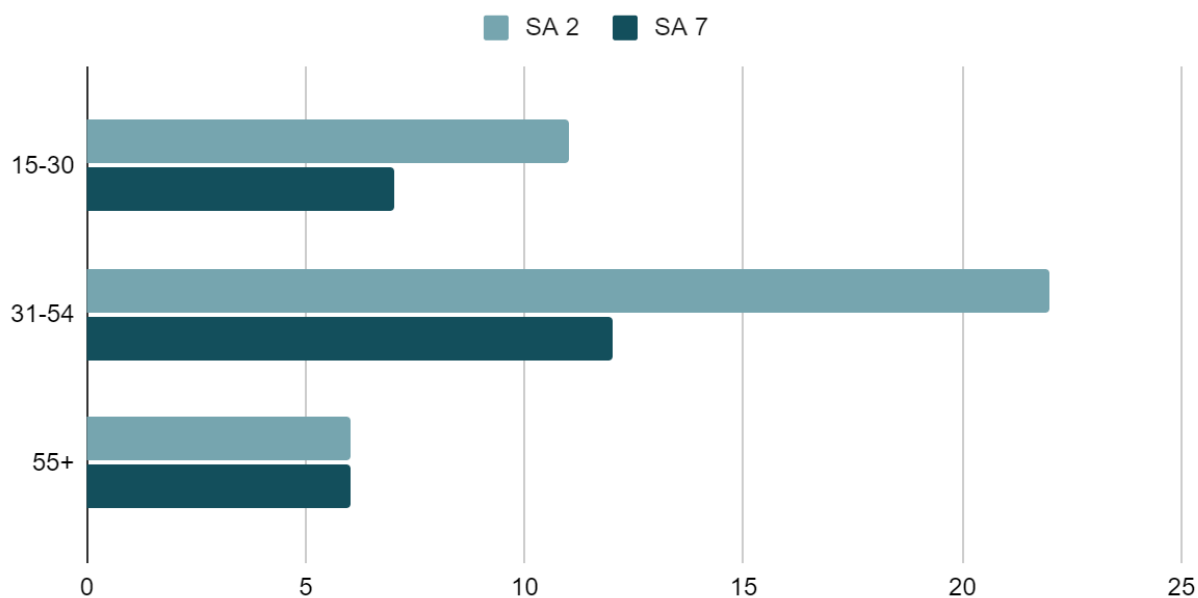
Intergenerational Conversations 1: Service Area 7 Age Range



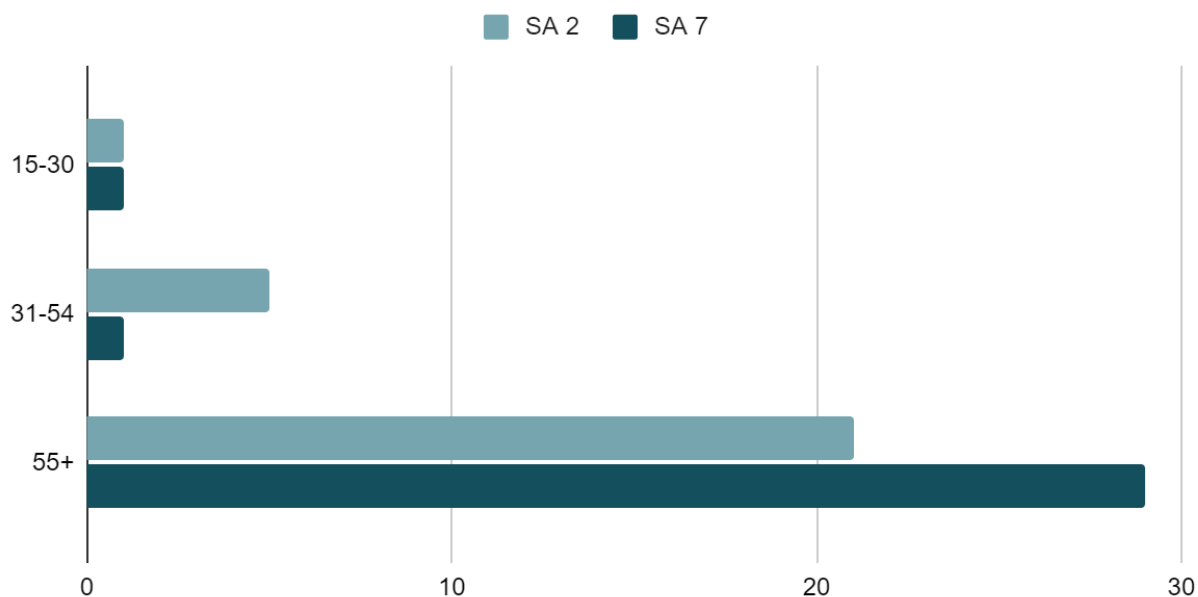
Intergenerational Conversations 2: Service Area 7 Age Range



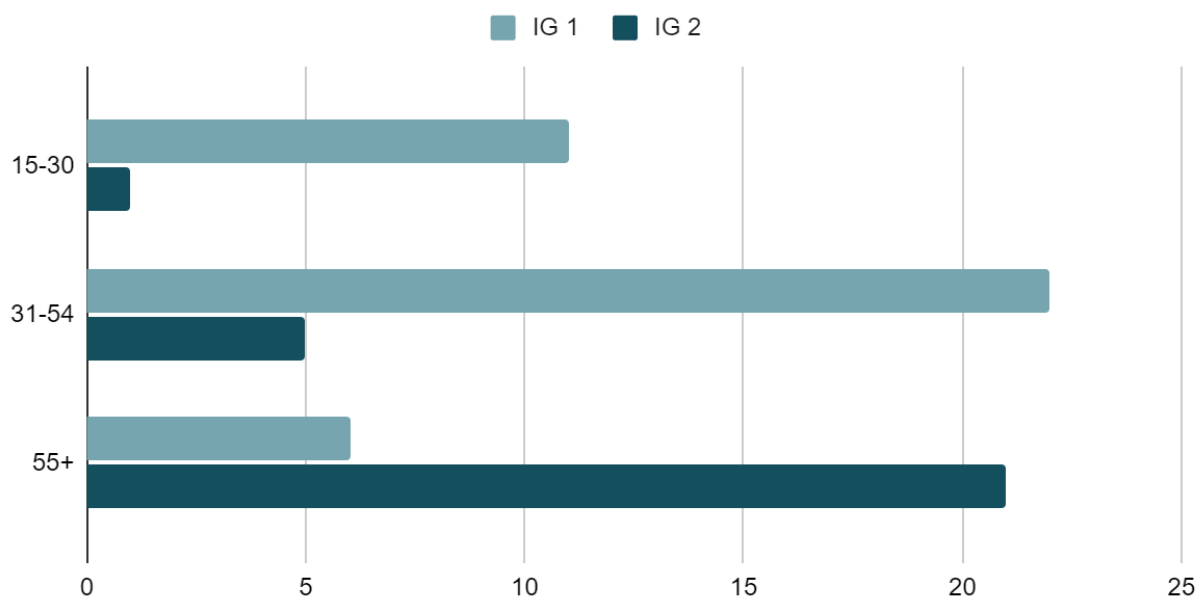
Intergenerational Conversations 1: Service Area 2 & 7 Age Range Comparisons



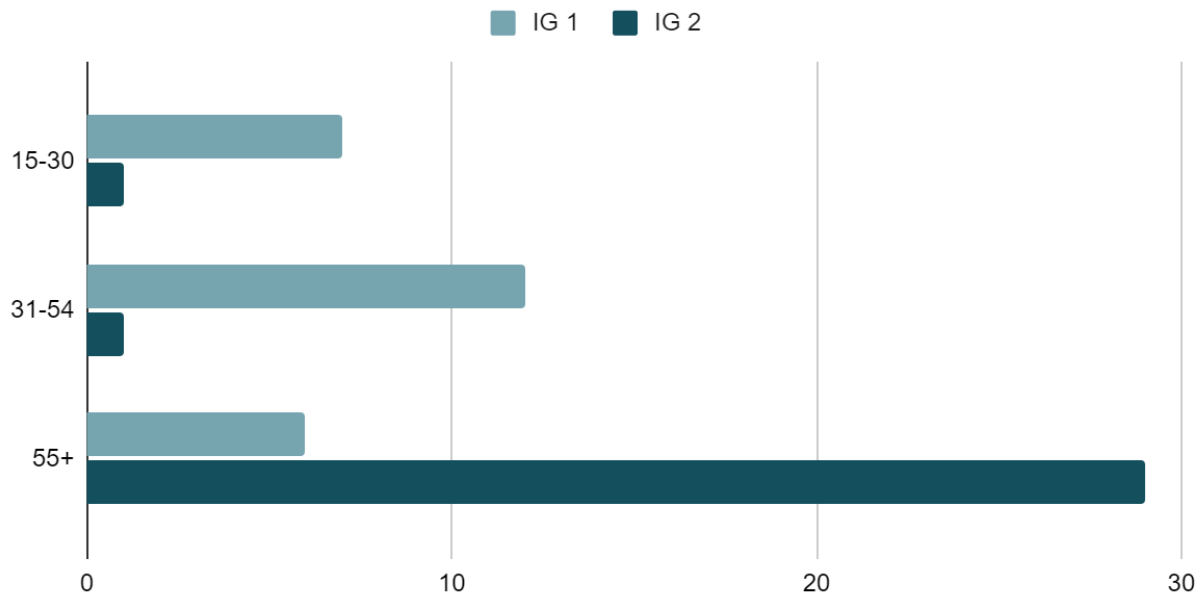
Intergenerational Conversations 2: Service Area 2 & 7 Age Range Comparisons



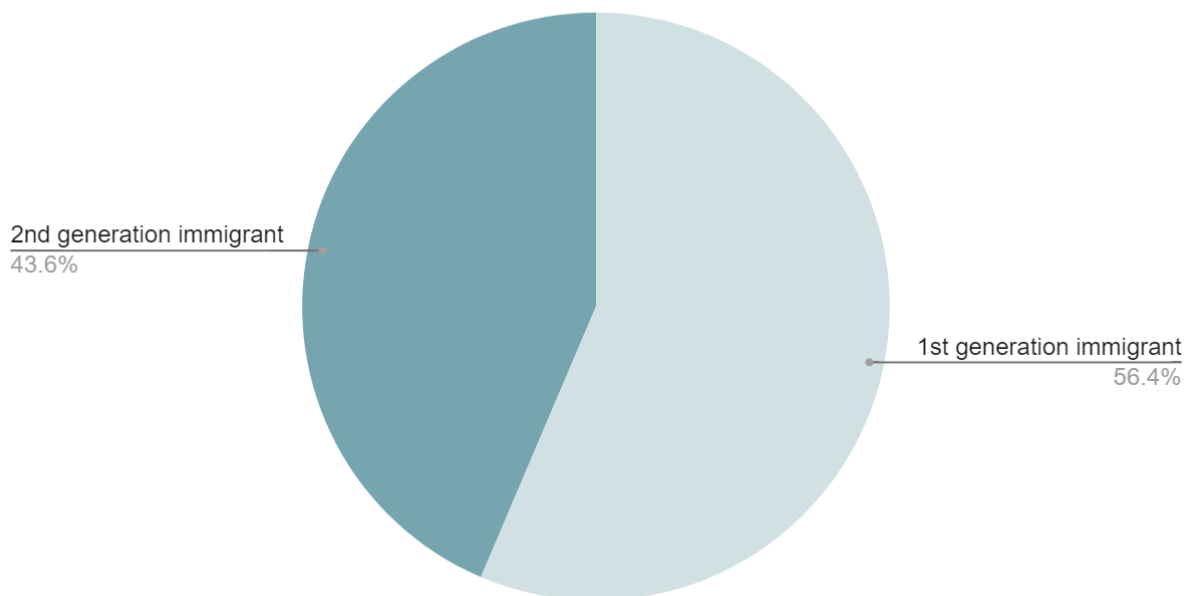
Intergenerational Conversations 1 & 2 Age Range Comparison: Service Area 2



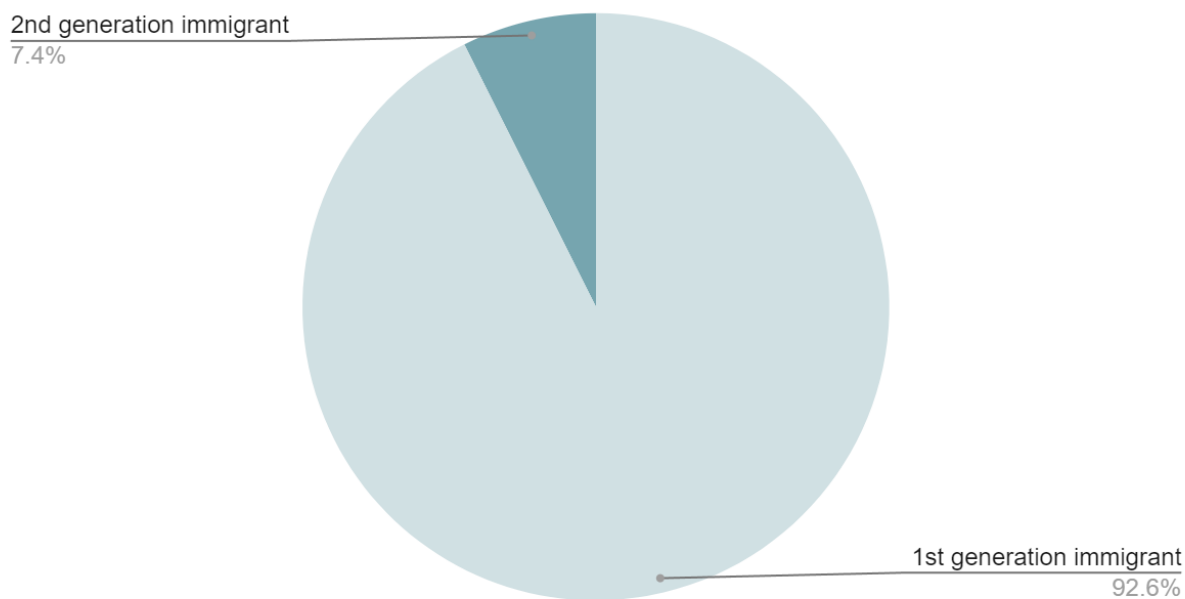
Intergenerational Conversations 1 & 2 Age Range Comparison: Service Area 7



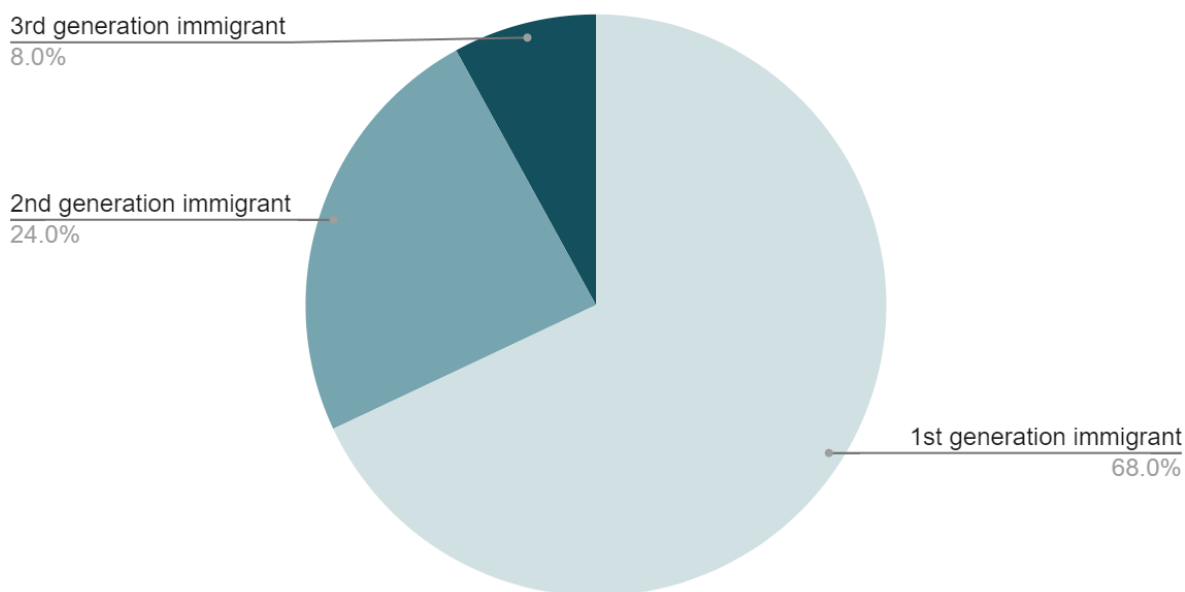
Intergenerational Conversations 1: Service Area 2 Immigration Level



