

AGN. NO. _____

MOTION BY SUPERVISOR HILDA L. SOLIS

January 13, 2026

Bolstering Asian American and Native Hawaiian/Pacific Islander Mental Health on the Three-Year Remembrance of Monterey Park Tragedy

On January 21, 2023, eleven residents of the City of Monterey Park were tragically killed during a mass shooting at Star Ballroom Dance Studio after an all-day Lunar New Year Festival was held nearby. A further tragedy was narrowly avoided in the City of Alhambra due to the heroic efforts of Brandon Tsay, who stopped the same gunman from committing additional violence at the Lai Lai Ballroom. This incident shined a bright light on not only the need to address gun violence and remove assault weapons from our streets, but also the significant disparities that Asian American and Native Hawaiian/Pacific Islander (AANHPI) residents experience in accessing mental health services.

Los Angeles County is home to approximately 1.5 million people of Asian AANHPI descent, the largest in the country. AANHPI communities represent more than 40 ethnic groups with distinct languages, cultures, and sociodemographic characteristics. Importantly, AANHPI also represent a meaningful immigrant population in the County. Unfortunately, like other immigrant groups, AANHPI communities have been significantly impacted by the Trump Administration's intensified immigration enforcement.

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Mitchell	_____
Horvath	_____
Hahn	_____
Barger	_____
Solis	_____

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According to the USC Dornsife Equity Research Institute's 2024 State of Immigrants in Los Angeles County Report, as of 2021, nearly 30% of the County's immigrant population identified as Asian American. Notably, the Philippines and China were among the top five countries of origin among immigrant Angelenos. Additionally, Asian Americans Advancing Justice indicate that one in seven Asian immigrants in California is undocumented. With increased immigration enforcement, families are being torn apart, while fear of engaging in public social life has been exacerbated among immigrant communities. Although patterns vary across immigrant communities, according to Asian Americans Advancing Justice, workers throughout the County are disappearing, children are afraid to return to school, while many are being detained upon lawful re-entry or at immigration appointments. As increased immigration enforcement continues to destabilize immigrant communities, many are facing heightened mental health issues, due to increased fear, stress, and anxiety, which has been compounded with the economic and social challenges they face. This is all at the heels of the COVID-19 pandemic which intensified discrimination against AANHPI communities.

However, despite growing mental health concerns, AANHPI communities have a low rate of seeking mental health treatment or care. For instance, although the County has the largest AANHPI population in the country, among outpatient clients served in 2024 by the Department of Mental Health (DMH), only 2.9% were of Asian descent,

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while only 0.8% were of Native Hawaiian/Pacific Islander descent. Additionally, according to a 2023 UCLA Health article, Asian American communities are 50% less likely than other racial/ethnic groups to seek mental health services, while stigma surrounding this population is significant. Meanwhile, mental health conditions and needs vary significantly across AANHPI communities. A 2024 AAPI Data Report, "Piecing the Puzzle of AANHPI Mental Health", indicates that 13% of Vietnamese and 15% of Chinese adults in California report needing mental health support. Meanwhile, Japanese, Filipino, and South Asian adults similarly report needing mental health support at a rate of 21%. However, self-reported rates do not provide a complete picture due to stigma and barriers to accessing mental health. For instance, most AANHPI adults across the United States report having "very good or excellent," mental health, despite almost seven out of ten individuals experiencing anxiety, and 12% being at risk of an anxiety disorder. There is also variability across different generations.

Unfortunately, AANHPI communities face many challenges in accessing mental health services, including language barriers, stigma and shame associated with mental health, inadequate health insurance coverage, and insufficient culturally competent care, among many others. The County's DMH has led significant efforts to increase access to culturally and linguistically appropriate services for AANHPI communities, including via the offering of mental health services in all threshold languages, and with capacity to provide services in many more. However, as significant stressors continue to

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impact the health and well-being of this population, the County must continue to identify opportunities to further increase uptake of needed mental health services and resources across AANHPI communities.

In the wake of the Monterey Park tragedy, Los Angeles County Supervisor Hilda L. Solis partnered with DMH to launch a first-of-its-kind “Tea Time” initiative at the Langley Senior Center, which was designed to break down barriers and address stigma among older AANHPI with accessing mental health resources. This culturally accessible initiative provided culturally tailored outreach in a welcoming and familiar manner, which succeeded in increasing the number of older AANHPI residents accessing mental health care and services in the San Gabriel Valley. These programs have been essential in addressing systemic issues that impacted AAPI communities.

I, THEREFORE, MOVE that the Board of Supervisors proclaim January 21, 2026 as the “Monterey Park Tragedy Day of Remembrance” to honor the lives lost and those forever impacted by the mass shooting that took place in Monterey Park on January 21, 2023.

I, FURTHER, MOVE that the Board of Supervisors direct the Department of Mental Health to report back in writing in 90 days on the current efforts to reduce stigma and increase access and engagement of mental health services among Asian American and Native Hawaiian/Pacific Islander (AANHPI) communities in Los Angeles County, including but not limited to the following:

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1. Rate of mental health service utilization by AANHPI communities relative to estimated need;
2. Immigration enforcement impacts on the mental health needs of AANHPI communities through testimonials;
3. Continued efforts to enhance workforce diversity and increase cultural competency among staff;
4. Ongoing initiatives and outreach to increase access and utilization of mental health services among AANHPI communities, including the expansion of successful initiatives such as “Tea Time” utilized following the Monterey Park mass shooting;
5. Plans to conduct a targeted, culturally, and linguistically responsive informational awareness campaign to promote services among AANHPI communities; and
6. Recommendations to further enhance access and utilization of mental health services among AANHPI communities, particularly amid increased immigration enforcement.

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HLS:jgd:ac