

# TRANSFORMING COMMUNITY CARE

AANHPI LGBTQIA2-S Mental Health and Wellness Project



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
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WELLNESS • RECOVERY • RESILIENCE

**KH**  
CONSULTING  
GROUP  
MANAGEMENT  
CONSULTANTS

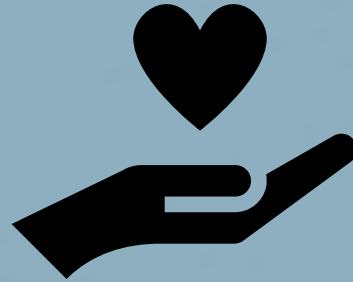
**SEPTMEBER 2024**

*LGBTQIA2-S UsCC Subcommittee Meeting*



## **LEADERSHIP ACADEMY**

A six-week Leadership Academy for 10 participants to learn and critically engage in mental health topics impacting the AANHPI LGBTQIA2-S community.



## **COMMUNITY WELLNESS WORKSHOP**

Six workshops across the County to uplift different practices to improve mental health and wellness for the AANHPI LGBTQIA2-S community.



## **COMMUNITY ENGAGEMENT EVENT**

An event open to the community to culminate the learnings and practices from the Leadership Academy and community wellness workshops.



# OVERVIEW

## Session 1

- Mental Health Experiences at the Intersection of AANHPI and LGBTQIA2-S Identities

## Session 2

- The Drivers and Consequences of Collective and Cultural Traumas

## Session 3

- The Role of Interpersonal Relationships and Community in Shaping Mental Health and Wellness

## Session 4

- Internalizing the External

## Session 5

- Cultivating Self-Compassion, Social Support, and Healthy Coping Practices

## Session 6

- Building a Community of Care for AANHPI LGBTQIA2-S Mental Health and Wellness



## PARTICIPANTS

### GENDER

- 2 transgender men
- 1 transgender woman
- 1 cisgendered man
- 2 cisgendered women
- 2 non-binary
- 1 genderqueer
- 1 prefer not to answer

### SEXUAL ORIENTATION

- 3 queer
- 2 gay
- 1 lesbian
- 2 bisexual
- 1 questioning
- 1 prefer not to answer

### AGE

- 1 between 18 and 24
- 5 between 25 and 34
- 4 between 35 and 44

### SERVICE PLANNING AREA

- 1 lives in SPA 2
- 4 live in SPA 3
- 4 live in SPA 4
- 1 lives in SPA 8

*All identify as AANHPI LGBTQIA2-S*



## CO-FACILITATORS



Stephanie Van,  
LCSW



Sara Stanizai,  
LMFT



Danielle Espinoza,  
MS, LMFT



Steph Tuazon,  
LCSW



Charlotte  
Nguyen



Nora Fujita-  
Yuhas



## FEEDBACK

“

*“I felt that this academy provided one of the safest spaces for me to be my whole self. As a baby queer, it meant a lot participating in this program.”*

“

*“I learned so much that I did realize how much I don't know -- so helpful to identify where I can grow. Very grateful for this space.”*

“

*“I am grateful for this workshop! I look forward to sharing the incredible wealth of info/knowledge I have gained over these 6 weeks! I think our individual impact is more tangible, felt. I'm not sure what influence this feedback has on the county because we've discussed how cumbersome the system is but overall a lovely pilot program that I hope continues to grow and thrive.”*





# OVERVIEW



**Queering Birding :** *Learning how nature can improve mental health and wellness*



**Poetry, Spoken Word, and Storytelling:** *Uplifting our stories and our experiences*



**Zine-Making:** *Showing the diverse narratives of the AANHPI LGBTQIA2-s community*



**Javanese Gamelan Sound Therapy and Tai Chi:** *Uplifting cultural approaches to healing*



**Spa Kit Making:** *Exploring queer-inclusive self-care practices*



**Taiko:** *Embodying mind-body connection and fostering community and collaboration with others through music and performance.*





*“This was an amazing workshop/event! Thank you for holding this necessary space! We need more of these positive queer focused nature outings that are FREE! <3”*

*“I had an amazing time. This is a great event.”*

*“Nice facilitation!”*

*“This was an amazing facilitated and supported space from the snacks to binoculars, blankets. Felt very held and supported to have fun and feel safe.”*

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## SIGN UP TODAY FOR **QUEERING BIRDING**

*Learn and Experience How Nature Can Improve  
Mental Health and Wellness through Bird Watching*

**Saturday, April 20, 2024**  
**9:00 AM - 12:00PM (PST)**  
**Sepulveda Basin Wildlife Reserve**

For more information and to sign up, visit:  
<https://bit.ly/LA-queering-birding>



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Free

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# SPOKEN WORD, POETRY, & STORYTELLING

Learn how to share and uplift our stories and  
our experiences as AANHPI LGBTQIA2-s.

