



FIL-AM
YOUTH WELLNESS
COMIC BOOK WORKSHOPS
FINAL SUMMARY REPORT

By The Human Beauty Movement, PBC

PROGRAM DESCRIPTION

The Fil-Am Youth Wellness Comic Book Workshop program was a unique initiative offered by the Asian Pacific Islander (API) Underserved Cultural Communities (UsCC) subcommittee of the Los Angeles County Department of Mental Health (LACDMH) under the Mental Health Services Act (MHSA) with the goal of reducing disparities and increasing mental health access for Filipino-American Transition Age Youth (ages 16-24) in the County of Los Angeles.

The purpose of this program was to educate, empower, and heal the rising generation of Filipino-American youth in Los Angeles through storytelling and illustrations to help destigmatize mental health in the community.

Filipino-American youth ages 16-24 were invited to collaborate with professional visual artists and create a comic book that highlights the importance of mental health. They were provided education about mental health issues & resources and provided with training and support to create their own comic book illustrating the impact of mental health on the Filipino-American experience.

For their contributions and full completion, participants were awarded \$500 stipends at the end of the program.

THE TEAM

The Human Beauty Movement, PBC (The HBM) was contracted to execute the full program. The HBM is an Asian Woman Owned Small Business Social Enterprise based in Los Angeles County (certified MBE, WBENC, WOSB, APBE, SB, LSBE, CBE, EBE, SE).

Team members included:

1. **Jennifer Norman – Program Lead / Wellness Workshop Facilitator**
Founder of The Human Beauty Movement, DEI Advocate, Podcast Host, Award-Winning Children’s Book Author
2. **Leah Lodevico – Comic Book Story Facilitator**
Award-Winning Children’s Book Author, Licensed Vocational Nurse
3. **Victor Lodevico – Comic Book Design Facilitator**
Award-Winning Children’s Book Illustrator / Author, Licensed Vocational Nurse
4. **Mark Kaiklian – Comic Book Production Facilitator**
Digital Creative / Brand Creator

PROGRAM OVERVIEW

RECRUITING

Having a goal of recruiting a minimum of 15 Fil-Am youth, with at least 5 from Service Areas 3-4 and at least 5 with prior mental health experience, The HBM created and executed the following activities between April 13th and June 17th:

1. Custom landing page
2. Application form in English and Tagalog
3. Paper flyers in both English and Tagalog posted around Los Angeles
4. Paid & organic social media posts on Instagram, Facebook, YouTube and TikTok targeting the Filipino Angeleno community
5. Peachjar virtual school bulletin board postings & email blasts targeting high school aged youth and their parents
6. Attendance at the Valley Asian Fest on May 4th at Pierce College
7. Booth exhibit, posters and giveaways at the Philippine Nurses Assoc. of So. Cal, MHSA Event on May 18th at Glendale Civic Auditorium
8. Referral outreach emails to recruits
9. Email outreach from LACDMH API UsCC to API community
10. Approval to offer 20 community service hours to each participant

Please refer to the Appendix for copies of the application, application responses, and all recruiting promotional assets.

Our application was viewed 237 times, and 32 individuals applied for the program. We achieved our recruiting goals for total participants, service areas, and prior mental health experience as follows (last names removed to preserve confidentiality):

#	Name	Age	Fil-Am Heritage	Service Area	Mental Health Experience	Referral Source
1	Isley	16	Both Parents	2	Yes	Family
2	Nicholas	17	Both Parents	4	Yes	Facebook
3	Noah	16	Both Parents	4	Yes	Social Media
4	Ralph	17	Both Parents	2	Yes	Girlfriend
5	Mariana	16	Both Parents	2	No	Sister
6	Maybelle	17	Both Parents	2	No	Instagram
7	Mhicayla	18	Both Parents	2	No	NA
8	Ethan	16	Both Parents	3	No	Peachjar Email
9	Joaquin	17	Both Parents	2	Yes	Family
10	Mikhaella	16	Both Parents	2	Yes	Family
11	Mikaella	22	Mother	2	Yes	NA
12	Kane	17	Mother	4	Yes	Parents
13	Magnus	16	Mother	4	Yes	Parents
14	Kamille	17	Both Parents	2	No	Aunt
15	Natalie	17	Mother	2	Yes	Cousin
15 total Fil-Am participants ages 16-24				5 from SAs 3-4	10 with prior mental health experience	