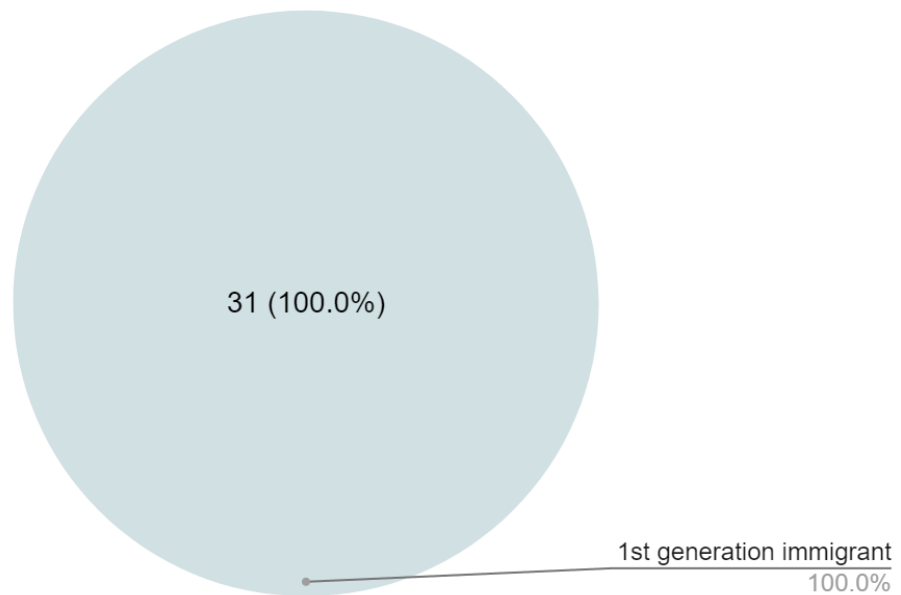
Intergenerational Conversations 2: Service Area 2 Immigration Level



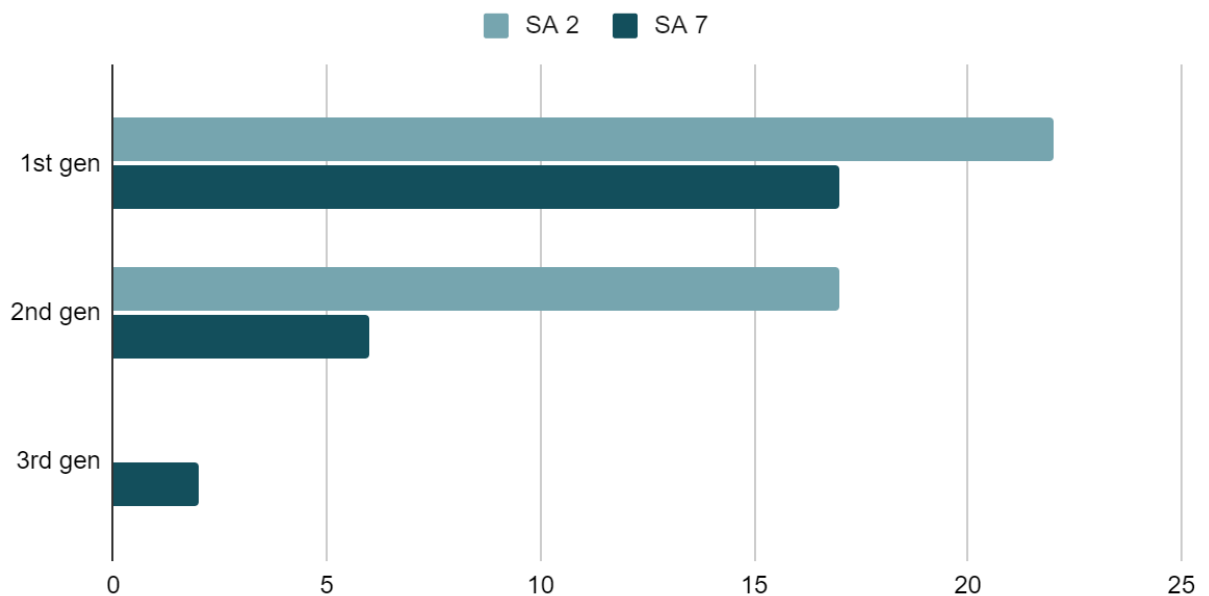
Intergenerational Conversations 1: Service Area 7 Immigration Level



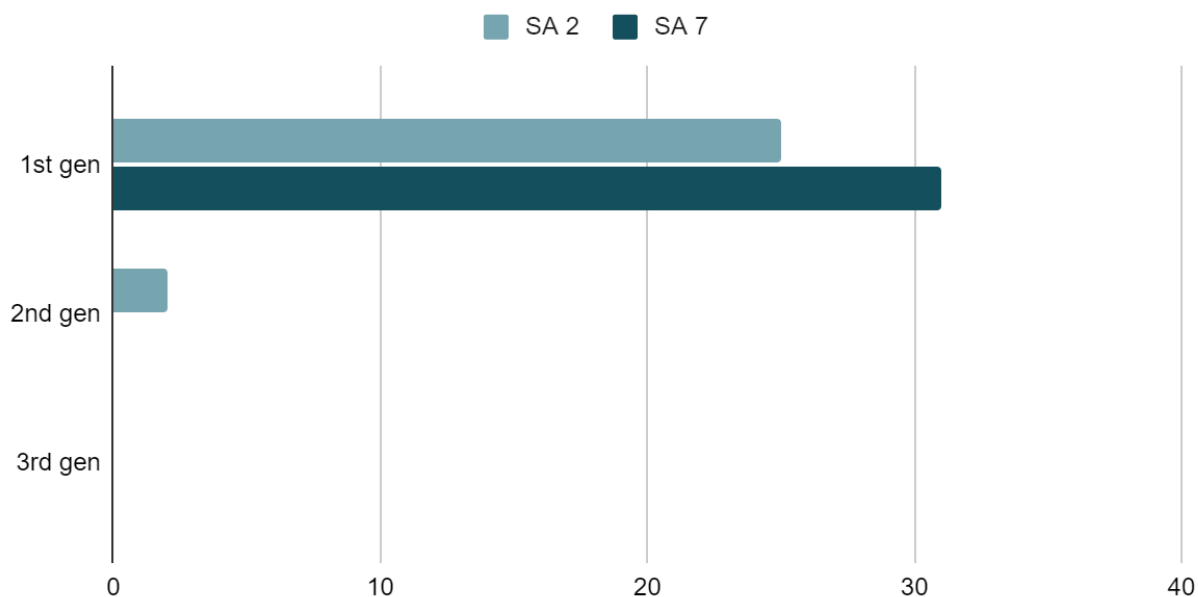
Intergenerational Conversations 2: Service Area 7 Immigration Level



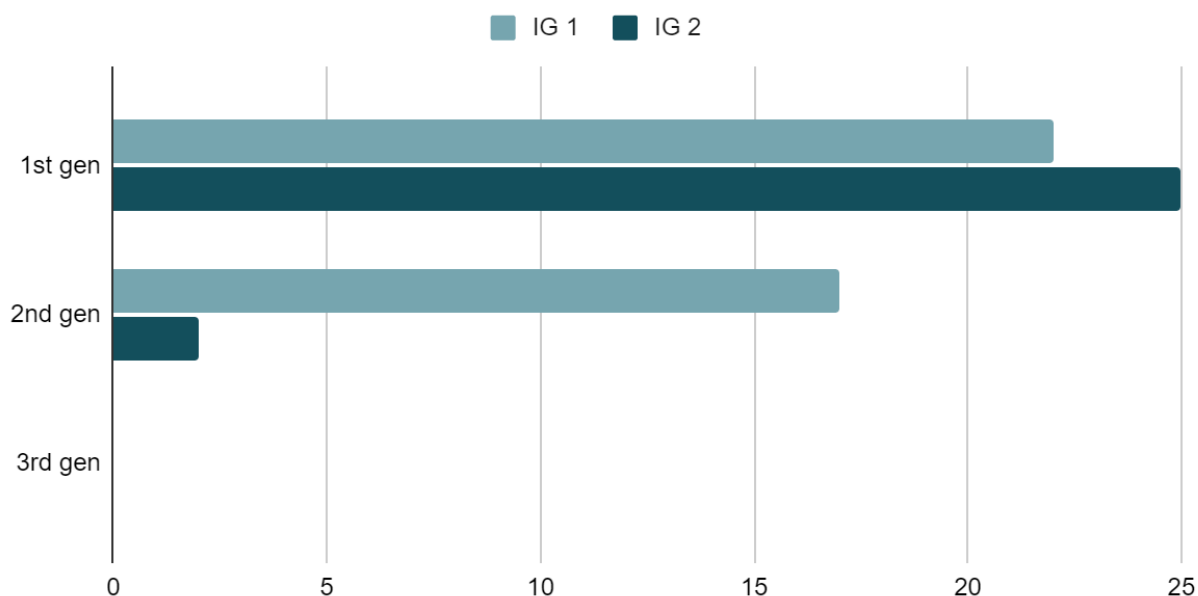
Intergenerational Conversations 1: Service Area 2 & 7 Immigration Level Comparisons



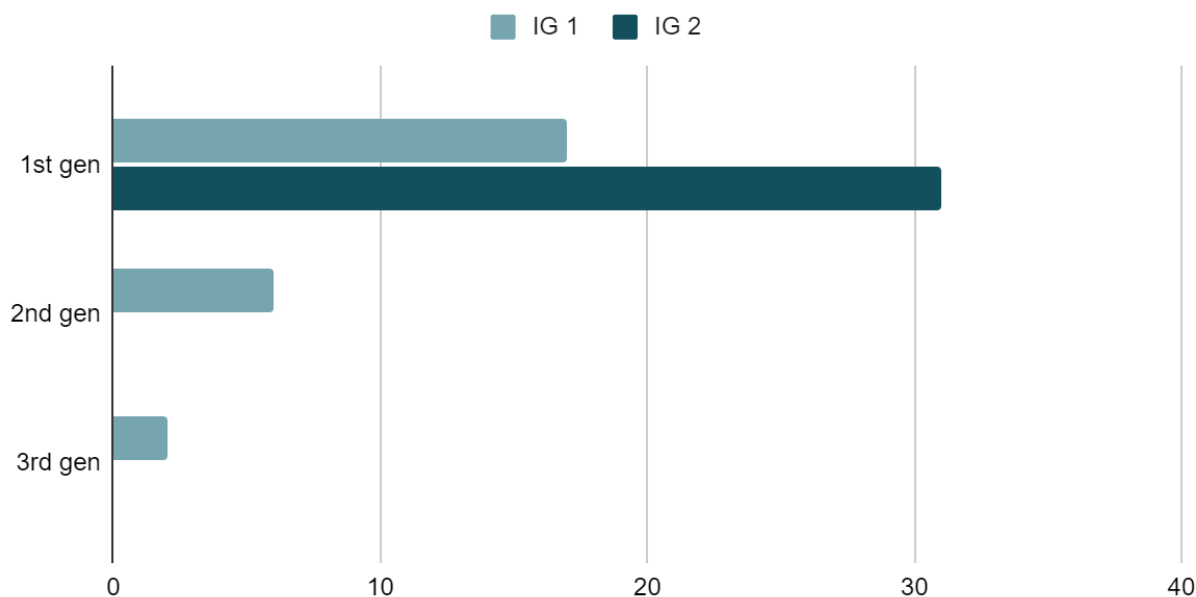
Intergenerational Conversations 2: Service Area 2 & 7 Immigration Level Comparisons



Intergenerational Conversations 1 & 2 Immigration Level Comparison: Service Area 2



Intergenerational Conversations 1 & 2 Immigration Level Comparison: Service Area 7



PROJECT OUTCOME

- Enhance mental health and wellness of South Asian immigrant families.
- Increase the community's understanding of mental health.
- Connect them to available resources by providing relevant mental health education and outreach and engagement in the form of multi-generational workshops and short plays.
- Reduce the stigma surrounding mental health for the South Asian community living in Los Angeles County by providing a space for them to talk about mental health in a culturally congruent setting with bilingual, bicultural South Asian mental health community ambassadors.
- The project resulted in making helpful information on mental health & wellness.
- Information videos were created that can be circulated around the community used as a teaching device
- The project fostered conversations within the South Asian community around difficult and diverse opinions and perspectives.

COMPREHENSIVE ANALYSIS

A comprehensive analysis of the pre-and post-questionnaires was undertaken per the project's objectives. Participants' pre-intervention responses were directly compared to their corresponding post-survey responses using a matched-pair approach, giving us insights into the individual changes throughout the workshops.

This analysis began with calculating descriptive statistics for pre- and post-survey responses. This included measures of central tendency and variabilities such as means and standard deviations. The pre-and post-responses for each participant were then compared to understand the magnitude and direction of change for everyone.

To assess the overall effectiveness of the intervention, paired-t-tests samples for means were used. These tests statistically analyzed the average difference in scores before and after the workshops. Visual representations, including graphs and charts, were also developed to aid in interpreting these results.

Upon comprehensive analysis of the pre-and post-questionnaire responses using a matched-pair format, it was found that most of the measured variables did not yield statistically significant results. However, a case of significance was found in the workshop dated **5/23/2023, SA2**

“Rethinking Your Anxiety”. Analysis revealed a statistically significant difference between this specific pre- and post-survey responses.

Pre-Survey Question 1 “Can you identify any of these signs as symptoms of Anxiety”

Post Survey Question 1 “Upon attending this workshop, would you be able to recognize the symptoms of anxiety?”

Question 1

t-Test: Paired Two Sample for Means

	<i>Variable 1</i>	<i>Variable 2</i>
Mean	11	16.6
Variance	6.5	4.8
Observations	5	5
Pearson Correlation	0.537086156	

Hypothesized Mean Difference 0

df	4
	-
t Stat	5.439200829
P(T<=t) one-tail	0.002772983
t Critical one-tail	2.131846786
P(T<=t) two-tail	0.005545965
t Critical two-tail	2.776445105

Survey of audience to measure the level of knowledge gained:

Teach-back method:

During our workshop, we would pause to involve the attendees to repeat back to us what they learnt in the session. We ensured their involvement and assessed their understanding of the concepts such as symptoms of anxiety and depression, bicultural parenting, types of anxiety, and process of acculturation.

Pre & post surveys:

We administered pre and posttest before and after the workshop to assess the level of knowledge gained during the workshop. The Saahas staff and volunteers would verbally translate the questions as well as the options as per participants' requests. Translations were made in Hindi, Gujarati, and Punjabi. Saahas team made sure that there were Bilingual staff members and volunteers present for each session in order to have the translations made available.

Feedbacks and Testimonials:

"This is such an important topic (intergenerational conversations) that needs more conversations. Thank you Saahas for providing this platform"

"This platform provided us space for 2 generations to communicate our issues and understand each other's perspective. It is nice to see that these youth understand where the parents come from. Navigating 2 cultures is not easy."

“We need more of these sessions. This session was so good. I loved the organic and active discussion happening in the chat session amongst the attendees. Parenting is such an important topic, we struggle with our parenting issues, never knew this discussion would be so helpful.”

“As a parent of a young child, it was good to get all this insight on bicultural parenting and the topic of acculturation. It helps me understand better what the potential parent child conflicts could be and prepare to handle it better”

“ We never speak about mental health in our homes or social circles. It is not easy to find support for such issues. Thank you for speaking for the workshop. We would like to be part of more such workshops.”

“You all do such a fantastic job of bringing these topics to us. There was so much trauma about what we went through (racism). It is better now, we had to endure so much and we hardly spoke about it in any social forum. This platform (Humari Kahani workshop) gave me the opportunity to talk about these events and the trauma I endured.”

Overall,

Through the data collected, we have found that there was a majority of community members which did not consider mental health as a means which could be helped through professional mental health resources in the neighborhood, let alone know of these resources in their respective communities. It was after the workshops, that these participants were brought to awareness of not only the mental health concepts, but also the resources available in their neighborhoods.