Friday, May 10, 2024 | 6 PM - 9PM (PST)  
Pilipino Workers Center

For more information and to sign up, visit:  
<https://bit.ly/LA-queering-poetry>



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“

*“This was awesome!!!! I don't often get to take time out of my day to actively process trauma and pain. I could see how impactful this was for everyone in the room. I would love more creative spaces just like this, hopefully more often. Skills-based stuff would be great (Flash fiction, haikus, idk, sestinas, whatever! I would just love to be able to have more space/time to write”*

*“This was such a wonderful event. The people here are great and I'm leaving inspired.”*



*“Thank you for this workshop! A nice and needed alternative environment!”*

*“This was such a beautiful, fun workshop!”*

*“This was a lovely event that felt really inclusive and fun! A great way to chat with friends and meet new people.”*

*“This was lovely and affirming :) the facilitators are A-Mazing!”*

*“Really happy to learn about zines!! Excited to check out more events like this!!”*



**Free**

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# ZINE WORKSHOP

*Learn and create zines about your stories and experiences as AANHPI / LGBTQIA2-s.*



**Sunday, May 26, 2024 | 1PM - 4PM (PST)**  
**Japanese American Cultural & Community Center**

**For more information and to sign up, visit:**  
**<https://bit.ly/may-26-zine>**



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**Free**

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**JAVANESE GAMELAN &  
TAI JI WORKSHOP**

*Learn and practice cultural approaches to  
improving mental health and wellness.*

Sat, June 1, 2024 | 1:30PM - 4:30PM (PST)  
at the Los Angeles Indonesian Consulate  
3457 Wilshire Blvd (Koreatown)

For more information and to sign up, visit:  
<https://bit.ly/june-1-gamelan-taiji>




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*“This was a great opportunity to meet people in the community I wouldn’t have met otherwise”*

*“Wonderful activities! I'm inspired and want to explore more deeply”*

*“Pak Joko was amazing and I feel better about making mistakes and not being so harsh on myself”*

*“I enjoyed the workshops”*

*“Loved this workshop! I hope it happens again!”*



*“This was exactly what I needed--thank you for providing this valuable resource for the Queer Asian community <3”*

*“Thank you so much to everyone who put this event together!”*

*“Fantastic event. Thank you! I wish I knew about more of these.”*

**Free**

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# SPA KIT MAKING WORKSHOP

*Learn, make, and practice inclusive self-care items and techniques to improve mental health and wellness.*

**Sunday, June 2, 2024 | 10AM - 1PM (PST)  
Almansor Park (Alhambra)**

**For more information and to sign up, visit:  
<https://bit.ly/june-2-spa-kit>**



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# TAIKO FOR THE BODY, MIND, & SOUL

Learn about and practice how taiko (Japanese drumming) can help improve mental health and wellness.



**Saturday, June 8 | 1PM - 4PM (PST)**  
**Gardena Valley Japanese Cultural Institute**

For more information and to sign up, visit:  
<https://bit.ly/june-8-taiko>



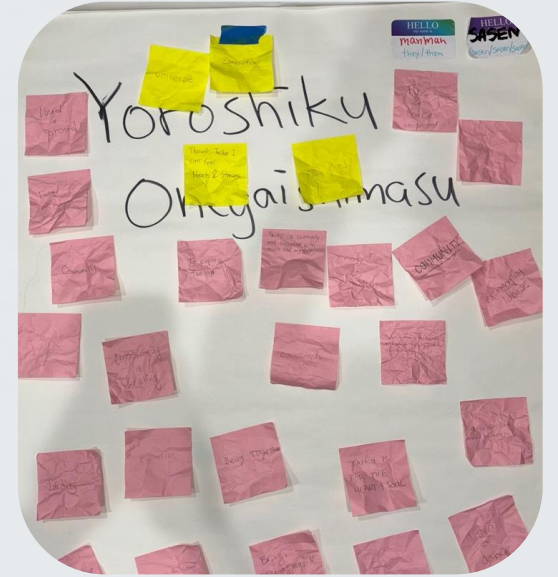
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*“This was really fun and I liked how the event tied in mental health discussion topics.”*

