

“Perspectives on Asian American Mental Health” Part 1 Event Description:

Columbia University Mailman School of Public Health’s Advocates for Asian American Health (AAAH) presents “Perspectives on Asian American Mental Health,” the first segment of AAAH’s two-part speaker series that focuses on the history, research, and perception of mental health in the Asian American Pacific Islander (AAPI) community. In this event, we invite Dr. Stanley Sue, a distinguished professor from Palo Alto University who has devoted most of his life to examining the intersection of mental health and ethnicity. We also invite Dr. Linh An and Jennifer Wu, two leaders within the Chinese-American Family Alliance for Mental Health (CAFAMH), a community-based organization that seeks to empower Asian American caregivers of mentally ill individuals and to promote the well-being of young Asian Americans through psychoeducation, professional development, and racial identity exploration.

Given the xenophobic environment that has been brought to light by the COVID-19 pandemic and the recent spikes in hate crimes against Asian Americans, we believe it is our duty as future leaders in public health to inform our entire community, not just Asian Americans, about the history and misconceptions of Asian American health and health disparities within the AAPI community. Please join us in this event for an opportunity to listen, to learn, and most importantly to grow.

Speaker Descriptions:

Stanley Sue, Ph.D. is an Emeritus Distinguished Professor of Psychology at Palo Alto University and is currently on the Senior Editorial Advisory Board for the Asian American Journal of Psychology. As a founder of the Asian American Psychological Association, he is an expert on mental health services, community mental health, ethnic minorities, Asian American mental health, and cultural competency. Dr. Sue has received numerous awards for his work and support for the Asian American community.

Linh An, Ph.D., is a first-generation college graduate with a long history of working with underserved AAPI students in NYC. Linh currently teaches Asian American Studies at Hunter College and serves as the Multilingual Learner Specialist at the Hunter College AANAPISI Project. As part of CAFAMH, she is leading the development of a psychoeducation program in partnership with NYU for limited English proficient (LEP) Chinese caregivers. She is currently on the Board of Charles B. Wang Community Health Center. Linh also serves on the NYC Health + Hospital’s Test and Trace Assessment Workgroup, supporting the agency’s efforts for equitable access to COVID-19 testing and vaccination. She advocates for Asian American victims of hate crimes in her role on the NYC Office for the Prevention of Hate Crimes’ (OPHC) Community Advisory & Services Team (CAST).

Jennifer Wu is currently the Senior Director of Collected, a program of CAFAMH that addresses the mental wellness needs of AAPI college students. In her role, she leads development of all Collected initiatives and manages the nonprofit’s operations. Prior to CAFAMH, Jennifer worked for many years in the healthcare industry, including experience in healthcare strategy consulting, health tech startups, and pharmaceutical issues & crisis management. Jennifer graduated from Princeton University with a degree in Psychology and certificate in Neuroscience.

“Mental Health Workshop” Part 2 Event Description:

Columbia University Mailman School of Public Health’s Advocates for Asian American Health (AAAH) presents “Perspectives on Asian American Mental Health,” a two-part speaker series. The second segment will be an interactive workshop led by Jezz Chung (she/they), a Brooklyn-based multimedia storyteller and distinguished public speaker who uses creative means to address equity, diversity, and inclusion. Here, we will build a mental health toolkit that aims to “keep you motivated, sustain productivity, nurture relationships, de-escalate stress, and keep your immune system active.”

Given the xenophobic environment that has been brought to light by the COVID-19 pandemic and the recent spikes in hate crimes against Asian Americans, we believe it is our duty as future leaders in public health to inform our entire community, not just Asian Americans, strategies to heal and protect Asian American mental health from the misconceptions and violence embedded within US history and targeted against the AAPI community. Please join us in this event for an opportunity to listen, to learn, and most importantly to grow.

Speaker Description:

Jezz Chung (she/they) is a Brooklyn-based writer and facilitator working with creative communities to create cultural transformations. She was named “100 people who make advertising great” by the 4A’s and “50 most creative women under 30” by The Drum for her work across global brand campaigns like Apple’s Shot on iPhone series and YouTube’s Creators for Change. Her work to build equity across creative industries led to a feature on Adweek’s cover as an ADCOLOR Champion for Diversity & Inclusion in 2020. They’ve spoken with organizations like Facebook, SCAD, and Ethel’s Club about race, identity, creativity, and well-being and their work has been featured in publications like Washington Post’s The Lily, Free The Work, and HuffPost. You can find them sharing their practice of conscious creation and emotional liberation [@jezzchung](https://www.instagram.com/jezzchung)