LESSONS LEARNED

Successes that were achieved by the Sukh Shanti project include recruiting community members to do outreach and foster community engagement with its members.

A challenge that was faced was working with South Asian college clubs to develop outlines for members to share their stories. While they were enthusiastic to participate, the delivery was done poorly as many of them were not ready to be on camera or take part in short plays. Saahas staff and youth then had to step in to complete it.

There was also a challenge with the pre and post surveys’ effectiveness as participants sometimes lacked the motivation to complete them and could have impacted the data with the different levels of understanding of certain topics.

In administering the pre and post surveys, we also faced a challenge where people were not motivated to administer them during outreaches, requiring more manpower to individually administer them.

RECOMMENDATIONS

Some recommendations for LACDMH on how to improve outreach and engagement to the South Asian community include:

Providing handouts for members to respond to need, and to make the workshops more audience-involved. Providing space for sharing experiences and adding games and videos to keep it entertaining yet informative has been found to be effective.

Some suggestions to better approach this was learning how to incorporate better tools to record this data and adjusting the survey questionnaires to be more specific to rule out ambiguity.

Providing space for clinicians, social workers and community health workers to meet in person and discuss the nuances of this project on a regular basis to help with the foundation of the work to be led with the community.

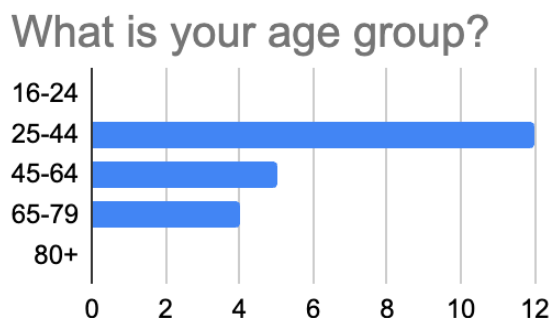
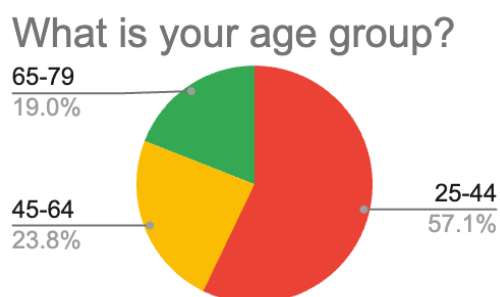
Furthermore, guided instructions on how to make the most of the data collected, and also how to collect the data itself in a more efficient and audience-friendly manner.

Charts and Graphs for DMH

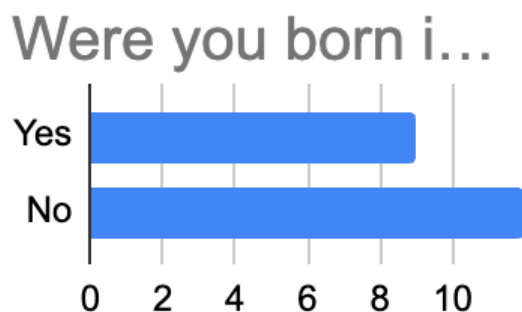
Date: 11/20/2022, Service Area 7
Sanatan Dharma Temple, 15311 Pioneer Blvd, Norwalk, CA 90650
Intergenerational Conversations 1 – Diabetes & Depression

Pre-test Questions

1. What is your age group?

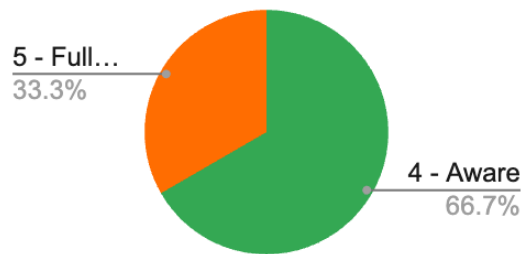


2. Were you born in the United States?

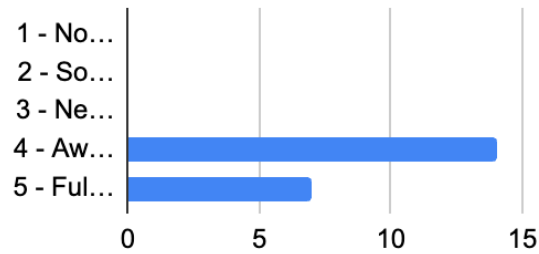


3. On a scale of 1-5 (1 being not at all and 5 being fully aware) how familiar are you with concepts of mental health?

On a scale of 1-5 (1 being not at all confident and 5 being very confident) How confident are you in recognizing signs of mental health issues in yourself or others?

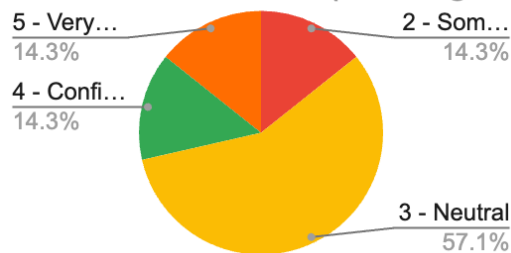


On a scale of 1-5 (1 being not at all confident and 5 being very confident) How confident are you in recognizing signs of mental health issues in yourself or others?

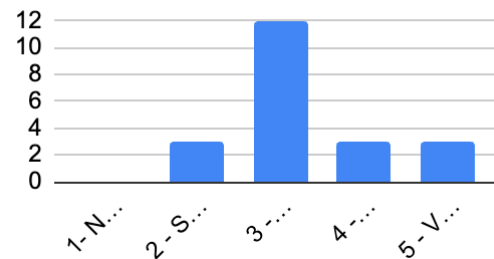


4. On a scale of 1-5 (1 being not at all confident and 5 being very confident) How confident are you in recognizing signs of mental health issues in yourself or others?

On a scale of 1-5 (1 being not at all likely and 5 being very likely) How likely are you to seek help regarding your physical health?

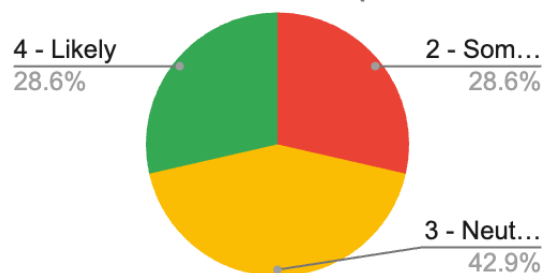


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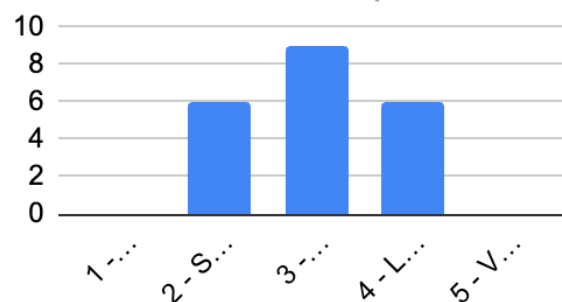


5. On a scale of 1-5 (1 being not at all likely and 5 being very likely) How likely are you to seek help regarding your physical health?

On a scale of 1-5 (1 being not at all likely and 5 being very likely) How likely are you to seek help regarding your mental/emotional health related issues?

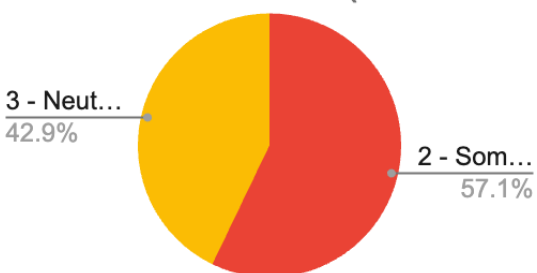


On a scale of 1-5 (1 being not at all likely and 5 being very likely) How likely are you to seek help regarding your mental/emotional health related issues?

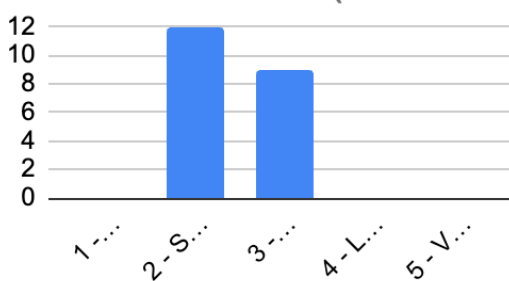


6. On a scale of 1-5 (1 being not likely at all and 5 being very likely) How likely are you to seek help regarding your mental/emotional health related issues?

On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar) How familiar are you with services available for mental health in your neighborhood?

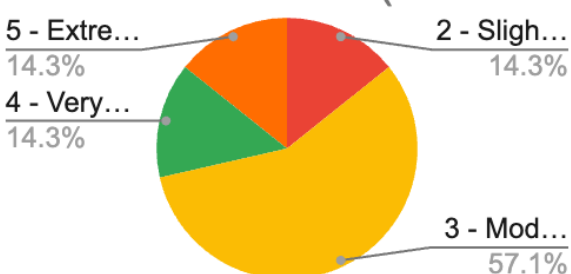


On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar) How familiar are you with services available for mental health in your neighborhood?

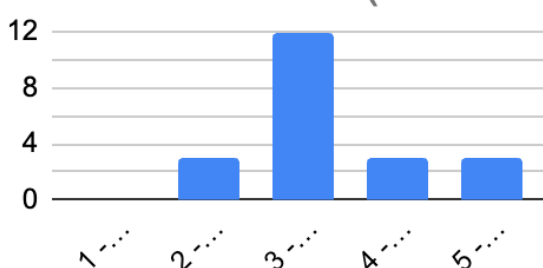


7. On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar) How familiar are you with services available for mental health in your neighborhood?

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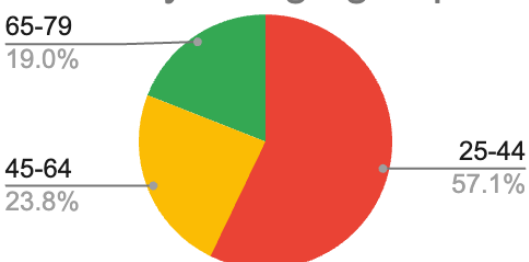
On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar) How familiar are you with services available for mental health in your neighborhood?



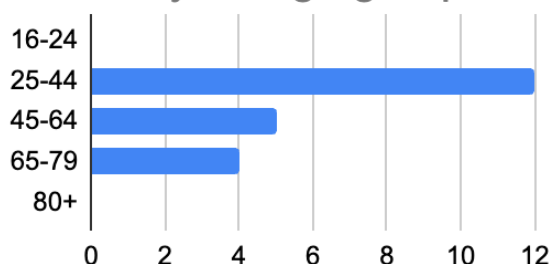
Post-test Questions

1. What is your age group?

What is your age group?

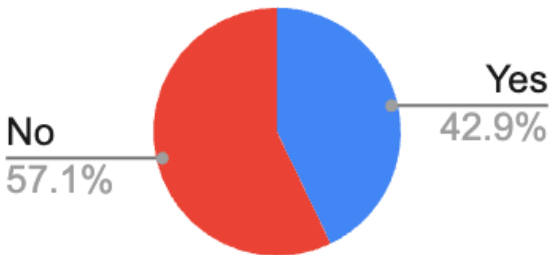


What is your age group?

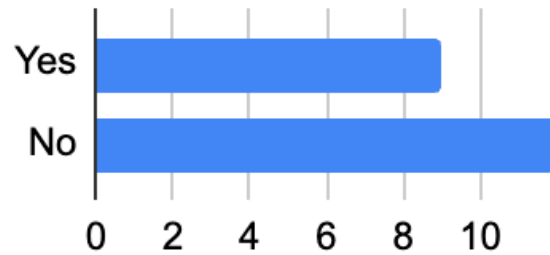


2. Were you born in the United States?

Were you born i...

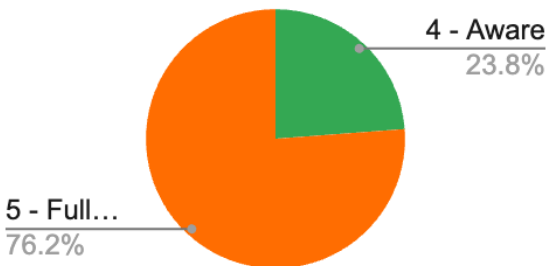


Were you born i...

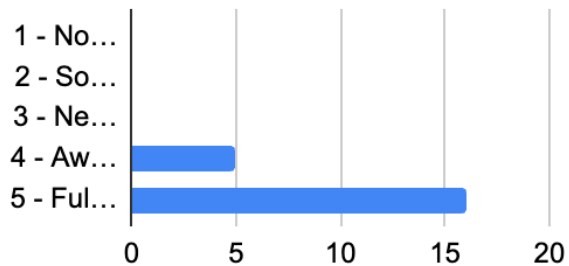


3. Upon attending this workshop, On a scale of 1-5 (1 being not at all and 5 being fully aware) how familiar are you with concepts of mental health?

Upon attending this wor...

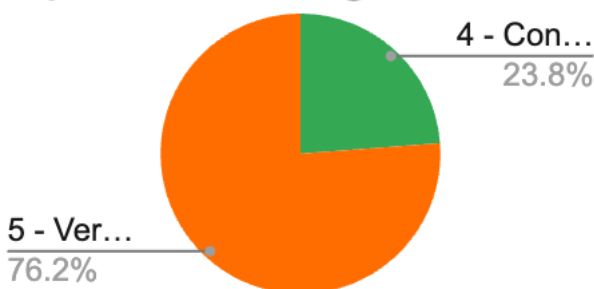


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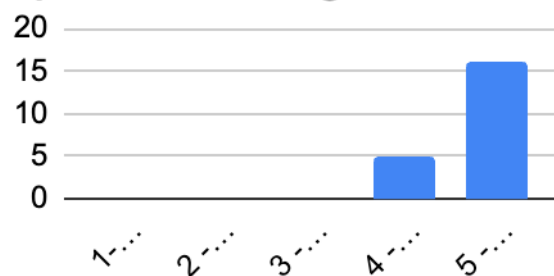


4. Upon attending this workshop, On a scale of 1-5 (1 being not at all confident and 5 being very confident) How confident are you in recognizing signs of mental health issues in yourself or others?

Upon attending this w...



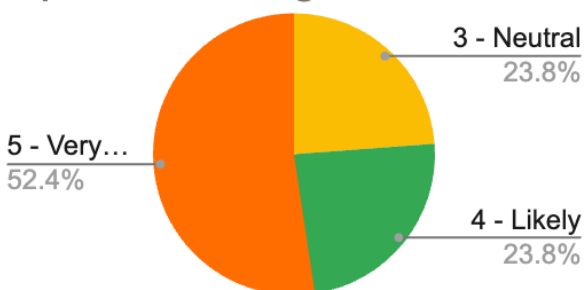
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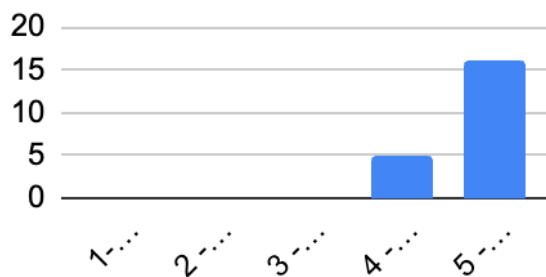
SUKH SHANTI: Promoting Mental Health Wellness in South Asian Americans Project

5. Upon attending this workshop, On a scale of 1-5 (1 being not at all likely and 5 being very likely) How likely are you to seek help regarding your physical health?

Upon attending this works...

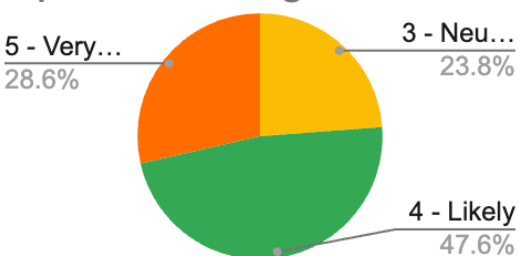


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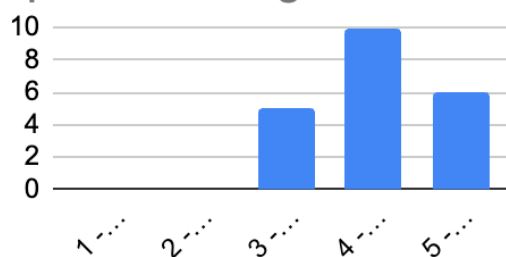


6. Upon attending this workshop, On a scale of 1-5 (1 being not at all likely and 5 being very likely) How likely are you to seek help regarding your mental/emotional health related issues?