PRE-WORKSHOP SURVEY

A mandatory pre-workshop survey was administered to gauge participants' mental health status and resource awareness. Here is a summary of the quantitative results:

Question	Scale	Averages	Tallies
How do you feel about identifying as Filipino-American?	1: extremely ashamed — 10: extremely proud	8.47	
How knowledgeable are you on the topic of mental health?	1: extremely unknowledgeable — 10: extremely knowledgeable	6.13	
How familiar are you with the signs and symptoms of mental health concerns?	1: extremely unfamiliar — 10: extremely familiar	6.13	
How aware are you of the mental health services available to you in your community?	1: extremely unaware — 10: extremely aware	5.47	
How satisfied are you with your current access to mental health information and resources?	1: extremely dissatisfied — 10: extremely satisfied	6.93	
How much of a stigma do you feel there is around seeking help for mental health issues in your community?	1: extremely low stigma — 10: extremely high stigma	6.73	
How would you rate your overall happiness?	1: extremely unhappy — 10: extremely happy	7.53	
How would you rate your overall self-esteem?	1: extremely low — 10: extremely high	6.93	
How would you rate your overall sense of purpose?	1: extremely weak — 10: extremely strong	6.33	
How would you rate your overall mental health?	1: extremely poor — 10: extremely good	7.00	
During the past 2 weeks, how often have you felt extreme stress, anxiety, fear, or overwhelm?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.27	
During the past 2 weeks, how often have you felt extreme sadness, loneliness, or depression?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.53	
During the past 2 weeks, how often have you felt extreme agitation, anger, or resentment?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.67	
During the past 2 weeks, how often has your mental health negatively affected your ability to focus?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.53	
During the past 2 weeks, how often has your mental health negatively affected your relationships?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.73	
During the past 2 weeks, how often have you had thoughts of self-harm or suicide?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	3.53	
Have you ever been diagnosed with a mental disorder before?	Yes / No / Not Sure:		1 10 4
Is there a history of mental disorder in your family?	Yes / No / Not Sure:		2 6 7
Have you seen a therapist, psychologist, psychiatrist, or counselor for mental or emotional support in the last 12 months?	Yes / No:		3 12
Are you currently taking any medication for mental or emotional support?	Yes / No:		1 14
How many hours do you sleep on average per night?	Less than 4 hours, 4-6 hours, 7-9 hours, 9+ hours:		1 8 5 1
How is your quality of sleep?	1: extremely poor — 10: extremely good	6.40	
Are you going through a tough emotional situation right now?	Yes / No:		6 9
How easy or difficult is it for you to talk about your personal mental health with your family?	1: extremely difficult — 10: extremely easy	5.27	
How easy or difficult is it for you to talk about your personal mental health with your close friends?	1: extremely difficult — 10: extremely easy	6.00	
How easy or difficult is it for you to talk about your personal mental health with an objective third party?	1: extremely difficult — 10: extremely easy	4.53	

Copies of the pre-workshop survey and all responses appear in the Appendix.

PROGRAM LOCATION, SUPPLIES, TIMELINE & AGENDA

WORKSHOPS

Location

In support of human connectivity and communal engagement, we opted to host the program in person rather than virtually. Workshops were held at The Spot, located at 11119 Burbank Blvd. North Hollywood, CA 91601. The facility was temperature-controlled and ADA accessible with furnished tables, chairs, and AV equipment.

Supplies & Extras

Each participant received the following items for free:

- One A5 Size Lined Journal
- One Pen
- One 9" x 12" Sketch Book
- One Art Brush Dual Tip Markers (Brush and Fine Point) - 34 Piece Set
- One Sketch & Drawing Art Pencil Kit - 50 Piece Set
- One Plastic Green Measuring Templates Geometric Rulers – 2 Piece Set
- Twenty Index Cards
- One Tote Bag
- One The Human Beauty Movement T-Shirt

Food & Beverage

Snacks, refreshments, and reusable water bottles were available during each session.

