



API STRESS MANAGEMENT WORKSHOP PROGRAM

FINAL SUMMARY REPORT

By The Human Beauty Movement, PBC

June 18, 2025

PROGRAM DESCRIPTION

The API Stress Management 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). The program offered free stress management workshops to Chinese, Japanese, and Korean community members in their native languages during fiscal year July 2024-June 2025.

The purpose of this program was to raise awareness, reduce mental health stigma, educate, and promote wellness activities pertaining to stress and common mental health disorders by providing a non-stigmatizing and non-discriminating environment where no one judges, analyzes, criticizes, or gives advice. If not addressed, stress often becomes the gateway to anxiety, depression, or more severe mental health disorders.

- 6 bi-lingual mental health professionals were recruited and trained to facilitate the workshops (2 Chinese, 2 Japanese, 2 Korean).
- Facilitators conducted 5 workshops each – a mix of in-person and virtual.
- 30 total workshops were scheduled (10 Chinese, 10 Japanese, 10 Korean).
- Workshops were 2-hours in scheduled duration.
- A quota of 240 total unduplicated participants was set (80 Chinese workshops, 80 Japanese workshops, 80 Korean workshops).
- A pre-post survey was conducted to track performance.
- Facilitators were awarded \$500 stipends for undergoing training and an additional \$500 for conducting workshops.

THE TEAM

The Human Beauty Movement, PBC (The HBM) was contracted to manage 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) that specializes in championing the intersection of diversity and well-being.

Yellow Chair Collective (YCC) was subcontracted to execute the workshops. YCC is an Asian Woman Owned Small Business that specializes in multicultural therapy with an emphasis on serving the Asian American community.

Team Leads:

1. **Jennifer Norman – Program Director**
Founder of The Human Beauty Movement, DEI Wellness Advocate, Georgetown University MBA
2. **Soo Jin Lee, LMFT – Program Manager**
Co-Founder of Yellow Chair Collective, Executive Director & Psychotherapist
3. **Megan Soun, MSW, MTS – Program Assistant Manager**
Associate Clinical Social Worker

PROGRAM OVERVIEW

FACILITATOR RECRUITING

Our goal was to recruit 6 bilingual/bicultural API community members from each of the three targeted communities: Chinese (2), Japanese (2), and Korean (2). These leaders would be trained to facilitate the API Stress Management Workshops in the community members' original languages.

To achieve this objective, The HBM created and executed the following activities:

1. Custom landing page
2. Application form
3. Bilingual flyers
4. Social media stories on Instagram + posts to Facebook groups targeting bilingual clinicians and associations
5. Outreach emails to API UsCC and mental health professionals within the YCC network

Refer to the Appendix for the facilitator recruiting landing page, application form and flyers.

The team screened applications, conducted interviews, and made these final selections:

CHINESE FACILITATORS

- **Chao Zhao** — Licensed Marriage and Family Therapist, Art Therapist
- **Jessie Li** — Licensed Marriage and Family Therapist, Clinical Supervisor

JAPANESE FACILITATORS

- **Asuka Garcia** — Licensed Clinical Social Worker specializing in Asian Mental Health
- **Kayo Matsumoto** — Licensed Marriage & Family Therapist focused on Cancer Support

KOREAN FACILITATORS

- **Easter Robles** — Licensed Clinical Social Worker, Therapeutic Crisis Intervention
- **Julia Zhang** — Licensed Marriage & Family Therapist Associate

As compensation for their efforts, each facilitator received \$500 for undergoing facilitator training and \$500 for completing 5 API Stress Management workshops.

CURRICULUM

The API Stress Management Workshop curriculum covered the following topics:

- Defining stress and how it impacts our emotional health
- Identifying the signs and triggers of stress
- How to build a stress management foundation and healthy coping skills
- Identifying culturally effective/specific strategies to reduce mental health stress
- The role of culturally competent physical and well-being activities to decrease stress
 - Chair Yoga
 - Mindful Tea
 - Breathing Exercises
 - Acupressure
- Mental health resources

The curriculum was pre-approved by the LACDMH and then translated into Chinese, Japanese, and Korean. Translations were reviewed and verified by two bilingual consultants per language to confirm accuracy.