Upon attending this wor...

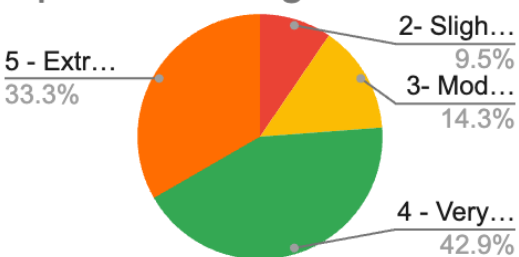


Upon attending this wor...

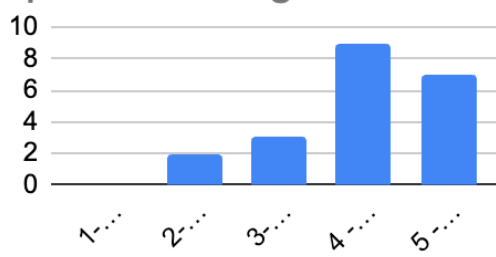


7. Upon attending this workshop, On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar) How familiar are you with services available for mental health in your neighborhood?

Upon attending this wor...



Upon attending this wor...

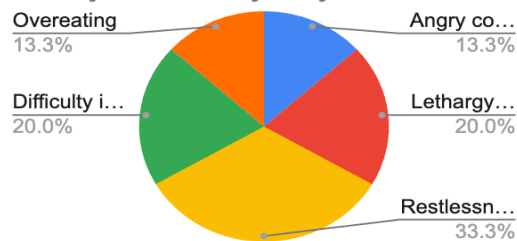


Date: 3/01/2023, Service Area 7
Norwalk ADHC 12110 Firestone Blvd. Norwalk, CA 90650
"I, Me & my Negative Thoughts (Depression)"

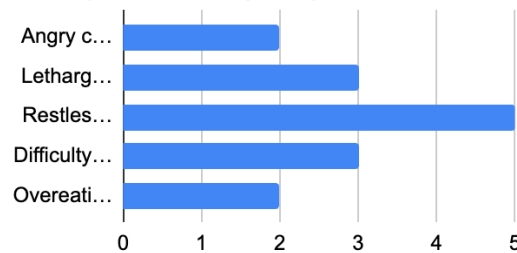
Pre-test Questions

1. Can you identify any of these signs as symptoms of Anxiety

Can you identify any of these...

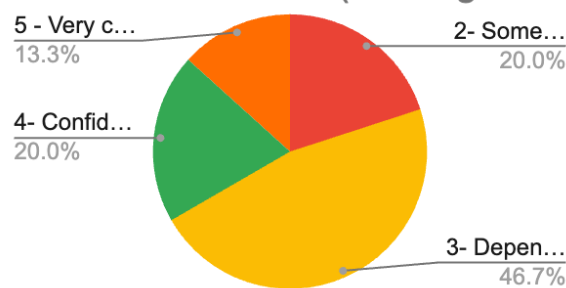


Can you identify any of these...

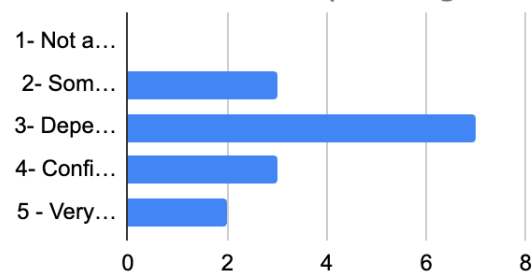


2. On a scale of 1-5 (1 being not confident and 5 being very confident). How confident are you in recognizing signs of Anxiety in yourself or others?

"On a scale of 1-5 (1 being not

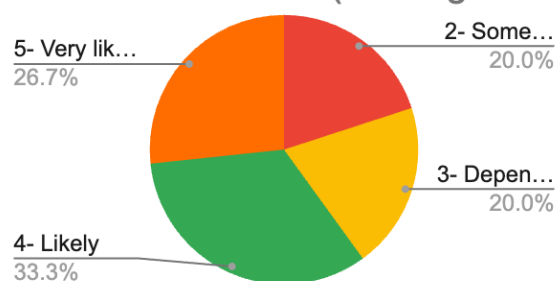


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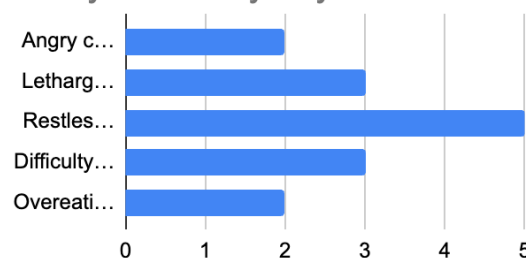


3. On a scale of 1-5 (1 being not at all likely and 5 being very likely). How likely are you to seek help regarding your physical health?

"On a scale of 1-5 (1 being not

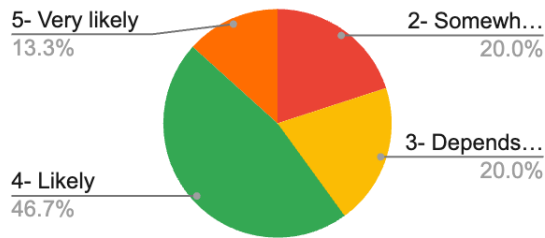


Can you identify any of these...

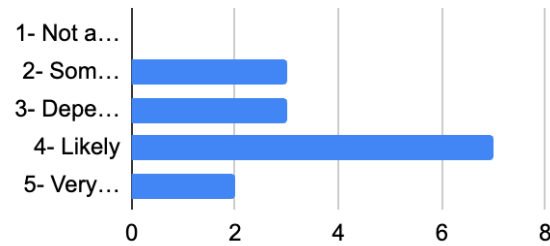


4. On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar). How familiar are you with services available for mental health in your neighborhood?

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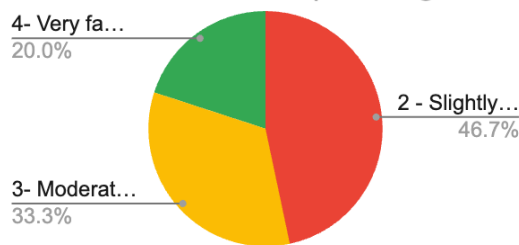


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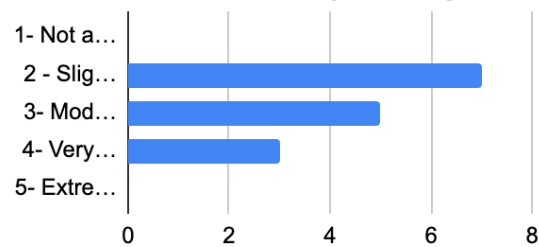


5. On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar). How familiar are you with services available for mental health in your neighborhood?

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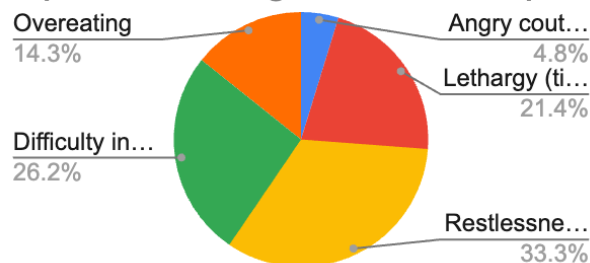
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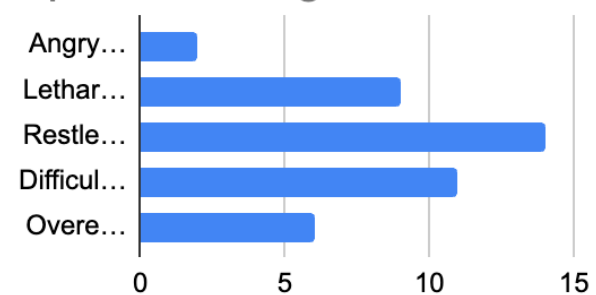
Post-test Questions

1. Upon attending this workshop, would you be able to recognize the symptom of depression?

Upon attending this workshop...

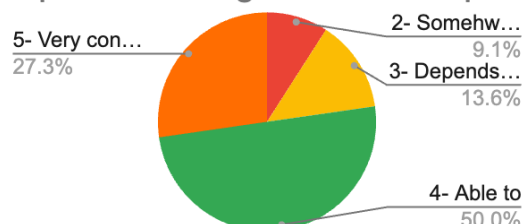


Upon attending this work...

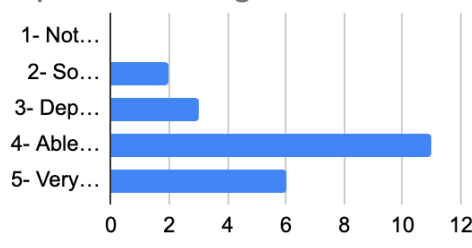


2. Upon attending this workshop, on a scale of 1-5 (1 being not able to and 5 being completely able to). Will you be able to recognize depression-related issues in yourself or others?

Upon attending this workshop...

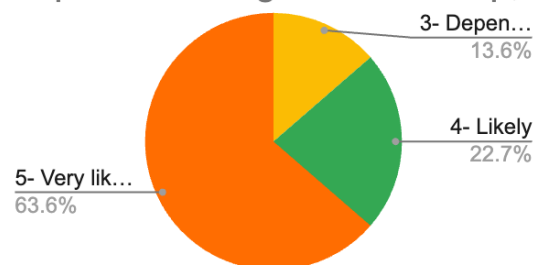


Upon attending this works...

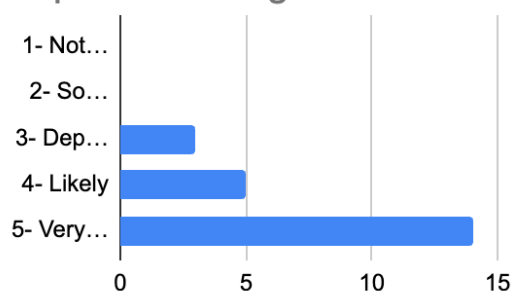


3. Upon attending this workshop, on a scale of 1-5 (1 being not at all likely and 5 being very likely). How likely are you to seek help regarding your physical health?

"Upon attending this workshop,

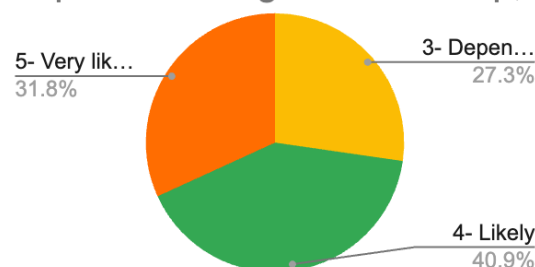


"Upon attending this

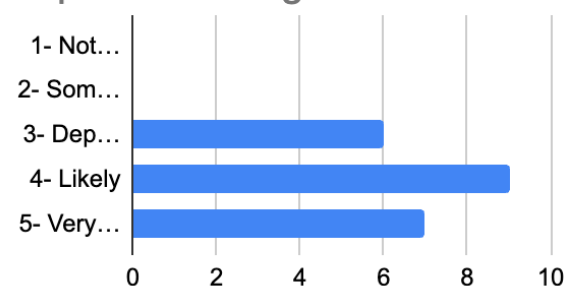


4. Upon attending this workshop, on a scale of 1-5 (1 being not likely at all and 5 being very likely). How likely are you to seek help regarding your mental/emotional health related issues?

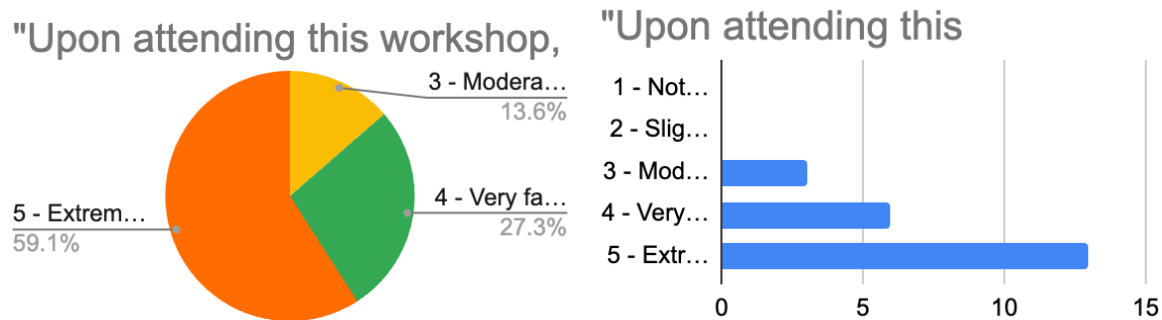
"Upon attending this workshop,



"Upon attending this



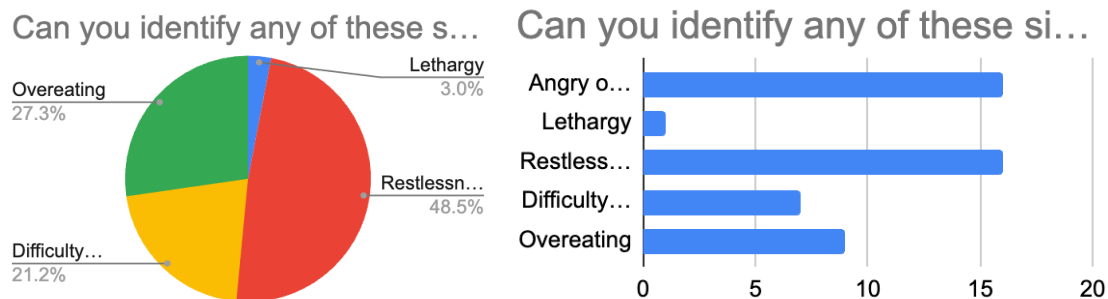
5. Upon attending this workshop, on a scale of 1-5 (1 being not likely at all and 5 being very likely). How likely are you to seek help regarding your mental/emotional health related issues?



Date: 3/21/2023, Service Area 7
Sanatan Dharma Temple 15311 Pioneer Blvd, Norwalk, CA 90650
"Rethinking your way out of anxiety"

Pre-test Questions

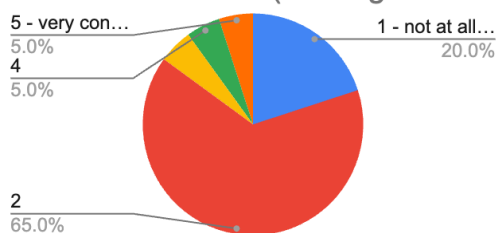
1. Can you identify any of these signs as symptoms of anxiety?



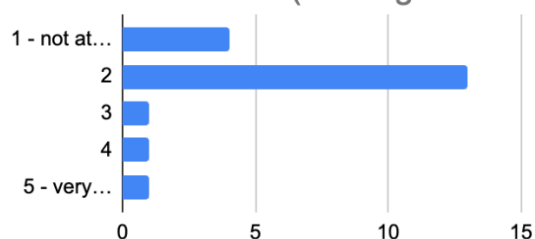
2. On a scale of 1-5 (1 being not at all confident and 5 being very confident). How confident are you in recognizing signs of anxiety in yourself and others?

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On a scale of 1-5. (1 being not...

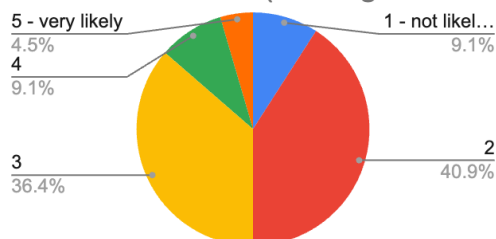


On a scale of 1-5. (1 being not...

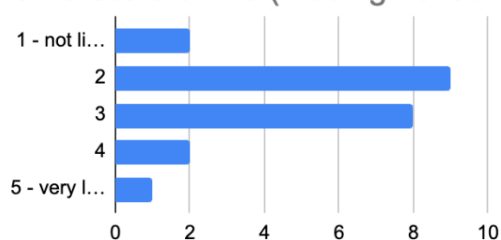


3. On a scale of 1-5 (1 being not at all likely and 5 being very likely).
How likely are you to seek help regarding your physical help?

