

## Asian Pacific Islander Mental Health – Pre and Post Covid-19 Lessons Learned

**DATE & TIME:**

**June 20, 2024**

**9:00 AM – 12:00 PM**

***All registration is completed on the EventsHub prior to the training. Check-in begins 15 minutes prior to the training time. All participants must arrive during the check-in period. Late arrivals will not be admitted.***

**PLACE :** **WEBCAST – MS TEAMS**

**REGISTRATION :** <https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/12689>

Many of the mental health challenges Asian Pacific Islanders (API) have been experiencing and addressing during the Covid-19 lockdown are not new phenomena but have been amplified by the crisis. This training will revisit some fundamental constructs relevant to the API community and how we have struggled with them to provide relevant, respectful, and accessible services. An understanding of how stigma, stoicism, and stereotypes in an API context play critical roles in our understanding of how to effectively outreach, engage, and provide effective services will be addressed. Understanding how stigma occurs and is experienced, how stoicism can be a strength but problematic when over played, and the consequences of accepting stereotypes is critical. Case examples will be utilized to illustrate the challenges and proposed alternative approaches. In addition, an exploration of how social media impacts our community and a continued need to help our communities across the life span with critical thinking processes will be addressed.

**TARGET AUDIENCE:** Staff from DMH directly operated and DMH contracted programs.

**OBJECTIVES:** **As a result of attending this training, participants should be able to:**

1. Identify and address implicit biases, both internally and in interactions with other groups, as these biases impact the delivery of treatment services to API clients.
2. Identify and manage stigma, stoicism and stereotypes in clinical work with API clients.
3. Identify and address the biological, psychological, and social stressors in clinical environments to ensure that services provided are respectful, accessible, and meaningful for API clients.

**CONDUCTED BY:** **Glenn Isao Masuda, Ph.D.**

**COORDINATED BY:** **Laura Pan, LMFT, Training Coordinator**  
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**DEADLINE:** **When maximum capacity is reached.**

**CONTINUING EDUCATION:** **3 hours for BBS, BRN, CCAPP-EI CE for Psychologist**

**COST** **NONE**

**Contracted and Directly Operated DMH Program Employees**  
**Register at** <https://eventshub.dmh.lacounty.gov>