The complete workshop curriculum in English, Chinese, Japanese, and Korean are included in the Appendix. Copies of translation verification letters are also included in the Appendix.

FACILITATOR TRAINING

The team conducted workshop facilitator training via Zoom on March 3, 2025 to provide basics of group facilitation techniques and instruct on the complete workshop curriculum. The video recording link is included in the Appendix.

PROMOTION

To recruit participants, the API Stress Management Workshop program was heavily promoted through various forms of media:

- Email blasts
- Paper flyer dissemination & postings
- Press release
- Organic social media posts and stories across Instagram, Facebook and LinkedIn
- Paid social media ads and post boosts through Meta (Instagram & Facebook)
- Paid website banner ads on RadioKorea.com
- Paid advertising in Lighthouse Magazine (Japanese)
- TV announcements on FCI News Catch / KXLA 44.1 / CrossingsTV (Spectrum Cable) #1519 courtesy of Fujisankei Communications International, Inc. (FCI)
- EventBrite listings and paid ads
- Communication through partnering API organizations
- Word of mouth

Copies of promotional assets are included in the Appendix.

Media

The following is a summary of paid media placements and performance. \$4,089.79 was spent on media to elicit 748,122 impressions (\$0.005 CPI) and 4,123 Clicks (0.55% CTR, \$0.99 CPC).

Media	Date	Cost	Impressions	CPI (Cost per Impression)	Clicks	CTR (Click Through Rate)	CPC (Cost per Click)
Lighthouse Magazine Print Ad	May-25	\$541.00	60,000	\$0.009	NA	NA	NA
RadioKorea Homepage Banner	Mar-25	\$2,000.00	494,534	\$0.004	1,449	0.29%	\$1.38
Instagram Boosted Post 1	Mar-25	\$139.84	18,784	\$0.007	453	2.41%	\$0.31
Instagram Boosted Post 2	May-25	\$159.95	39,004	\$0.004	291	0.75%	\$0.55
Instagram Boosted Post 3	May-25	\$199.82	23,064	\$0.009	395	1.71%	\$0.51
Meta Ad1 - Chinese	May-25	\$32.96	7,243	\$0.005	66	0.91%	\$0.50
Meta Ad2 - Japanese	May-25	\$100.00	8,875	\$0.011	227	2.56%	\$0.44
Meta Ad3 - Korean	Jun-25	\$497.84	79,756	\$0.006	1007	1.26%	\$0.49
EventBrite Ad 1 - Japanese	May-25	\$75.25	1,390	\$0.054	17	1.22%	\$4.43
EventBrite Ad 2 - Korean	Jun-25	\$343.13	15472	\$0.022	218	1.41%	\$1.57
TOTAL		\$4,089.79	748,122	\$0.005	4,123	0.55%	\$0.99

WORKSHOPS

Locations

20 in-person workshops were scheduled at locations convenient to Chinese, Japanese, and Korean speaking populations around Los Angeles, such as the Little Tokyo Branch Library, Chinatown Library, Pio Pico Koreatown Branch Library, Little Tokyo Service Center, Alhambra Civic Center Library, Chinatown Service Center Monterey Park, the Venice Japanese Community Center, and the Gardena Valley Japanese Cultural Institute.

10 virtual workshops were scheduled to increase accessibility to those who either did not have transportation or did not feel safe/comfortable attending in-person meetings that targeted immigrant populations.

Schedule

The table below displays the full 30-workshop schedule with corresponding locations.