On a scale of 1-5 (1 being not at

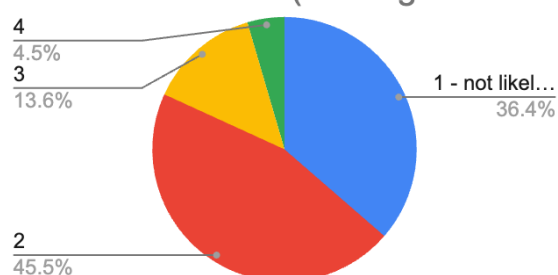


On a scale of 1-5 (1 being not at

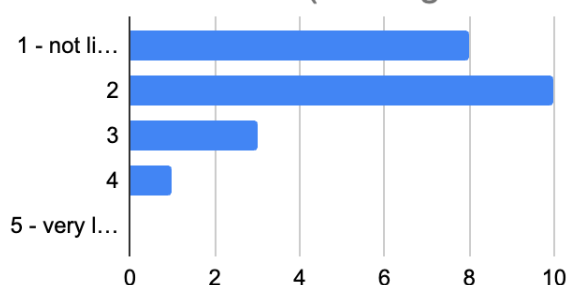


4. On a scale of 1-5 (1 being not likely at all and 5 being very likely).
How likely are you to seek help regarding your mental/emotional health-related issues?

On a scale of 1-5 (1 being not lik...

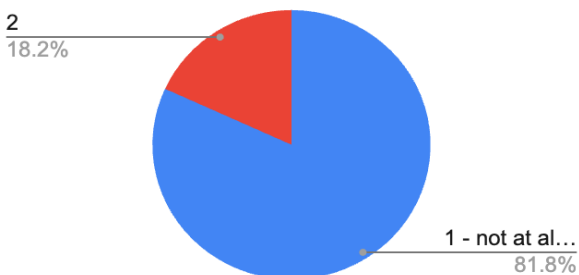


On a scale of 1-5 (1 being not

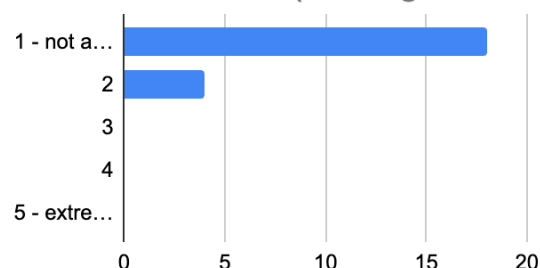


5. On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar).
How familiar are you with services available for mental health in your neighborhood?

On a scale of 1-5 (1 being not at



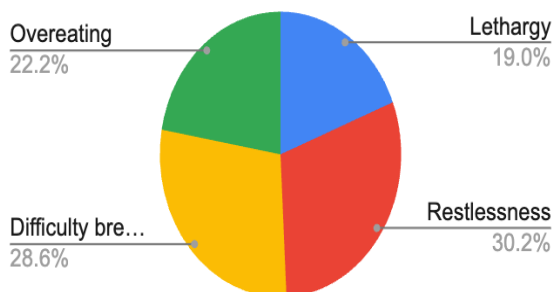
On a scale of 1-5 (1 being not at



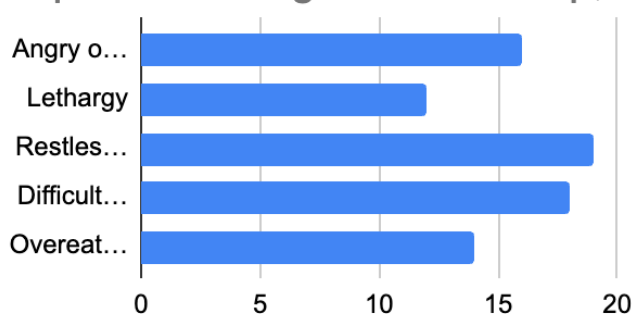
Post-test Questions

1. Upon attending this workshop, would you be able to recognize the symptoms of anxiety?

"Upon attending this workshop,

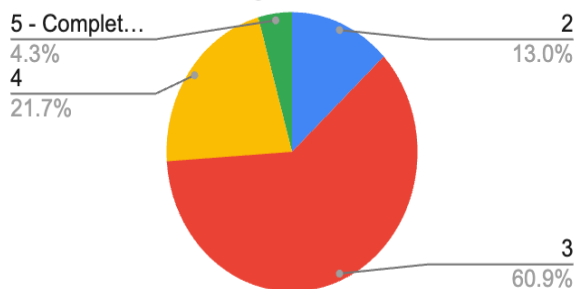


"Upon attending this workshop,

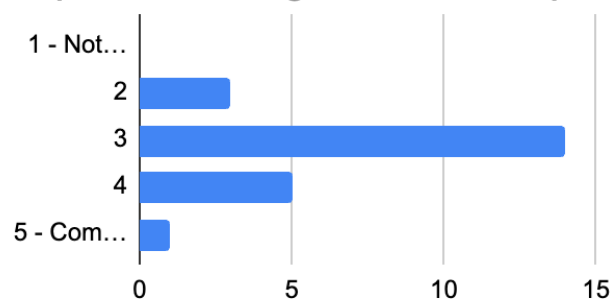


2. Upon attending this workshop, would you be able to recognize the symptoms of anxiety?

"Upon attending this workshop,

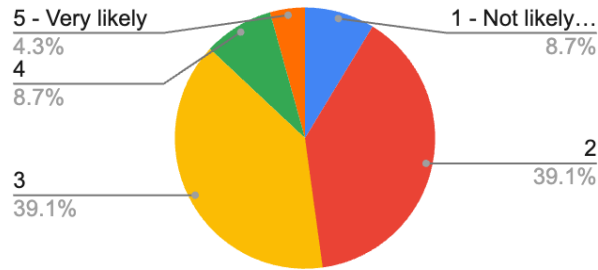


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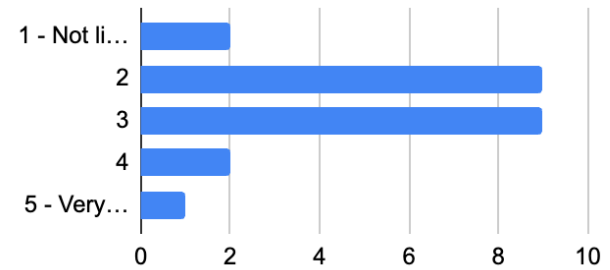


3. Upon attending this workshop, on a scale of 1-5 (1 being not likely at all and 5 being very likely). How likely are you to seek help regarding your physical health?

"Upon attending this workshop, on

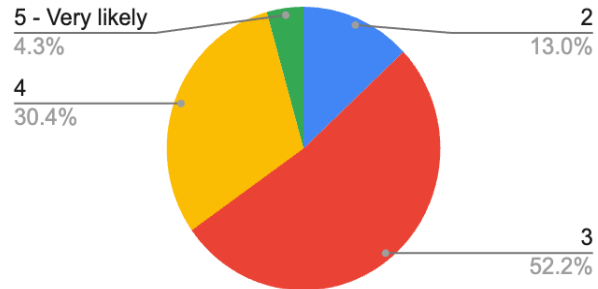


"Upon attending this workshop,

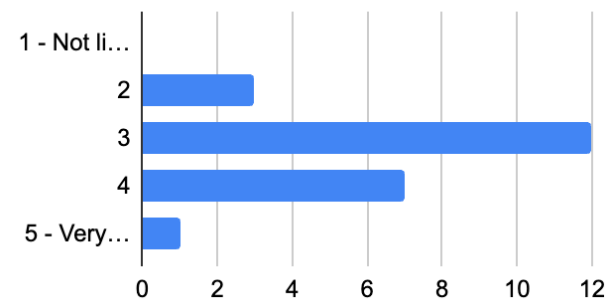


4. Upon attending this workshop, on a scale of 1-5 (1 being not likely at all and 5 being very likely). How likely are you to seek help regarding your physical health?

"Upon attending this workshop, on

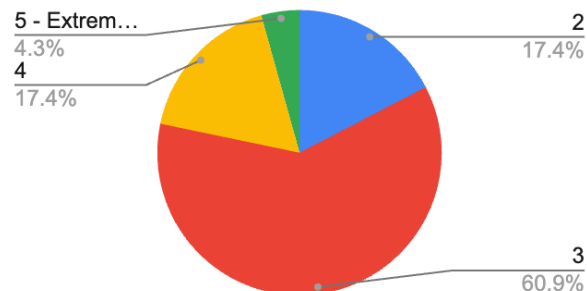


"Upon attending this workshop,

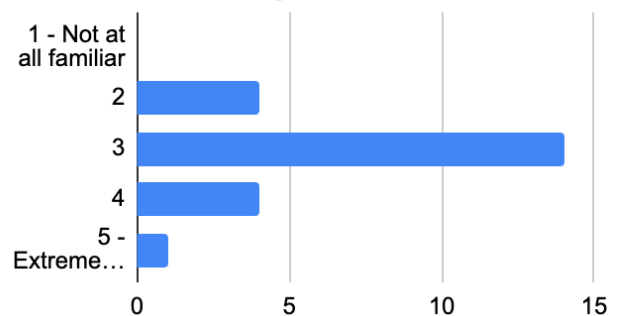


5. Upon attending this workshop, on a scale of 1-5 (1 being not likely at all and 5 being very likely). How likely are you to seek help regarding your physical health?

"Upon attending this workshop, on



"Upon attending this workshop,



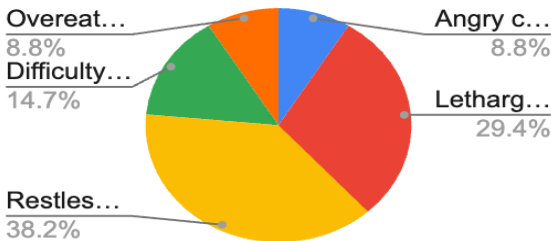
Date: 3/28/2023, Service Area 7

Norwalk ADHC 12110 Firestone Blvd. Norwalk, CA 90650
"Rethinking your way out of Anxiety"

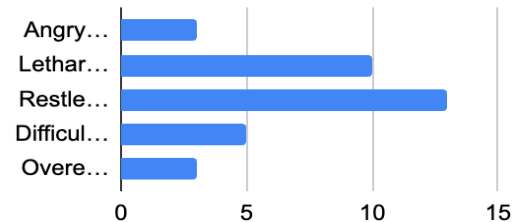
Pre-test Questions

1. Can you identify any of these signs as symptoms of Anxiety

Can you identify any of th...

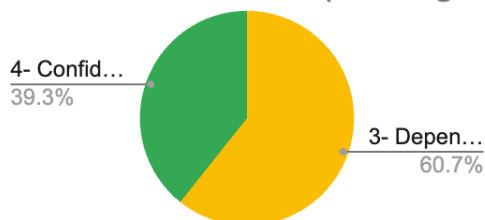


Can you identify any of th...

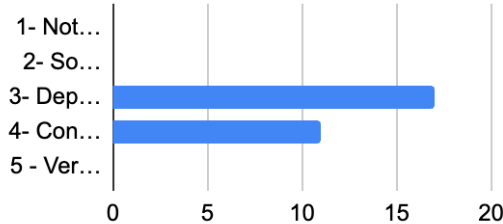


2. Can you identify any of these signs as symptoms of Anxiety

"On a scale of 1-5 (1 being

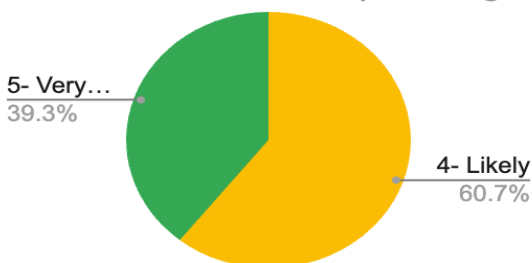


"On a scale of 1-5 (1 being

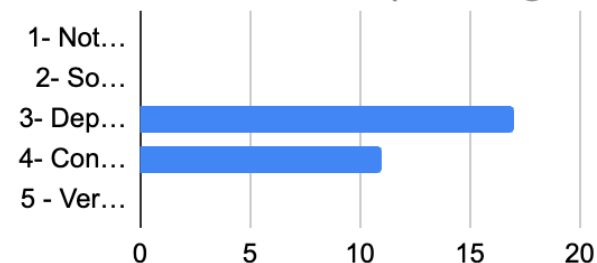


3. Can you identify any of these signs as symptoms of Anxiety

"On a scale of 1-5 (1 being

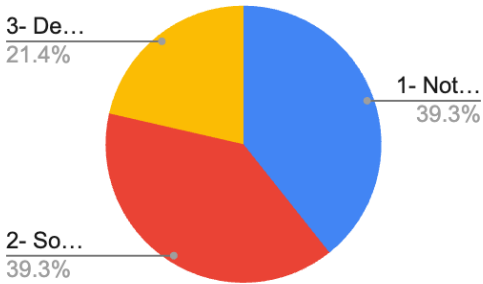


"On a scale of 1-5 (1 being

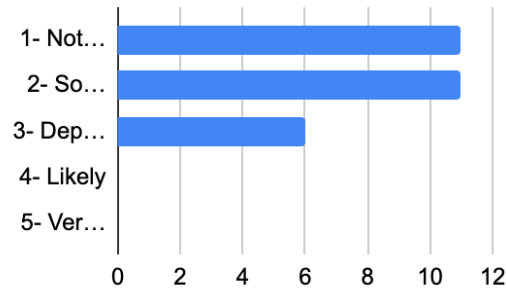


4. Can you identify any of these signs as symptoms of Anxiety

"On a scale of 1-5 (1 being

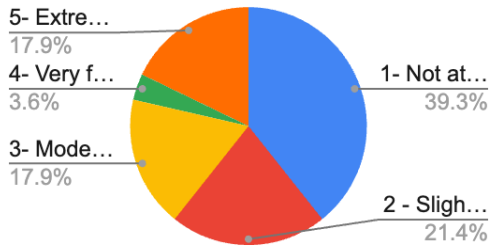


"On a scale of 1-5 (1 being

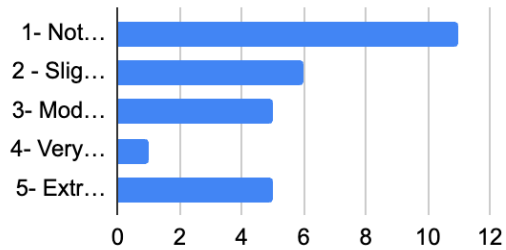


5. On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar). How familiar are you with services available for mental health in your neighborhood?

"On a scale of 1-5 (1 being



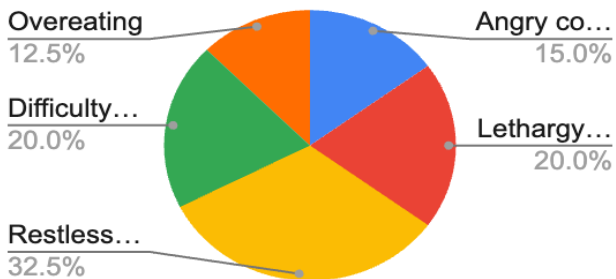
"On a scale of 1-5 (1 being



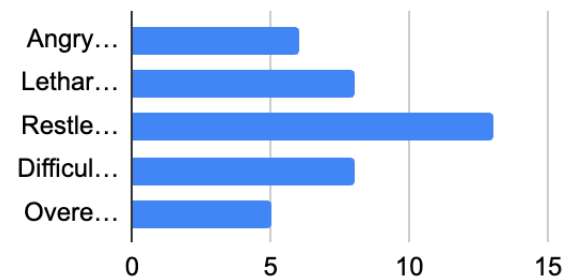
Post-Test Qestuons

1. Upon attending this workshop, would you be able to recognize the symptom of anxiety?

Upon attending this worksh...

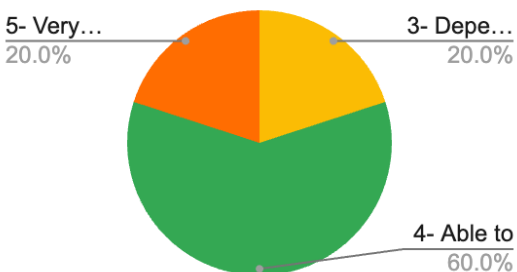


Upon attending this works...