Timeline & Agenda

A total of seven sessions were held between June 18th – July 1st, 2024. The first session was dedicated to program orientation and an extended mental wellness workshop. All subsequent sessions offered mental wellness and comic book workshops back-to-back.

Here is the schedule and an overview of instruction:

Session 1: Tuesday, June 18th, 10 am - 12 pm

Wellness Workshop: Wellness Orientation

Facilitator: Jennifer Norman

- Welcome / Circle Up (10 mins)
- Introductions / Ice Breaker (20 mins)
- Ground Rules (10 mins)
 - Confidentiality
 - Zone of Safety
 - Listening & Respect
 - Participation
- Mental Health Open Discussion (20 mins)
 - What It Is
 - Signs & Symptoms
 - FilAm Statistics
 - Personal Experiences
 - Why Your Mental Health Matters
 - You Have Support
- Break (10 mins)
- Wellness Activities (40 mins)
 - Priming Exercise
 - Practicing Self-Awareness
 - Meditation / Visualization
 - Sharing
- Closing (10 mins)

Session 2: Thursday, June 20th, 10 am - 1 pm

Wellness Workshop: Culture & Art Therapy (1 hour)

Facilitators: Leah Lodevico & Mark Kaiklian

- Warm Up - Simple Movement Exercises (5 mins)
- Filipino Cultural Heritage (25 mins)
 - Cultural Identity & Representation
 - Color Theory of the Philippine and American Flags
 - Natural Color Wheel of Filipinos (Textiles; Pottery; Art)
 - Discuss Symbols & Images of Emotional Resonance
- Art As Therapy (30 mins)
 - Catharsis & Emotional Release
 - Self-Expression & Joy
 - Drawing Exercise of Cultural Expression
 - Drawing Exercise with Healing Intention

Comic Book Theme & Character Development (2 hours)

Facilitators: Victor Lodevico, Leah Lodevico & Mark Kaiklian

- Break (10 mins)
- The Importance of Storytelling for Promoting Mental Health (15 mins)
- Thematic Elements (5 mins)
 - Theme & Setting
 - Time, Place, & Mood
 - How Theme Affects Characters & How Characters Affect Theme
- Drawing Basics (10 mins)
 - Color Theory, Rule of Thirds, Negative Space, Etc.
 - Simple Sketch Exercise
- Effect of Color Theory on Theme & Characters (30 mins)
- Break (5 mins)
- Student Discussion on Character Development (20 mins)
 - Character Development Exercise
 - Build Upon Drawing Exercises from Wellness Portion
- Sketch/Illustration Facilitator Feedback (20 mins)
- Summarization of Session; Preview of Next Session (5 mins)

Session 3: Friday, June 21st, 10 am - 1 pm

Wellness Workshop: Empowerment & Creative Journaling (1 hour)

Facilitator: Jennifer Norman

- Warm Up - Simple Movement Exercises (5 mins)
- Empowerment Orientation & Discussion (20 mins)
 - FilAm Cultural Themes
 - Personal Experience
- Introduction to Free Writing (10 mins)
 - Conscious Flow vs. Thinking
- Journaling Exercise (25 mins)
 - Prompt 1: A Time You Felt Powerful
 - Prompt 2: You Have A Super Power

Comic Book Workshop: Comic Book Plot Development (2 hours)

Facilitators: Leah Lodevico, Victor Lodevico & Mark Kaiklian

- Break (10 mins)
- The Importance of Plot Development to Inform About Mental Health (15 mins)
- Definition of "Plot" and Identifying Mental Wellness/Health Concerns (30 mins)
- Break (10 mins)
- Plot Diagram, Idea Map, and Topic Web Exercises (30 mins)
 - Topic Web: What Aspect of Filipino-American Mental Health Will You Cover?
 - Idea Map: What Do You Want to Say/Draw/Share About that Topic?
 - Plot Diagram: How Will You Create a Story that Presents Your Topic?
- Peer and Facilitator Review of Exercises (15 mins)
- Summation of Session; Preview of Next Session (10 mins)