#	Date	Time	Workshop Language	Facilitator	Host	Location
1	3/15	12-2pm	Japanese	Asuka	Little Tokyo Branch Library	203 S. Los Angeles Street Los Angeles, CA 90012
2	3/27	4-6pm	Chinese	Jessie	Chinatown Library	639 N. Hill Street, Los Angeles, CA 90012
3	3/29	5-7pm	Japanese	Asuka	N/A	Zoom
4	4/5	12-2pm	Korean	Easter	Pio Pico Koreatown Branch Library	694 S Oxford Ave, Los Angeles, CA 90005
5	4/7	11am-1pm	Korean	Julia	Korean Resource Center	900 Crenshaw Blvd UNIT B, Los Angeles, CA 90019
6	4/13	2-4pm	Korean	Easter	N/A	Zoom
7	4/16	10:30am-12:30pm	Chinese	Chao	KCal	Zoom
8	4/19	12-2pm	Japanese	Asuka	Little Tokyo Branch Library	203 S. Los Angeles Street Los Angeles, CA 90012
9	4/22	1-3pm	Korean	Easter	Little Tokyo Service Center	455 E 3rd St, Los Angeles, CA 90013
10	4/24	4-6pm	Chinese	Jessie	Chinatown Library	639 N. Hill Street, Los Angeles, CA 90012
11	4/25	1-3pm	Korean	Julia	N/A	Zoom
12	4/26	2-4pm	Chinese	Jessie	N/A	Zoom
13	4/28	11am-1pm	Korean	Julia	Korean Resource Center	900 Crenshaw Blvd UNIT B, Los Angeles, CA 90019
14	4/29	3-5pm	Japanese	Kayo	Little Tokyo Service Center	455 E 3rd St, Los Angeles, CA 90013
15	5/5	3-5pm	Chinese	Jessie	Chinatown Library	639 N. Hill Street, Los Angeles, CA 90012
16	5/10	12-2pm	Korean	Easter	Pio Pico Koreatown Branch Library	694 S Oxford Ave, Los Angeles, CA 90005
17	5/15	10-12pm	English for Japanese people	Kayo	Venice Japanese Community Center	12448 Braddock Dr., Los Angeles, CA 90066
18	5/16	10:30am-12:30pm	Chinese	Chao	Alhambra Civic Center Library	101 S 1st St, Alhambra, CA 91801
19	5/16	11-1pm	Korean	Julia	NA	Zoom
20	5/17	12-2pm	Japanese	Asuka	Little Tokyo Branch Library	203 S. Los Angeles Street Los Angeles, CA 90012
21	5/17	12-2pm	Korean	Easter	Pio Pico Koreatown Branch Library	694 S Oxford Ave, Los Angeles, CA 90005
22	5/18	10am-12pm	English for Japanese people	Kayo	N/A	Zoom
23	5/20	9:30-11:30am	Chinese	Chao	Chinatown Service Center	883 S Atlantic Blvd Ste F Monterey Park CA 91754
24	5/23	3-4:30pm	Chinese	Chao	Asian Minds Matter	388 E. Cordova St., Suite 100C, Pasadena, CA 91101
25	5/24	10-12pm	English for Japanese people	Asuka	Little Tokyo Branch Library	203 S. Los Angeles Street Los Angeles, CA 90012
26	5/24	1-3pm	Japanese	Kayo	Keiro	Zoom
27	5/28	12:30-2:30pm	Chinese	Chao	Virtual	Zoom
28	5/30	10am-12pm	Japanese	Kayo	Gardena Valley Japanese Cultural Institute	1964 W 162nd St, Gardena, CA 90247
29	6/3	2-4pm	Chinese	Jessie	Raymond Tsai Real Estate	17870 Castleton St 100, City of Industry CA 91748
30	6/14	11-1pm	Korean	Julia	N/A	Zoom

Legend:

Chinese
Japanese
Korean

In-Person Workshop Setup

- 24" X 36" posterboard signs were placed outside workshop rooms to guide attendees into the correct locations.
- Participants were asked upon arrival to sign the attendance sheet and complete the photo consent form.
- Information such as the LACDMH brochure, API UsCC brochure, and red cards were provided at entryway tables.
- Participants received a pen and mini notebook to use during the session.
- Light snacks were provided. At one workshop, a full lunch was served.
- Hot tea (green tea and decaf lemon ginger tea) was also served for the mindful tea segment of workshops.
- Workshops lasted approximately two hours with a 10-minute break in between.
- Resource sheets were handed out at the end of each workshop session.
- A pre-post survey was administered toward the end of each workshop session.

Virtual Workshop Setup

- Participants registered for online workshops through EventBrite.
- Workshops were conducted on Zoom.
- Attendees were made aware that workshops would be recorded and that the recordings would become the property of LACDMH. They were advised to change their screen names, turn their cameras off, or exit the workshop if they were not comfortable revealing their identity on the recordings.
- Attendance was registered via a chat link to a Google form.
- Workshops lasted approximately two hours with a 10-minute break in between.
- A pre-post survey was administered toward the end of each workshop session via a chat link to a Google form.