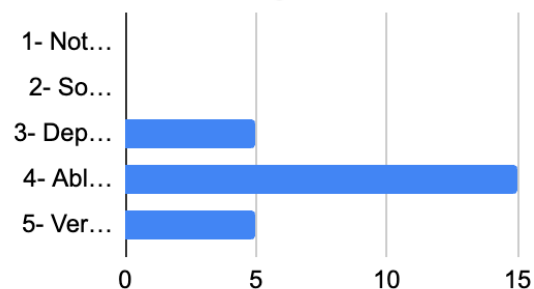


2. Upon attending this workshop, would you be able to recognize the symptom of anxiety?

Upon attending this works...

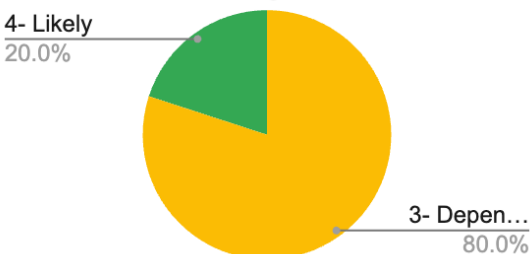


Upon attending this work...

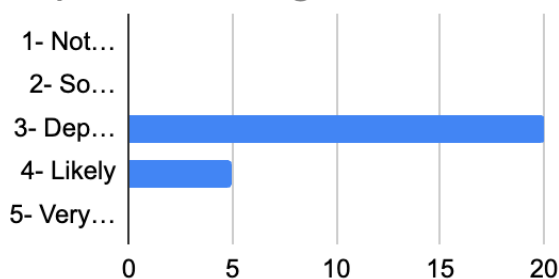


3. Upon attending this workshop, would you be able to recognize the symptom of anxiety?

"Upon attending this

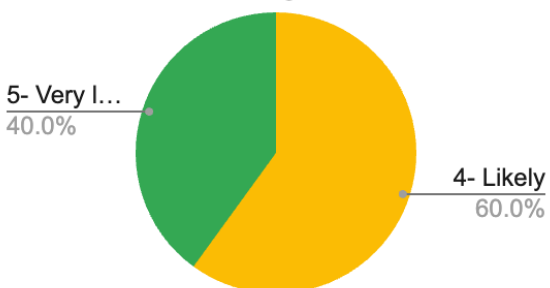


"Upon attending this

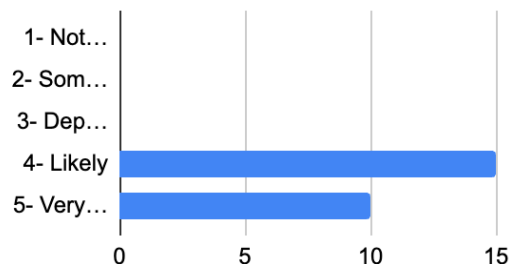


4. Upon attending this workshop, on a scale of 1-5 (1 being not likely at all and 5 being very likely). How likely are you to seek help regarding your mental/emotional health related issues?

"Upon attending this



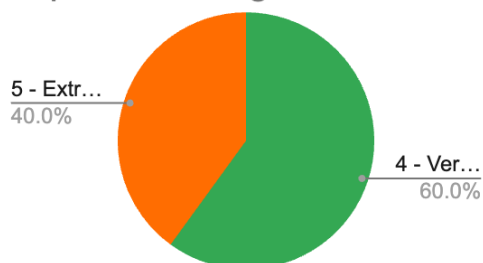
"Upon attending this



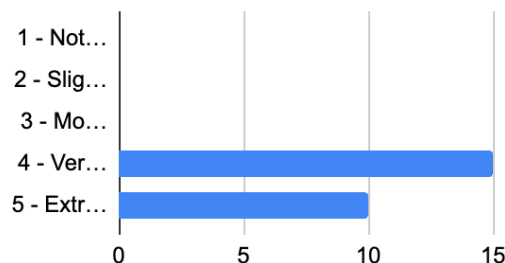
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5. Upon attending this workshop, on a scale of 1-5 (1 being not likely and 5 being very likely). How familiar are you with the services or programs that cater to your mental/emotional health-related needs in your neighborhood?

"Upon attending this



"Upon attending this

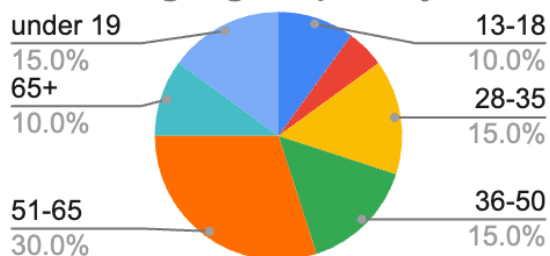


Date: 3/30/2023, Service Area 2, Zoom
Intergenerational Talks - Guftagu

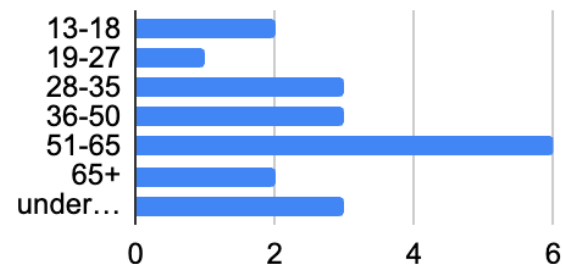
Pre-test Questions

1. What age group do you belong to?

What age group do you...

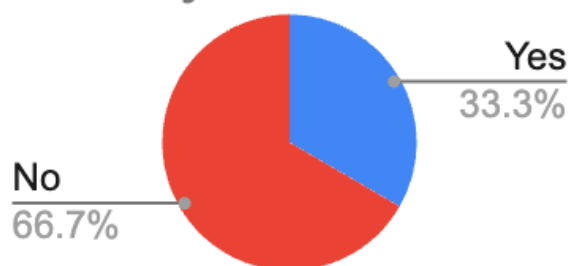


What age group do yo...

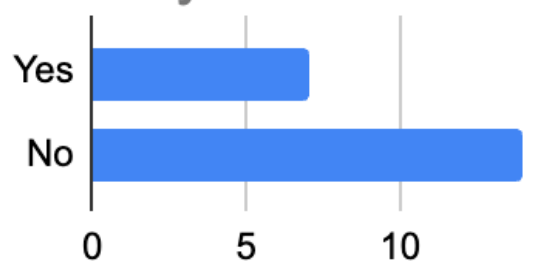


2. Were you born in the US?

Were you born in...

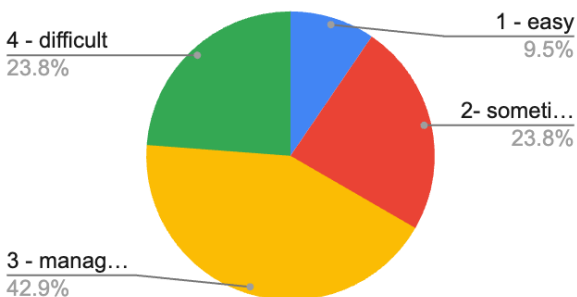


Were you born in...

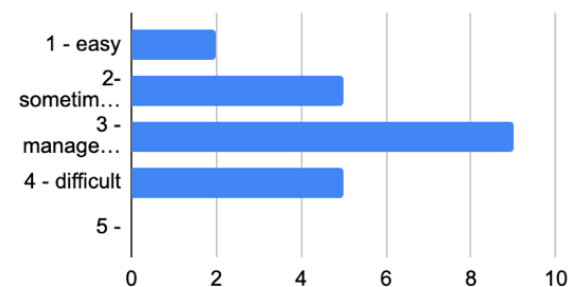


3. On a scale of 1-5, how difficult is it to communicate your point of view with your parent/child?

"On a scale of 1-5, how difficult is

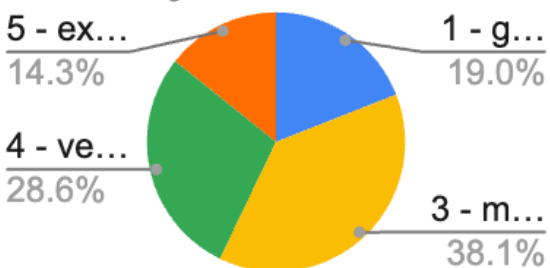


"On a scale of 1-5, how difficult is

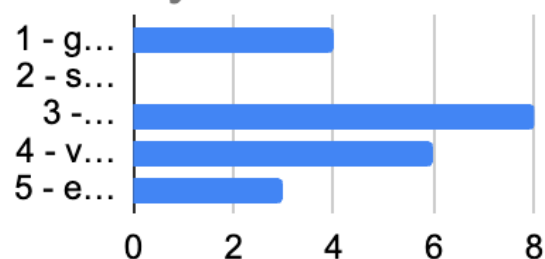


4. Rate yourself on a scale of 1-5, 1 - good and 5 - excellent listening?

"Rate yourself on a

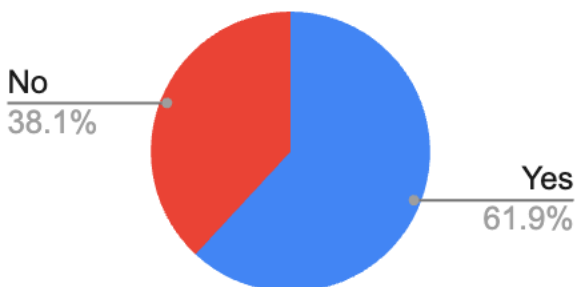


"Rate yourself on a

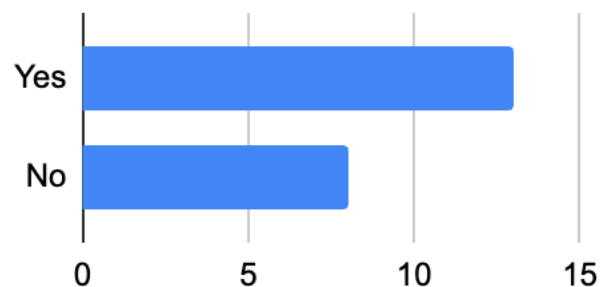


5. Understanding the gap between you and your parent effects your mental health?

"Understanding gap



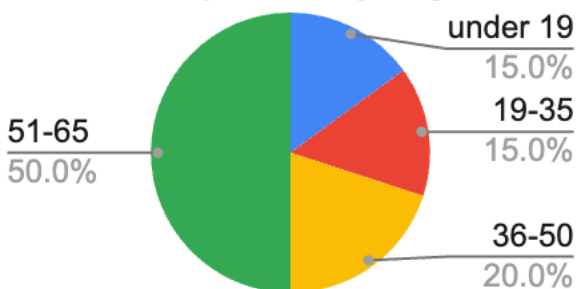
"Understanding gap



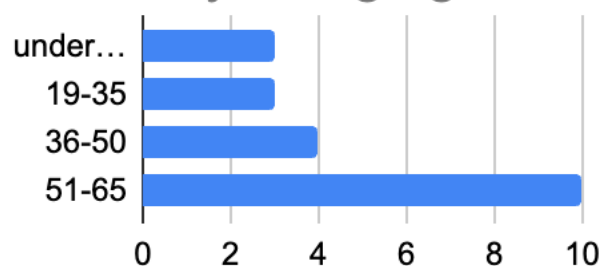
Post-test Questions

1. What is your age group?

What is your age gro...

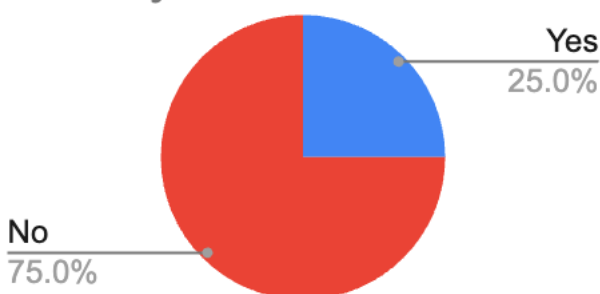


What is your age gro...

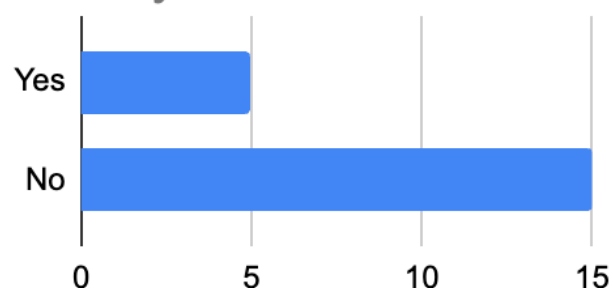


2. Were you born in the US?

Were you born in US?

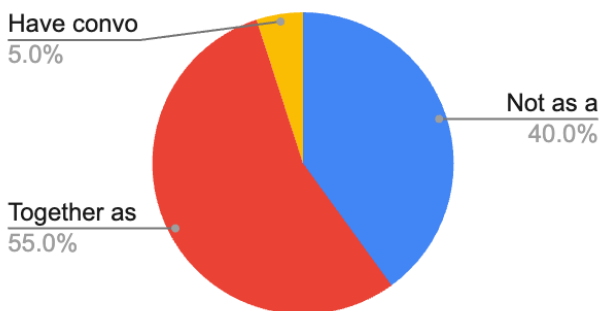


Were you born in US?

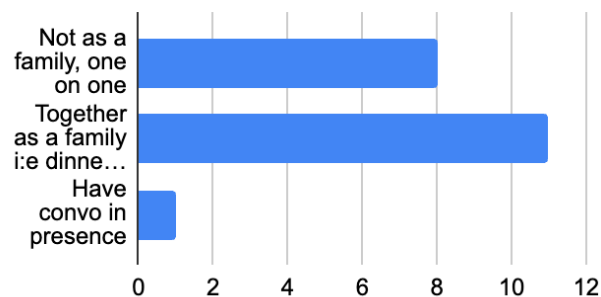


3. What is your preferred way of having a conversation?

What is your preferred way of...



What is your preferred way of...



Date: 4/04/2023, Service Area 7

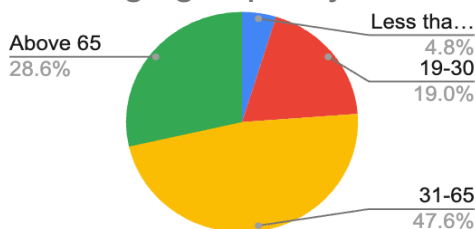
Norwalk ADHC 12110 Firestone Blvd. Norwalk, CA 90650

Intergenerational Talks - Guftagu

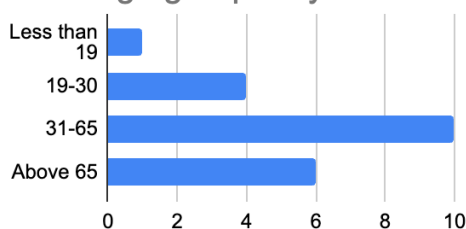
Pre-test Questions

1. What age group do you belong to

What age group do you be...

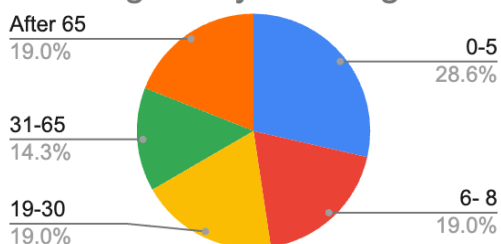


What age group do you bel...

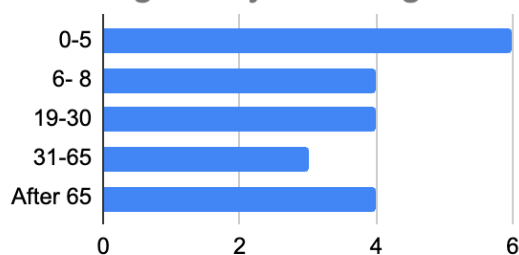


2. What age group do you belong to

What age did you immigrat...

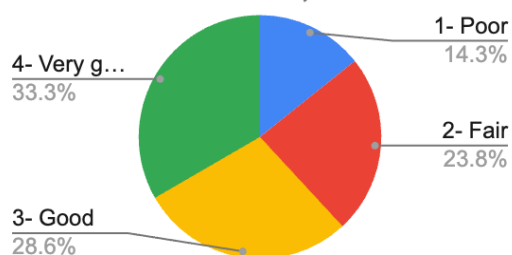


What age did you immigrat...