Session 4: Monday, June 24th, 10 am - 1 pm

Wellness Workshop: Love & Inspiration (1 hour)

Facilitator: Jennifer Norman

- Warm Up - Simple Movement Exercises (5 mins)
- Inner Child Work (25 mins)
 - Feeling Loved
 - Feeling Seen & Heard
 - Feeling Important
 - Feeling Encouraged
- Shifting Mindset (20 mins)
 - Neuroplasticity
 - Role Models (See It / Be It)
 - Inspiration Role Play Exercise - Giving Support To Someone Who Needs It
- Breathwork Exercise (5 mins)
- EFT / Tapping Exercise (5 mins)

Comic Book Workshop: Comic Book Script Writing and Storyboarding Part 1 (2 hours)

Facilitators: Leah Lodevico, Victor Lodevico & Mark Kaiklian

- Break (10 mins)
- Creating a Narrative from Ideas (20 mins)
- What Is a Script? What is a Storyboard? (25 mins)
 - Parts of a Script
 - Storyboards
 - Teach Technical Structure of Basic Comic Book Panels
 - Planning and Creating Layouts
- Break (10 mins)
- Organizing Your Ideas (20 mins)
- Comic Creation Rough Drafts (25 mins)
- Summation of Session; Continue Subjects Next Session (10 mins)

Session 5: Wednesday, June 26th, 10 am - 1 pm

Wellness Workshop: Heroes & Masks (1 hour)

Facilitator: Jennifer Norman

- Warm Up Simple Movement Exercises (5 mins)
- Heroes & Masks In The Context of Mental Health (5 mins)
- Adopting Personas or Masks To Cope With Challenges (5 mins)
- Personal Heroes / Qualities They Admire In Them (5 mins)
- Discuss Why We May Wear Masks To Conceal True Selves (10 mins)
- Make Your Mask (10 mins)
- Discuss The Importance of Authenticity & Vulnerability in Mental Health (10 mins)
- Strategies For Embracing One's True Self & Breaking Free From Masks (10 mins)

Comic Book Workshop: Comic Book Script Writing and Storyboarding Part 2 (2 hours)

Facilitators: Leah Lodevico, Victor Lodevico & Mark Kaiklian

- Break (10 mins)
- Review and Revise Work Started in Last Session
 - Peer Review and Response of Scripts (15 mins)
 - Facilitator Review and Response of Scripts (10 mins)
 - Peer Review and Response of Storyboards (10 mins)
 - Facilitator Review and Response of Storyboards (10 mins)
- Break (10 mins)
- Teach Technical Structure of Basic Comic Book Panels (30 minutes)
- Planning and Creating Layouts (20 mins)
- Summation of Session; Review Agenda for Next Session: Editing (5 mins)

Session 6: Friday, June 28th, 10 am - 1 pm

Wellness Workshop: Communication & Social Media (1 hour)

Facilitator: Jennifer Norman & Mark Kaiklian

- Warm Up Simple Movement Exercises (5 mins)
- Social Media's Impact on Mental Health - Statistics (5 mins)
- Discussion About Personal Use (20 mins)
 - Which Platforms
 - Why We Use It
 - How It Makes You Feel
 - Communication, Misunderstandings, Conflict, Cyber Bullying
 - Impact on Sleep
- How to Develop Healthy Digital Habits (20 mins)
 - Awareness of the Red Flags
 - Digital Detox
 - Phone-Free Zones
- Commitments (10 mins)
 - Verbal and Written Commitments to Practice Social Media Safety

Comic Book Workshop: Comic Book Editing (2 hours)

Facilitator: Victor Lodevico & Mark Kaiklian

- Break (10 mins)
- Explain Different Formats of Comic Book Design (15 mins)
 - Multiple Blank Comic Panel Pages
- Finalize Total Length of Comic Books (15 mins)
- Independent Student Practice (20 mins)
- Break (5 mins)
- Independent Student Practice with Facilitator Guidance + Simultaneous Photo Shoot (50 mins)
- Session Summation; Reminder that Final Products will be Collected at the End of Next Session (5 mins)

Session 7: Monday, July 1st, 10 am - 1 pm

Wellness Workshop: Fantasy & Imagination (1 hour)