Languages Offered

10 workshops were offered in Mandarin, 10 in Korean, 7 in Japanese, and 3 in English for the Japanese community.

Workshop Recordings

The complete workshop curriculum in English, Chinese, Japanese, and Korean plus workshop videos and images are included in the Appendix.

Attendance

We achieved our minimum goal of 80 unduplicated attendees in our Chinese, Japanese, and Korean workshops respectively, surpassing our total workshop program goal of 240 unduplicated attendees. The actual attendance sign-in sheet tallies are as follows:

- Chinese - 95
- Japanese - 80
- Korean – 86

PROGRAM OUTCOMES

PRE-POST WORKSHOP SURVEY

A retrospective pre-post workshop survey was administered to gather workshop feedback and gauge impact on participants' stress management education and resource awareness. 180 total surveys were gathered. Here are the results:

Quantitative Results: All Respondents

Among the 180 total surveys collected, the API Stress Management Workshop received an overall strong rating of 4.7 out of 5 stars. The likelihood of recommending the workshop to a friend was also extraordinarily strong at 9.4 out of 10 points, achieving an impressive Net Promoter Score of 73.

On all mental health measures, we note extremely statistically significant improvements from pre-workshop to post-workshop scores utilizing a two-tailed T-test at 95% Confident Interval.

Question	Scale	Pre-Workshop Averages	Post-Workshop Averages	Two-Tailed T-Test Results (95% CI)	Tallies
Respondents who identify as Chinese/Japanese/Korean					180 Total Responses 145 Chinese / Japanese / Korean 35 Other
How do you rate the API Stress Management Workshop?	1 star = terrible 2 stars = poor 3 stars = ok 4 stars = good 5 stars = great	NA	4.7		
On a scale of 1 to 10, would you recommend API Stress Management Workshop to a friend?	1 = definitely no <-> 10 = definitely yes	NA	9.4 NPS = 73		
I am knowledgeable on the topic of mental health.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.65	4.26	extremely statistically significant improvement	
I know how to recognize signs and symptoms of poor mental health.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.60	4.29	extremely statistically significant improvement	
I feel comfortable discussing my mental health openly with friends, family, and other members of my community.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.48	4.20	extremely statistically significant improvement	
I know how stress management coping skills can be used to support mental health and wellness.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.72	4.42	extremely statistically significant improvement	
I am aware of mental health resources and services that are available in Los Angeles County.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.16	4.19	extremely statistically significant improvement	
I know how to access mental health services in Los Angeles County that are culturally sensitive to the API community.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.07	4.13	extremely statistically significant improvement	
I engage in cultural practice(s) that support my wellness.	yes / no				107 yes (59%) 49 no (27%) 24 no response (13%)

Quantitative Results: Chinese

Among the 54 Chinese surveys collected, the program received a stellar rating of 4.8 out of 5 stars. The likelihood of recommending the workshop to a friend was also extraordinarily strong at 9.4 out of 10 points, resulting in an exceptional Net Promoter Score of 78.

On the measure of mental health knowledgeability, the respondents' average score increased from 3.83 pre-workshop to 4.19 post-workshop, considered a very statistically significant improvement utilizing a two-tailed T-test at 95% Confident Interval. On all other mental health measures, we note extremely statistically significant improvements from pre-workshop to post-workshop scores.

Question	Scale	Pre-Workshop Averages	Post-Workshop Averages	Two-Tailed T-Test Results (95% CI)	Tallies
Respondents who identify as Chinese					54 Total Respondents 41 Chinese 13 Other
How do you rate the API Stress Management Workshop?	1 star = terrible 2 stars = poor 3 stars = ok 4 stars = good 5 stars = great	NA	4.8		
On a scale of 1 to 10, would you recommend API Stress Management Workshop to a friend?	1 = definitely no <-> 10 = definitely yes	NA	9.4 NPS = 78		
I am knowledgeable on the topic of mental health.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.83	4.19	very statistically significant improvement	
I know how to recognize signs and symptoms of poor mental health.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.75	4.23	extremely statistically significant improvement	
I feel comfortable discussing my mental health openly with friends, family, and other members of my community.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.71	4.27	extremely statistically significant improvement	
I know how stress management coping skills can be used to support mental health and wellness.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.62	4.33	extremely statistically significant improvement	
I am aware of mental health resources and services that are available in Los Angeles County.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.37	4.20	extremely statistically significant improvement	
I know how to access mental health services in Los Angeles County that are culturally sensitive to the API community.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.40	4.17	extremely statistically significant improvement	
I engage in cultural practice(s) that support my wellness.	yes / no				35 yes (65%) 11 no (20%) 8 no response (15%)