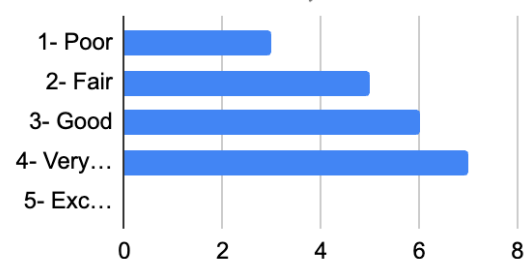


3. On a scale of 1-5, how comfortable are you communicating your point of view with your/parent child?

On a scale of 1-5, how co...

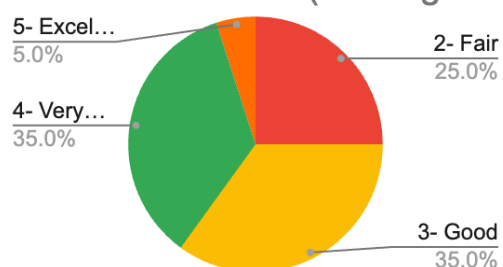


On a scale of 1-5, how co...

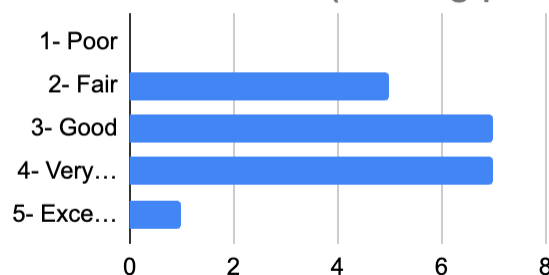


4. On a scale of 1-5 (1 being poor, and 5 being excellent). In your opinion, how would you rate your listening skills?

On a scale of 1-5 (1 being...

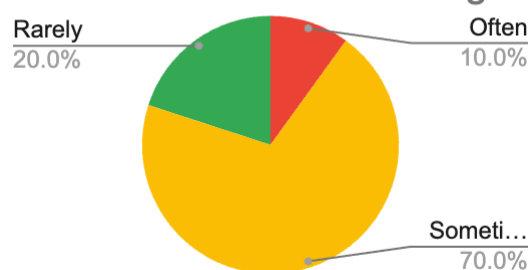


On a scale of 1-5 (1 being p...

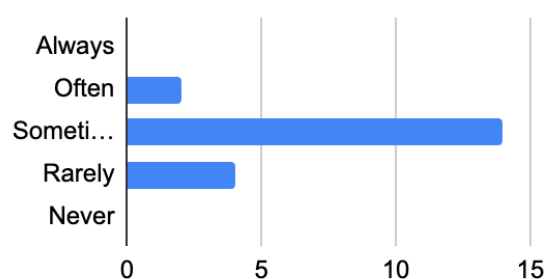


5. Does the communication gap between you and your child/parents affect your mental health?

Does the communication g...



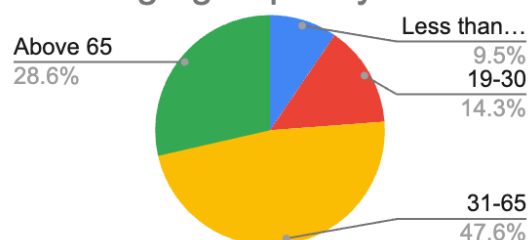
Does the communication...



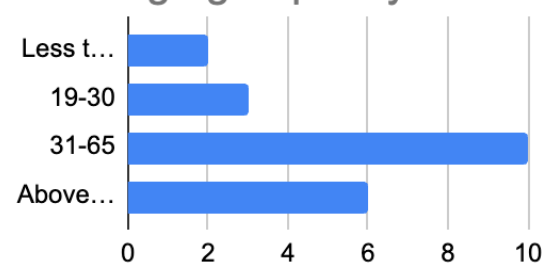
Post-test Questions

1. What age group do you belong to?

What age group do you belong to?

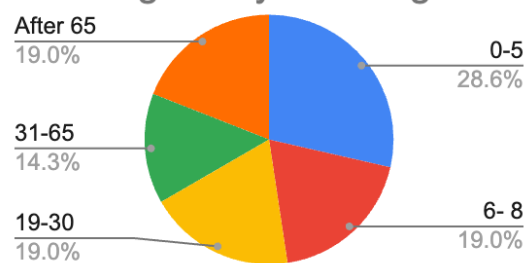


What age group do you belong to?

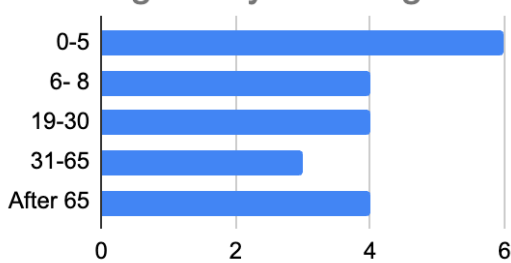


2. What age did you immigrate to the USA?

What age did you immigrate to the USA?

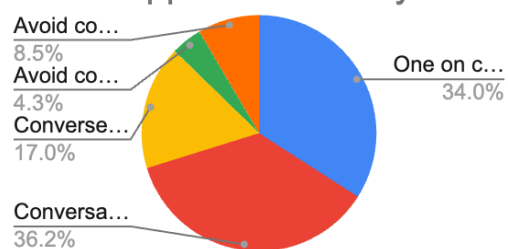


What age did you immigrate to the USA?

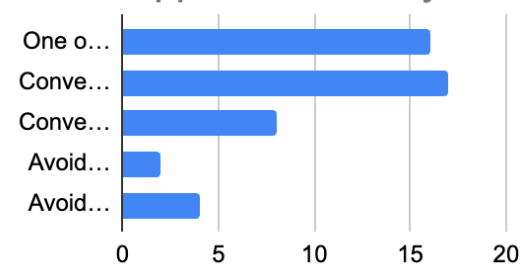


3. Which approach would you choose to resolve a Parent-child conflict?

Which approach would you choose to resolve a Parent-child conflict?



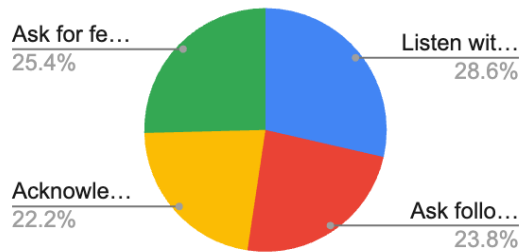
Which approach would you choose to resolve a Parent-child conflict?



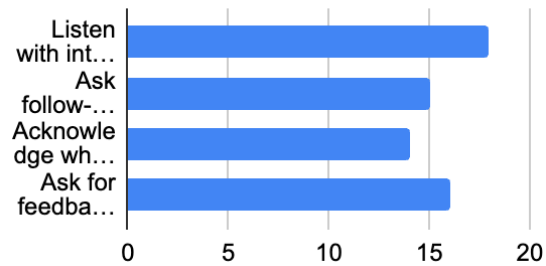
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4. Check all skills that you will apply for better communication with child/parent?

Check all skills that you will...

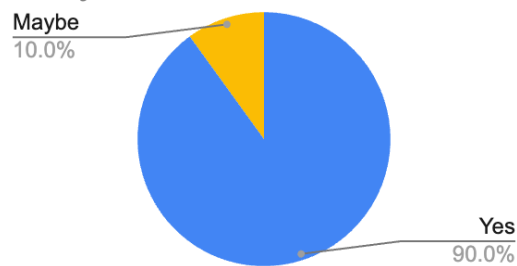


Check all skills that you wil...

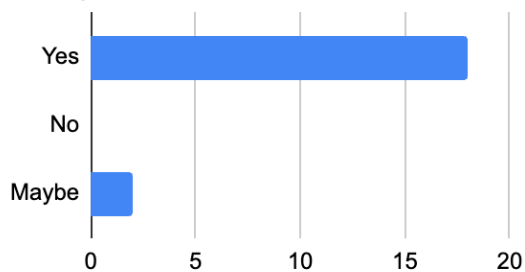


5. Did you find this session informative?

Did you find this session inf...



Did you find this session in...



Date: 4/29/2023, Service Area 2

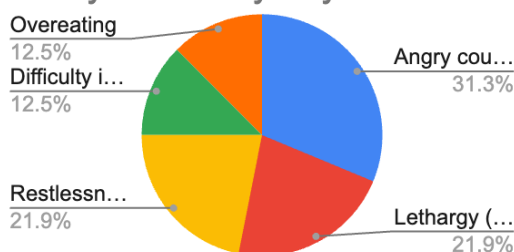
Valley Hindu Temple- 18700 Roscoe Blvd, Northridge, CA 91324

Intergenerational Conversations 4 – Guftagu

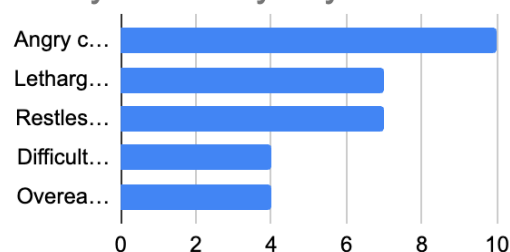
Pre-test Questions

1. Can you identify any of these signs as symptoms of depression?

Can you identify any of theses...

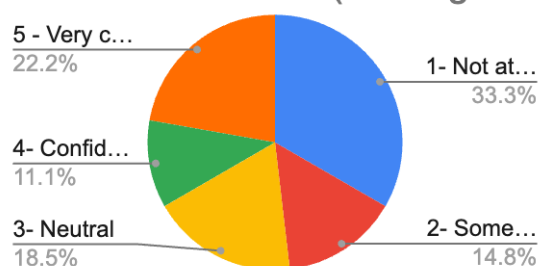


Can you identify any of the...

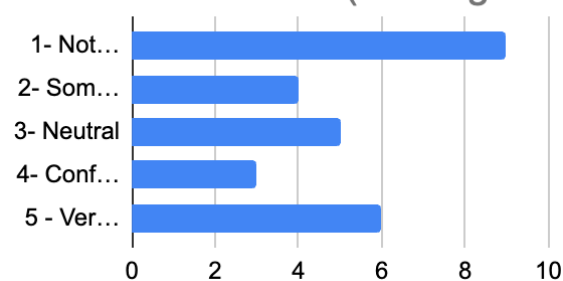


2. On a scale of 1-5 (1 being not confident and 5 being very confident). How confident are you in recognizing signs of depression in yourself or others?

"On a scale of 1-5 (1 being not

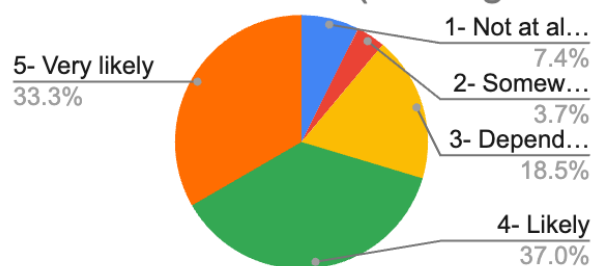


"On a scale of 1-5 (1 being

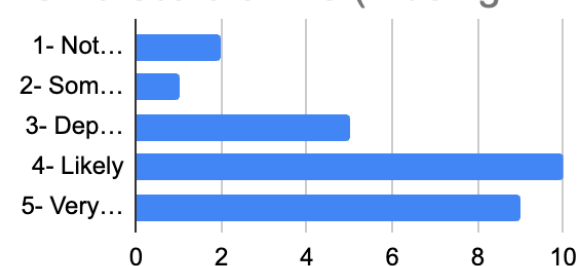


3. On a scale of 1-5 (1 being not at all likely and 5 being very likely). How likely are you to seek help regarding your physical health?

"On a scale of 1-5 (1 being not

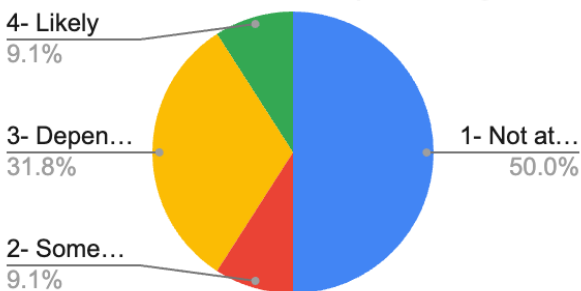


"On a scale of 1-5 (1 being

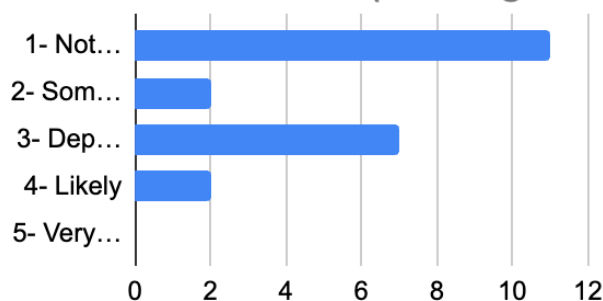


4. On a scale of 1-5 (1 being not likely at all and 5 being very likely). How likely are you to seek help regarding your mental/emotional health related issues?

"On a scale of 1-5 (1 being not

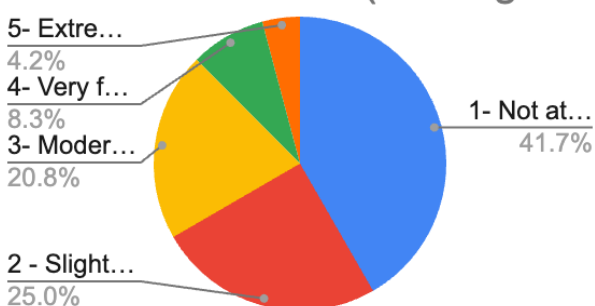


"On a scale of 1-5 (1 being

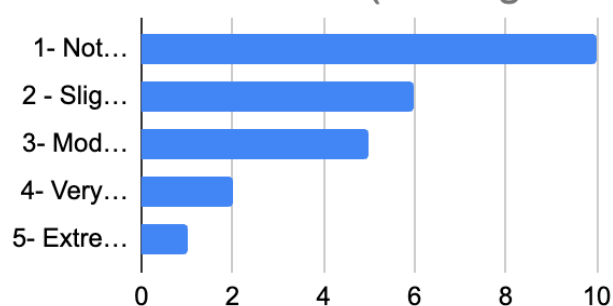


5. On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar). How familiar are you with services available for mental health in your neighborhood?

"On a scale of 1-5 (1 being not



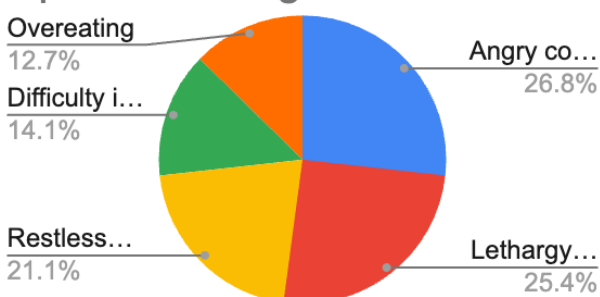
"On a scale of 1-5 (1 being not



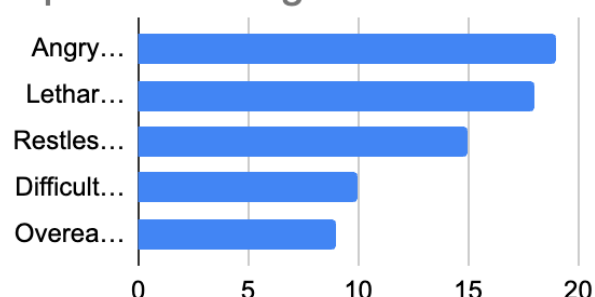
Post-test Questions

1. Upon attending this workshop, would you be able to recognize the symptom of depression?

Upon attending this worksho...



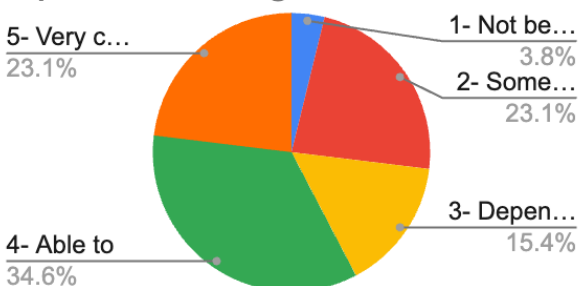
Upon attending this worksho...