Facilitators: Jennifer Norman

- Warm Up Simple Movement Exercises (5 mins)
- Define Fantasy & Imagination In The Context of Mental Health (10 mins)
- Influence of Cultural & Social Factors (10 mins)
- The Role of Fantasy & Imagination In Everyday Life (10 mins)
- Fantasy & Imagination Used Therapeutically (10 mins)
- Guided Imagery Exercise (5 mins)
- Reflection (5 mins)

Comic Book Workshop: Comic Book Final Draft (2 hours)

Facilitators: Victor Lodevico and Mark Kaiklian

- Break (10 mins)
- Work On Projects (40 mins)
- Break (10 mins)
- Explain the Printing Process (10 mins)
- Finalize Projects (20 min)
- Collect All Final Comic Book Notebooks, Digital Art Files, (15 mins)
- Explain What to Expect at the Gallery Showing (10 mins)
- Inspiring Closing & Departure (5 mins)

Communication

Outside the workshops, communication between facilitators and participants took place via both email and text.

Photo Consent

Consent forms were distributed to participants in both paper and online formats. Participants under the age of 18 required parental consent. We received 14 out of 15 consent agreements.

Images taken during the workshops are included in the Appendix.

POST-WORKSHOP SURVEY

A mandatory post-workshop survey was administered to gauge progress in participants' mental health status and resource awareness. Here is a summary of the quantitative results:

Question	Scale	Averages	Tallies
How do you rate the Filipino-American Youth Wellness Comic Book Workshop Series overall?	1-5 stars	4.93	
On a scale of 1-10, how do you feel now about identifying as Filipino-American?	1: extremely ashamed — 10: extremely proud	9.07	
On a scale of 1 to 10, how knowledgeable are you on the topic of mental health?	1: extremely unknowledgeable — 10: extremely knowledgeable	8.47	
On a scale of 1 to 10, how familiar are you with the signs and symptoms of mental health concerns?	1: extremely unfamiliar — 10: extremely familiar	8.73	
On a scale of 1 to 10, how aware are you of the mental health services available to you in your community?	1: extremely unaware — 10: extremely aware	8.33	
On a scale of 1 to 10, how satisfied are you with your current access to mental health information and resources?	1: extremely dissatisfied — 10: extremely satisfied	8.93	
On a scale of 1 to 10, how much of a stigma do you feel there is around seeking help for mental health issues in your community?	1: extremely low stigma — 10: extremely high stigma	6.87	
On a scale of 1 to 10, how would you rate your overall happiness?	1: extremely unhappy — 10: extremely happy	8.67	
On a scale of 1 to 10, how would you rate your overall self-esteem?	1: extremely low — 10: extremely high	8.47	
On a scale of 1 to 10, how would you rate your overall sense of purpose?	1: extremely weak — 10: extremely strong	8.07	
On a scale of 1 to 10, how would you rate your overall mental health?	1: extremely poor — 10: extremely good	8.60	
During the past 2 weeks, how often have you felt extreme stress, anxiety, fear, or overwhelm?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.53	
During the past 2 weeks, how often have you felt extreme sadness, loneliness, or depression?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.64	
During the past 2 weeks, how often have you felt extreme agitation, anger, or resentment?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	3.13	
During the past 2 weeks, how often has your mental health negatively affected your ability to focus?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.87	
During the past 2 weeks, how often has your mental health negatively affected your relationships?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.93	
During the past 2 weeks, how often have you had thoughts of self-harm or suicide?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	3.20	
Do you feel like you learned helpful ways to manage signs and symptoms of mental illness?	Yes / No / Not Sure:		
	Yes		14
	No		0
	Not Sure		1
On a scale of 1 to 10, how do you rate the wellness portion of the workshops?	1: extremely unhelpful — 10: extremely helpful	9.07	
On a scale of 1 to 10, how do you rate the comic book portion of the workshops?	1: disliked a lot — 10: liked a lot	8.87	
On a scale of 1 to 10, would you recommend the Filipino-American Youth Wellness Comic Book Workshop program to a friend?	1: definitely not — 10: definitely	9.73	

PRE & POST WORKSHOP SURVEY ANALYSIS

Upon comparing pre and post workshop survey responses, we note statistically significant improvement in knowledge of mental health, familiarity of mental health concerns, awareness and satisfaction on mental health information and services available, overall happiness, self-esteem, sense of purpose, and mental health. Directional score increases are noted across other measures.