*“This workshop helped me learn something that I was so intimidated about before. I also liked how the instructors were patient and kind with us making mistakes”*

*“Really enjoyed the workshop and the facilitators were so thoughtful.”*

*“Loud! Thank you for providing ear plugs! I wish there were more events like this where we can learn a new skill and practice and understand how it can help our mental health.”*



## OVERVIEW

**JUNE 23** | **JAPANESE AMERICAN  
CULTURAL & COMMUNITY  
CENTER | LOS ANGELES**  
**10AM-2PM**

- 10:00 AM** | Registration and Introduction
- 10:20 AM** | Spoken Word Performance by Jade Phoenix
- 10:30 AM** | Keynote by Jack Lam (Yellow Chair Collective)
- 10:40 AM** | Panel on Intersectionality & Mental Health
- 11:30 AM** | Lunch Catered by Bé Ú
- 12:00 PM** | Taiko Performance by Mujō Dream Flight
- 12:15 PM** | Keynote by Anthony Le (Yellow Chair Collective)
- 12:25 PM** | Panel on Fostering Community of Care
- 1:20 PM** | Drag Performance by Twinka Masala
- 1:30 PM** | Musical Performance by Krost

## **TRANSFORMING COMMUNITY CARE**

*AANHPI LGBTQIA2-s Mental Health and Wellness Project*



*How do our intersectional identities and experiences of being queer shape our mental health and wellness?*





*How can we collectively build and cultivate a space and social framework where the AANHPI LGBTQIA2-S community feels supported and has the shared resources to thrive?*



# PERFORMANCES *by*



Jade Phoenix



Mujo  
Dream Flight



Twinka Masala



Krost

**JUNE 23** | JAPANESE AMERICAN  
CULTURAL & COMMUNITY  
10AM-2PM | CENTER | LOS ANGELES

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Catering by

# BÉ Û

**JUNE 23** | JAPANESE AMERICAN  
CULTURAL & COMMUNITY  
10AM-2PM | CENTER | LOS ANGELES

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Bánh Mì



Chef Uyên Lê



Chef Uyên Lê

*Lê immigrated from Saigon, Vietnam, in 1991 when she was 7 years old. She spent her childhood in West Covina surrounded by food and the vibrant community that it brought together. “We had really big family parties where I would help prep, like, 200 quail eggs, make the pickles, pick all the herbs,” she says. “It’d be, like, three or four tables just full of food, kids running around, and then the men sitting there drinking their Hennessy and sodas. And it really reminded me of Vietnam.”*

*But adapting to life in America had its challenges, including a language barrier and too much pressure to assimilate. Lê also found it tough at times to balance her identities and ideals with her family’s values and expectations. “The politics of the Vietnamese, America, and mine weren’t necessarily aligned at the time,” says Lê. “It was kind of a strange experience being a queer kid.” Food, though, always served as a bridge and a balm during these rougher moments.*

Quoted from EaterLA article “Cooks Rule at This Equity-Driven Vietnamese Restaurant” by Cathy Chaplin

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# BODY WORK *by*

**Jeanne** (she/they) is a trauma-informed massage therapist and artist committed to connection. As an artist she has been creating community spaces as forms of care in an ever-digital world. Over 6+ years of organizing community has given her a unique perspective on empathy and collective healing. As a healer, she is interested in helping people recover from burn-out and specializes in deep relaxation. She believes that our somatic memory holds valuable information to our self-healing and her goal is to bring people back into mind-body harmony with their natural self.

A limited number of body work sessions will be sponsored for attendees at the event.

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## FEEDBACK



*“I love that there was South Asian representation in the programming. I feel that this community is often overlooked when having conversations about Asian identity is meant to be inclusive. Their insight about their upbringing, resilience, and sense of self was the most enriching to me. I also really enjoyed observing the live art taking place at the event. I don't see this happen often at other community events so this felt very special and unique.”*



*“I wish to have stayed for the second panel and the last performance, but from what I gathered during my attendance I genuinely enjoyed. I love that upon entering the event for registration, I was provided an abundance of resources for the target community. Not many events know how to organize resources onto a flier, or offer several ones for people to have on hand. The host and staff were very welcoming and I love that they were nice enough to offer me a second meal ticket after accidentally losing my first one during the programming! I have high hopes for future prospects, and I look forward to other community events like these in the future :).”*

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