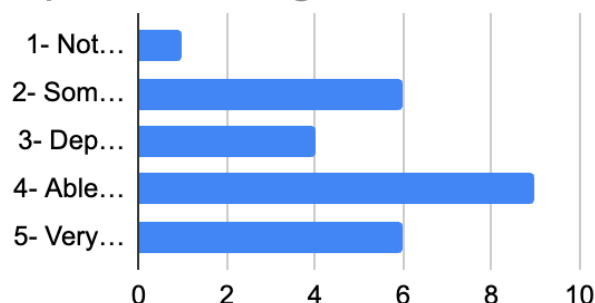
SUKH SHANTI: Promoting Mental Health Wellness in South Asian Americans Project

2. Upon attending this workshop, on a scale of 1-5 (1 being not able to and 5 being completely able to). Will you be able to recognize signs of depression in yourself or others?

Upon attending this worksho...

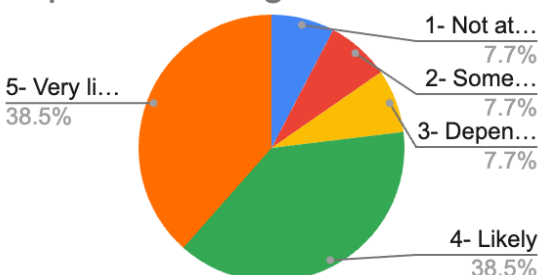


Upon attending this works...

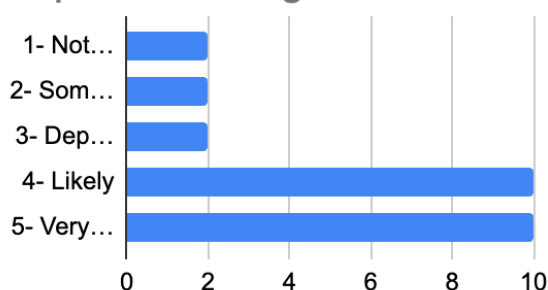


3. Upon attending this workshop, on a scale of 1-5 (1 being not at all likely and 5 being very likely). How likely are you to seek help regarding your physical health?

"Upon attending this

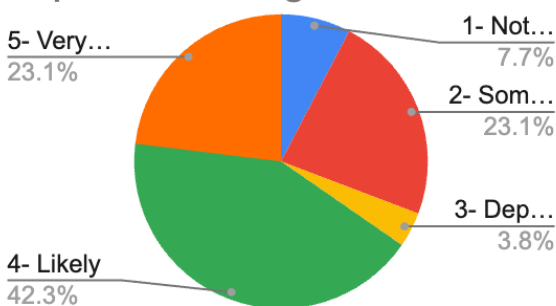


"Upon attending this

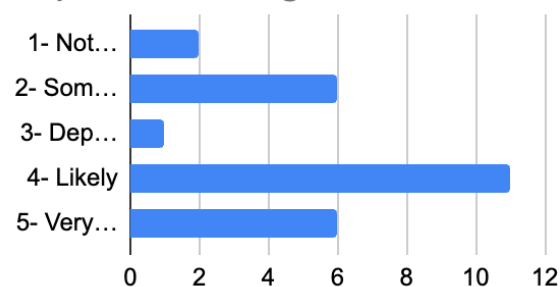


4. Upon attending this workshop, on a scale of 1-5 (1 being not likely at all and 5 being very likely). How likely are you to seek help regarding your mental/emotional health related issues?

"Upon attending this



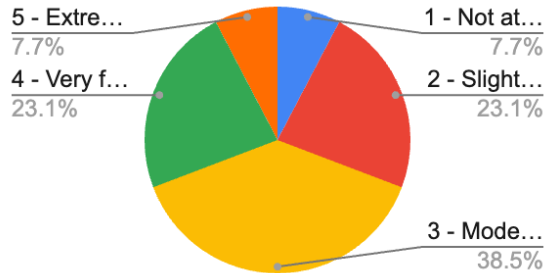
"Upon attending this



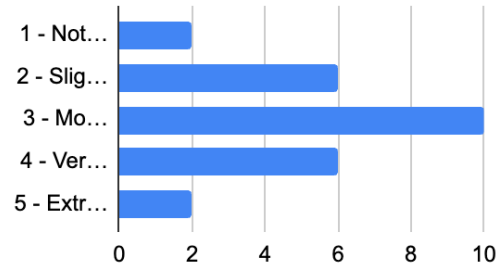
SUKH SHANTI: Promoting Mental Health Wellness in South Asian Americans Project

- Upon attending this workshop, On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar) How familiar are you with services or programs that cater to mental health in your neighborhood?

"Upon attending this



"Upon attending this



Date: 5/23/2023, Service Area 2

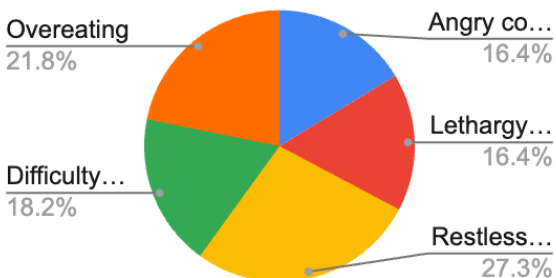
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"Rethinking your way out of Anxiety"

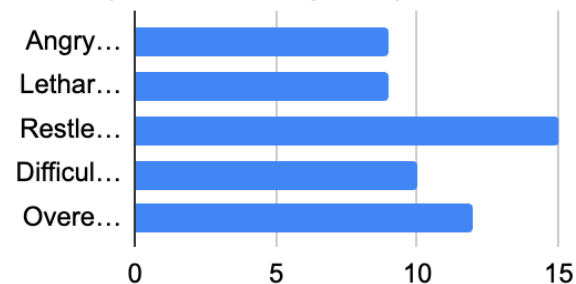
Pre-test Questions

- Can you identify any of these signs as symptoms of Anxiety

Can you identify any of the...

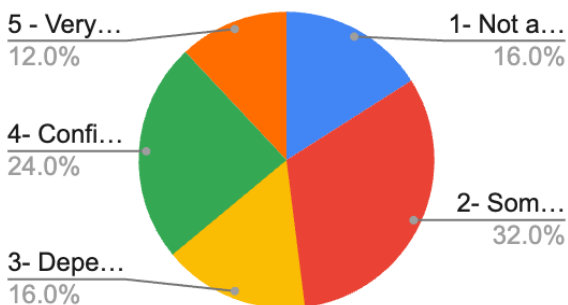


Can you identify any of th...

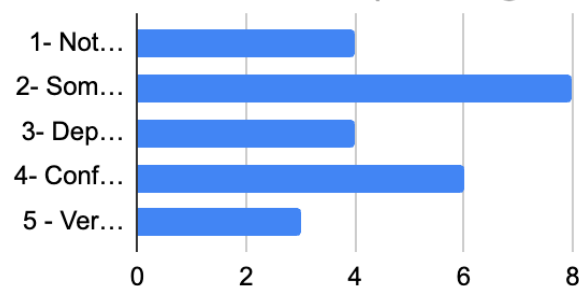


- On a scale of 1-5 (1 being not confident and 5 being very confident). How confident are you in recognizing signs of Anxiety in yourself or others?

"On a scale of 1-5 (1 being

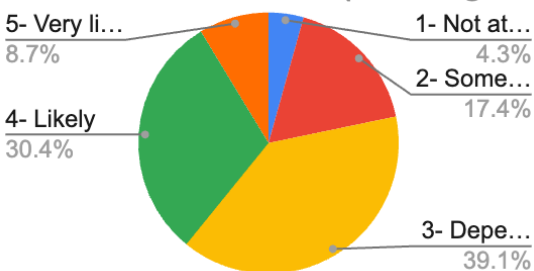


"On a scale of 1-5 (1 being

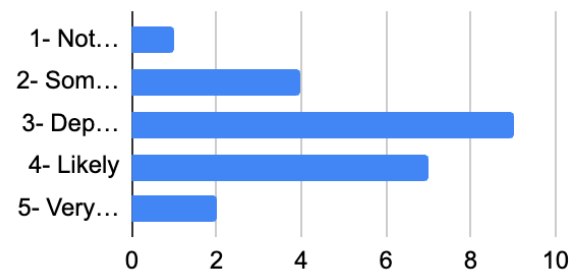


3. On a scale of 1-5 (1 being not at all likely and 5 being very likely). How likely are you to seek help regarding your physical health?

"On a scale of 1-5 (1 being

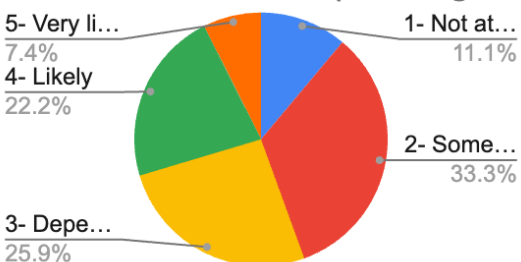


"On a scale of 1-5 (1 being

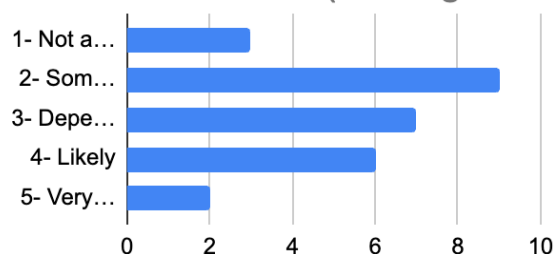


4. On a scale of 1-5 (1 being not likely at all and 5 being very likely). How likely are you to seek help regarding your mental/emotional health related issues?

"On a scale of 1-5 (1 being

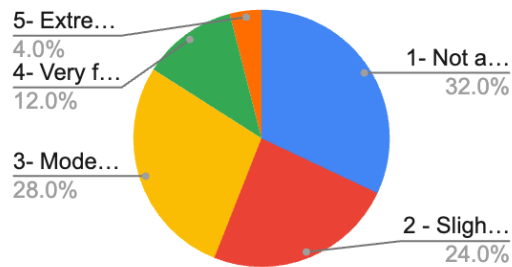


"On a scale of 1-5 (1 being not

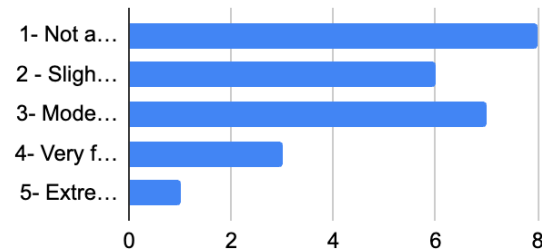


5. On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar). How familiar are you with services available for mental health in your neighborhood?

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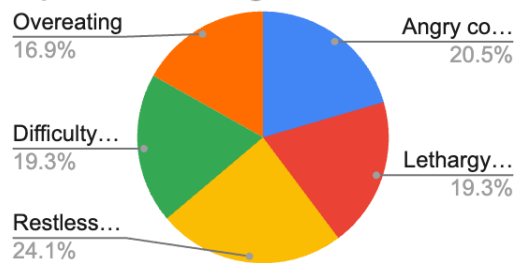
"On a scale of 1-5 (1 being not



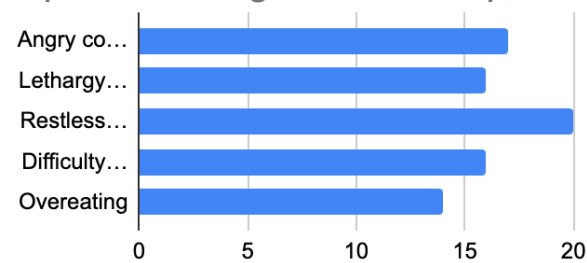
Post-test Questions

1. Upon attending this workshop, would you be able to recognize the symptom of anxiety?

Upon attending this worksh...

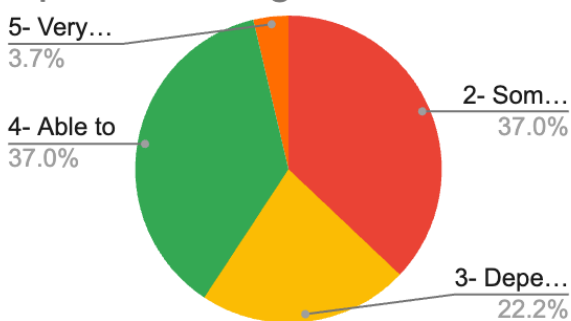


Upon attending this workshop,...

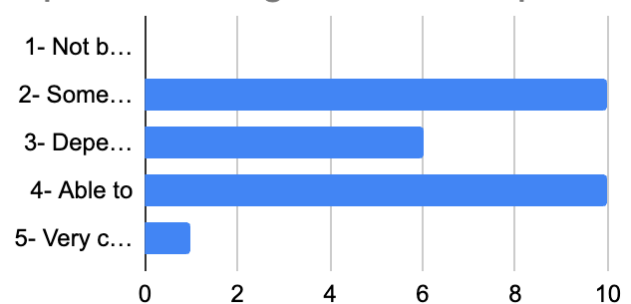


2. Upon attending this workshop, on a scale of 1-5 (1 being not able to and 5 being completely able to). Will you be able to recognize anxiety-related issues in yourself or others?

Upon attending this worksh...



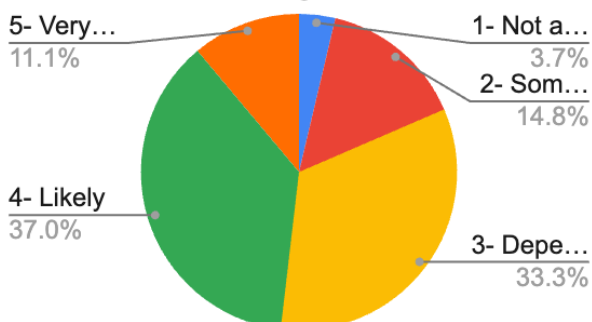
Upon attending this workshop,...



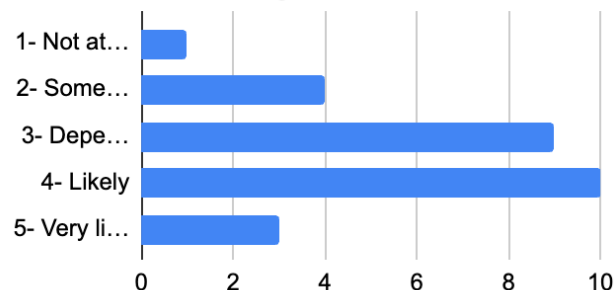
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3. Upon attending this workshop, on a scale of 1-5 (1 being not at all likely and 5 being very likely). How likely are you to seek help regarding your physical health?

"Upon attending this

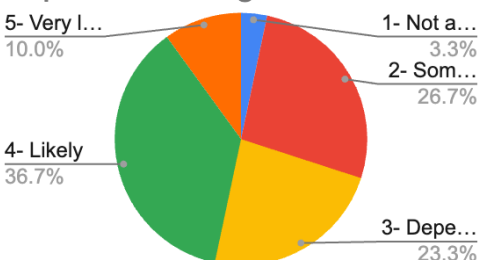


"Upon attending this workshop,

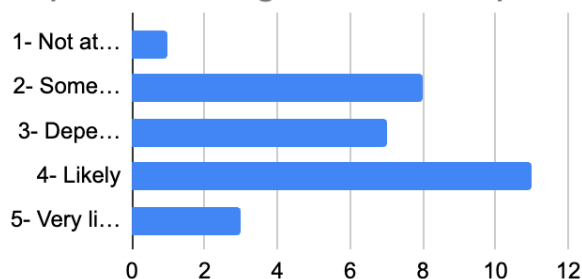


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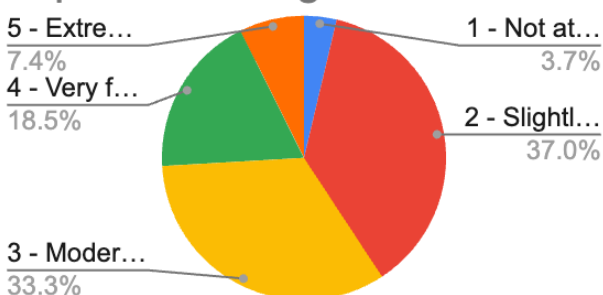


"Upon attending this workshop,



5. Upon attending this workshop, On a scale of 1-5 (1 being not at all familiar and 5 being extremely familiar) How familiar are you with services or programs that cater to mental health in your neighborhood?

"Upon attending this



"Upon attending this workshop,