Question	Scale	Pre-Workshop Averages	Post-Workshop Averages	Two-Tailed T-Test Results (95% CI)	Pre-Workshop Tallies	Post-Workshop Tallies
How do you rate the Filipino-American Youth Wellness Comic Book Workshop Series overall?	1-5 stars	NA	4.93	NA		
On a scale of 1-10, how do you feel now about identifying as Filipino-American?	1: extremely ashamed — 10: extremely proud	8.47	9.07	No significant difference		
On a scale of 1 to 10, how knowledgeable are you on the topic of mental health?	1: extremely unknowledgeable — 10: extremely knowledgeable	6.13	8.47	statistically significant improvement		
On a scale of 1 to 10, how familiar are you with the signs and symptoms of mental health concerns?	1: extremely unfamiliar — 10: extremely familiar	6.13	8.73	statistically significant improvement		
On a scale of 1 to 10, how aware are you of the mental health services available to you in your community?	1: extremely unaware — 10: extremely aware	5.47	8.33	statistically significant improvement		
On a scale of 1 to 10, how satisfied are you with your current access to mental health information and resources?	1: extremely dissatisfied — 10: extremely satisfied	6.93	8.93	statistically significant improvement		
On a scale of 1 to 10, how much of a stigma do you feel there is around seeking help for mental health issues in your community?	1: extremely low stigma — 10: extremely high stigma	6.73	6.87	No significant difference		
On a scale of 1 to 10, how would you rate your overall happiness?	1: extremely unhappy — 10: extremely happy	7.53	8.67	statistically significant improvement		
On a scale of 1 to 10, how would you rate your overall self-esteem?	1: extremely low — 10: extremely high	6.93	8.47	statistically significant improvement		
On a scale of 1 to 10, how would you rate your overall sense of purpose?	1: extremely weak — 10: extremely strong	6.33	8.07	statistically significant improvement		
On a scale of 1 to 10, how would you rate your overall mental health?	1: extremely poor — 10: extremely good	7.00	8.60	statistically significant improvement		
During the past 2 weeks, how often have you felt extreme stress, anxiety, fear, or overwhelm?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.27	2.53	No significant difference		
During the past 2 weeks, how often have you felt extreme sadness, loneliness, or depression?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.53	2.64	No significant difference		
During the past 2 weeks, how often have you felt extreme agitation, anger, or resentfulness?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.67	3.13	No significant difference		
During the past 2 weeks, how often has your mental health negatively affected your ability to focus?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.53	2.87	No significant difference		
During the past 2 weeks, how often has your mental health negatively affected your relationships?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	2.73	2.93	No significant difference		
During the past 2 weeks, how often have you had thoughts of self-harm or suicide?	1 - very often, 2 - somewhat often, 3 - not often, 4 not at all	3.53	3.20	No significant difference		
Do you feel like you learned helpful ways to manage signs and symptoms of mental illness?	Yes / No / Not Sure:				NA NA NA	14 0 1
On a scale of 1 to 10, how do you rate the wellness portion of the workshops?	1: extremely unhelpful — 10: extremely helpful	NA	9.07			
On a scale of 1 to 10, how do you rate the comic book portion of the workshops?	1: disliked a lot — 10: liked a lot	NA	8.87			
On a scale of 1 to 10, would you recommend the Filipino-American Youth Wellness Comic Book Workshop program to a friend?	1: definitely not — 10: definitely	NA	9.73			

We also note strong scores for the workshop series overall (4.93 average rating out of 5 stars), learning helpful ways to manage signs and symptoms of mental illness (14 out of 15 responded 'yes'), helpfulness of wellness workshops (9.07 average out of 10), likeability of comic book workshops (8.87 average out of 10), and would definitely recommend the program to a friend (9.73 average out of 10).