Quantitative Results: Japanese

Among the 63 Japanese surveys collected, the program received an excellent rating of 4.8 out of 5 stars. The likelihood of recommending the workshop to a friend was strong at 9.2 out of 10 points, resulting in a solid Net Promoter Score of 77.

On all mental health measures, we note extremely statistically significant improvements from pre-workshop to post-workshop scores utilizing a two-tailed T-test at 95% Confident Interval.

Question	Scale	Pre-Workshop Averages	Post-Workshop Averages	Two-Tailed T-Test Results (95% CI)	Tallies
Respondents who identify as Japanese					63 Total Respondents 45 Japanese 18 Other
How do you rate the API Stress Management Workshop?	1 star = terrible 2 stars = poor 3 stars = ok 4 stars = good 5 stars = great	NA	4.8		
On a scale of 1 to 10, would you recommend API Stress Management Workshop to a friend?	1 = definitely no <-> 10 = definitely yes	NA	9.2 NPS = 77		
I am knowledgeable on the topic of mental health.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.38	4.10	extremely statistically significant improvement	
I know how to recognize signs and symptoms of poor mental health.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.31	4.13	extremely statistically significant improvement	
I feel comfortable discussing my mental health openly with friends, family, and other members of my community.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.24	4.04	extremely statistically significant improvement	
I know how stress management coping skills can be used to support mental health and wellness.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.65	4.39	extremely statistically significant improvement	
I am aware of mental health resources and services that are available in Los Angeles County.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	2.86	4.04	extremely statistically significant improvement	
I know how to access mental health services in Los Angeles County that are culturally sensitive to the API community.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	2.76	3.88	extremely statistically significant improvement	
I engage in cultural practice(s) that support my wellness.	yes / no				35 yes (56%) 15 no (24%) 13 no response (21%)

Quantitative Results: Korean

Among the 63 Korean surveys collected, the program received a good rating of 4.5 out of 5 stars. The likelihood of recommending the workshop to a friend, was strong at 9.0 out of 10 points, resulting in a solid Net Promoter Score of 63.

On all mental health measures, we note extremely statistically significant improvements from pre-workshop to post-workshop scores utilizing a two-tailed T-test at 95% Confident Interval.

Question	Scale	Pre-Workshop Averages	Post-Workshop Averages	Two-Tailed T-Test Results (95% CI)	Tallies
Respondents who identify as Korean					63 Total Responses 51 Korean 12 Other
How do you rate the API Stress Management Workshop?	1 star = terrible 2 stars = poor 3 stars = ok 4 stars = good 5 stars = great	NA	4.5		
On a scale of 1 to 10, would you recommend API Stress Management Workshop to a friend?	1 = definitely no <-> 10 = definitely yes	NA	9.0 NPS = 63		
I am knowledgeable on the topic of mental health.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.77	4.52	extremely statistically significant improvement	
I know how to recognize signs and symptoms of poor mental health.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.77	4.54	extremely statistically significant improvement	
I feel comfortable discussing my mental health openly with friends, family, and other members of my community.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.51	4.33	extremely statistically significant improvement	
I know how stress management coping skills can be used to support mental health and wellness.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.91	4.57	extremely statistically significant improvement	
I am aware of mental health resources and services that are available in Los Angeles County.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.26	4.39	extremely statistically significant improvement	
I know how to access mental health services in Los Angeles County that are culturally sensitive to the API community.	5 = strongly agree 4 = agree 3 = neither agree or disagree 2 = disagree 1 = strongly disagree	3.03	4.42	extremely statistically significant improvement	
I engage in cultural practice(s) that support my wellness.	yes / no				37 yes (59%) 23 no (37%) 3 no response (5%)

LESSONS LEARNED

FACILITATOR FEEDBACK

We received feedback from facilitators that the program time commitment was more than originally envisioned. Even so, facilitators were grateful for the experience and appreciated being part of a program that allowed them to instruct in their first languages. They recognized how vital this program was to showcase LA County care and commitment to the wellbeing of the API community.