WORKSHOP QUALITATIVE FEEDBACK

The following are open-ended responses from the post-workshop survey. We're extremely pleased with how well-received the workshop program was for the participants:

"I've been writing but the journal I received from the Fil-Am workshop almost everyday. It's fun and sometimes I draw pictures too. Just to empty my mind and write down the stuff I can't say out loud. I've also been painting again since the workshop ended. I wake up and crave to paint instead of going on my phone."

"Thank you for the 2 weeks great experiences with all my new friends/colleagues .. I will forever be grateful and share this experience with my new classmates to my 1st year in college at El Camino Community College. Thank you to everyone I'm going to miss you all"

"I had a good time! Will recommend to some cousins if you do this again next year! Also I'd like to learn more about the organization The Human Beauty Movement since I am infamiliar. Can't wait for the art show on Thursday too 😊"

"I'd be interested in more programs like this!"

"Should have brought filipino food."

"I loved this workshop and the hosts were great and very supportive towards everyone. The only thing is that I felt it was too quick, so I wasn't able to put more work into my comic. Other than that great experience and I would do something like that again with more time."

"It was amazing the wellness portion and the ability to express ourselves freely through art was amazing."

"This workshop was the best way to spend my summer"

Copies of the post-workshop survey and all responses appear in the Appendix.

COMMUNITY EVENT

The final community event took place on Thursday, July 11th, 2024, from 6-8 pm at Art Share L.A. located at 801 East 4th Place, Los Angeles, CA, 90013. The nature of the event was a celebratory exhibit of participants' comic book artwork honoring their effort to destigmatize mental health within the Filipino American community. We selected a chic venue in the heart of the DTLA Arts District to lend credibility and legitimacy to our art program. The venue was climate controlled and ADA compliant.

PROMOTION & PUBLICITY

We began promoting the gallery exhibit on April 13th simultaneous to the start of workshop recruiting.

- Participants were encouraged ongoing to invite family and friends.
- An EventBrite page was created to capture RSVPs
- A press release was issued on July 9th. The LA Daily News / LA Daily Breeze wrote a news story about the exhibit on July 12th.

Elements of the community event included the following:

- Registration table for guest sign in book, programs, and community surveys
- Information table with LACDMH brochures
- Participant artwork framed, lit, and displayed easel-style, badged with artist name and artwork title
- Gallery wall showcasing participant headshots and bios
- Projected video loop featuring workshop moments, facilitators, participants, and information on the LACDMH with QR code
- Delicious Filipino food and beverages catered by LA Rose Café
- Lofi Filipino music for ambience
- Stage and seating for formal presentation

The guest sign-in book captured 100 names, exceeding our goal of 75 attendees.

The formal presentation consisted of remarks by Jennifer Norman (The Human Beauty Movement) followed by an inspiring video highlight reel. Dr. Jennifer Alquijay (LACDMH) and Leah Lodevico (Fil-Am Facilitator) shared informative mental health messages. And finally, Certificates of Completion, Community Service Letters, and \$500 checks were presented to each participant by Victor Lodevico (Fil-Am Facilitator) and Mark Kaiklian (Fil-Am Facilitator). The \$500 stipends were positioned as payment by LACDMH for each participant's artwork, which designated each of them as proud paid artists.

Participants were given their framed art and gallery headshots at the end of the event.

Copies of all participant artwork, the exhibit program, and images of the community event appear in the Appendix.

COMMUNITY SURVEYS

We received 51 completed community survey at the event. Here is a summary of responses, where 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, and 5 = strongly agree:

Question	Average
After attending this event, I am more knowledgeable about mental health.	4.24
After attending this event, I am more knowledgeable about the signs and symptoms of mental health concerns.	4.04
After attending this event, I am more knowledgeable about mental health resources available in the community.	4.45
After attending this event, I am more knowledgeable of how I can reduce the stigma associated with mental health in the Filipino-American community.	4.33
After attending this event, I feel there is strong support in the Filipino-American community in caring for mental health concerns.	4.65

We are pleased that the event was successful in educating attendees about mental health and the resources available in their community.

A copy of the community survey and all responses appears in the Appendix.

LESSONS LEARNED

Recruiting

Recruiting within the targeted age group proved to be the most difficult challenge of the entire program. Many Fil-Am transitioning adult youth just finished school and do not drive. We opted to host the program once school ended to avoid adding mental stress on top of schoolwork or exams, however, many families go on vacation as soon as the kids are out of school.

Recruiting within Service Areas 3 and 4 also proved challenging. Most applications came from Service Area 2 (San Fernando) due to the high volume of Filipinos who have moved to Glendale and the Valley. We had originally planned to close applications on May 15th but extended the deadline to June 16th. Adding in the incentive of 20 community service hours plus our aggressive friends/family referral emails enabled us to meet all recruiting quotas before workshops began.

Workshop Feedback

Parents who popped in to say hello were incredibly appreciative of the program, commenting how unique and positive it is for their kids.

We received positive feedback from the participants about holding the wellness and comic book workshops back-to-back instead of separately.

It would be an understatement to say that the participants were blown away by all the free supplies they received. The art supplies in particular caused gasps of appreciation and excitement when they were handed out.

Workshop Engagement

Though most of our participants (10 out of 15) had lived experience with mental health either personally or with a family member, the details of mental health signs, symptoms, and healthy coping mechanisms were quite new. Therefore, the ability to host discussions in a safe, confidential, and supportive setting such as this was helpful to them. They appeared to appreciate the various wellness exercises and activities presented to them.

This is a very socially conscientious age group that doesn't always feel comfortable responding to questions or expressing emotions out loud. Many remained quiet and preferred to sit with the peers they knew, journal and draw in silence. Embracing the unique ways to involve the participants through role-playing, dancing, call & response, social interaction, and breakout groups helped them feel more comfortable with each other as sessions went on.

Comic Book Development

Prior art experience was not a requirement of the program. Some of the participants were highly skilled artists upon arrival, even attending art school and various creative classes. Others were quite new to drawing, so talent level varied dramatically. We encouraged early story development and even assigned homework to ensure the participants would complete their work on time. Even with this guidance, excitement over the gallery exhibit, and one-on-one communication with participants via text, many waited until the very last session to work on the bulk of their artwork.

Community Event

The community event was a stand-out highlight moment for participants and their families. Many family members asked if the program would be repeated and were eager to learn more about similar offerings.

SUMMARY OF IMPACT

Though this program was intimate by design, we are confident that its impact will ripple out to touch the lives of many in the Fil-Am community for generations to come.

- 15 Filipino-Angelino transition adult youth educated on mental health and trained on healthy coping mechanisms such as journaling, meditation, breathwork, tapping, exercise, time in nature, storytelling and art therapy.
- 15 comic book art pieces available for LACDMH use showcasing original stories of mental health in the Filipino American community
- 100 Filipino-Angelino attendees celebrating mental health awareness and Fil-Am pride at the community event
- Participant images and quotes available for LACDMH use
- News story posted to DailyNews.com and DailyBreeze.com, with combined monthly traffic of 1.6 MM

RECOMMENDATIONS

Based upon the overwhelmingly positive feedback from participants and families, we recommend repeating and expanding this program so more Filipino-Americans across LA County can benefit from its impact.

- The combined \$500 stipend plus 20 community service hours was an attractive recruiting incentive. We recommend repeating.
- Consider offering the program varying the creative outcome, i.e, video stories, spoken word, poetry, painting, digital art, screenplay development, etc.
- Consider an after-school program offered on high school campuses to reach and engage more youth.
- Tap into the LAUSD electronic message board, as Peachjar reaches limited schools and does not reach Service Area 4.
- If the goal is to increase accessibility, penetration, and retention of consumers in mental health services, deeper education from LACDMH to the consultant on the various mental health offerings would be ideal.
- Coordinate with LACDMH to promote programs through LACDMH emails, social media outlets, and other channels/media (our posts were not reposted by LACDMH social media).
- Leverage reputable Fil-Am organizations to spread word about programs such as SoCalFilipinos, Filipino American Chamber of Commerce of Greater Los Angeles, Search to Involve Pilipino Americans (SIPA), Filipino American Service Group, Inc. (FASGI), FilAmARTS, Filipino American National Historical Society (FANHS), etc.