WORKSHOP SCHEDULING

Utilizing Networks

Yellow Chair Collective is well known and highly regarded for championing API mental health in LA County. As such, the team was able to leverage the power of their network and organizational partnerships to secure co-hosts and free-of-charge locations such as Little Tokyo/Chinatown/Koreatown/Alhambra Public Libraries, Little Tokyo Service Center, Korean Resource Center, KCal, Keiro, Venice Japanese Community Center, Chinatown Service Center, Asian Minds Matter, Gardena Valley Japanese Cultural Institute, Yang Law Office and Raymond Tsai Real Estate. Though scheduling 30 workshops in a compressed timeframe was highly complicated, we were successful due to the strong relationships, competency, and passion that YCC brought to the table.

Time Commitment

We did hear from multiple prospective co-hosts and participants that 2 hours was a considerable time commitment and that a maximum of 1 ½ hours would have been preferred.

In-Person + Virtual

We originally planned to hold 30 in-person workshops, however it became clear that virtual sessions would be needed in order to broaden reach and accessibility for more community members. In the case of UCLA, all three in-person workshops were rescheduled to be virtual.

PARTICIPANT RECRUITING

It was relatively simple to recruit Chinese participants and more difficult to recruit Korean and Japanese participants. The mental health stigma among Korean and Japanese populations seems to be stronger, especially among the Japanese. We had to spend the most on media targeting Korean and Japanese communities. Further, we were strongly encouraged to offer workshops in English to broaden reach to younger non-Japanese speaking members of the community. Ultimately, we included 3 English language workshops out of the 10 for the Japanese community — discussed and approved by the LACDMH as a deviation from the original project scope of work.

WORKSHOP ATTENDANCE

We ran into quite a few roadblocks on the path to achieving attendance quotas, largely due to the unprecedented time LA County faces with immigration rights and xenophobia. For example, three workshops that we scheduled at UCLA to support Asian international students had to be cancelled. ICE raids had become a common occurrence on campus, thus, students feared showing up in public gatherings targeting foreigners.

Beyond that, many in-person workshop participants refused to sign the attendance sheet for fear of disclosing their identities. Our actual workshop headcount far exceeded the counts officially recorded through attendance sheets.

Several of our workshops were conducted at public libraries where some participants chose to attend multiple workshops and some even attended without understanding the language. We can only view this as testament of the value that free events (and free snacks) afford.

WORKSHOP FLOW

We adjusted the original curriculum after our first workshop to optimize participant attention and avoid going over time. We omitted several upfront slides that went deep into neuroscience and interspersed movement activities throughout the session.

SURVEY ADMINISTRATION

Handing out the pre-post surveys at the very end of the session when participants were ready to leave impeded completion, so we opted to hand out surveys after the 10-minute break, which helped increase responses.

SUMMARY OF IMPACT

- ✓ 6 bi-lingual bicultural facilitators recruited and trained
- ✓ 30 API Stress Management Workshops conducted across LA County between March-June 2025
 - 10 Chinese
 - 10 Japanese
 - 10 Korean
- ✓ 261+ total participants trained on managing stress and made aware of local mental health resources
- ✓ 180 retrospective pre-post surveys collected demonstrating extremely statistically significant improvements on all mental health metrics after attending workshops.

RECOMMENDATIONS

Now, more than ever, the API community needs support. Continuing to provide mental health capacity-building programs such as this one, and even increasing funding for additional programs, would enable the LACDMH to increase its impact and help prevent calamities pertaining to the anxiety and unrest our society is currently facing.

Detailed Recommendations

- A mix of first language + English workshops offers flexibility and broadens access within the API community.
- Establishing a minimum media spend for recruiting was not necessary, particularly when the API community can be effectively reached through free means such as social media, email, bulletin boards, etc.
- A higher mandated stipend for the facilitators would have been reasonable given the extent of their work.
- Opting to administer one retrospective pre-post survey was more ideal than administering two surveys (pre-workshop then post-workshop) for session timing, participant compliance, and response accuracy.

APPENDIX