

Asian/Immigrant Mental Wellness Workshop

Wednesday, June 10, 2015

Queens Library at Flushing

41-17 Main Street, Flushing Queens, NY 11355

Lower Level Auditorium

Free Admission - Pre-Registration Required -- Free Refreshments

9:00 am: Doors open. Entry is not permitted before this time.

9:00 - 9:30 am: Registration & Free Continental Breakfast

9:30 am - 12:30 pm: Program Presentation/Panel Discussion

12:30 - 1:00 pm Free Refreshments/Networking

Our Unspoken Problem

Our Unspoken Problem touches the lives of many members of the Asian and Immigrant community. Cultural stigmatization of mental health problems and insufficient access to culturally competent services result in the needless suffering of friends and family.

- The Asian/Immigrant Community has among the highest suicide rates in the country
- Asians are consistently identified as having the highest risk for problem gambling
- The NYC High School Youth Risk Behavior Survey (CDC) showed an increase in male and female Asian students who "seriously considered suicide" in the past 12 months
- Asian American Women (ages 65-84) consistently have the highest suicide rate relative to other racial demographics
- Untreated mental health problems like depression and addiction can lead to death, domestic violence, financial ruin, family disintegration, long-term hospitalization and incarceration-impacting both the individuals, families and their community.

Workshop Goals

Join us at the Asian/Immigrant Mental Wellness Workshop and take part in an open discussion with mental health professionals as we address this Unspoken Problem and the mental wellness of our community.

- **Confront** the critical problems impacting our community: addiction, problem gambling, parenting/grandparenting challenges, and mental health treatment for the Korean Community
- **Learn** about where and how to access mental wellness support for friends, family, and yourself
- **Engage** in conversation about how to recognize signs of mental health problems in your colleagues, friends, and family.

Workshop Presenters

Alan Ross, *Addressing the Unspoken Problem*

Peter Yee, *Problem Gambling in the Asian community*

Erica Vien, *Parenting Challenges for Asian immigrants*

Inok Kim, *Wellness Challenges for Korean Americans*

Ginette Wong, *Addictive Behaviors in the Asian community*

This free workshop is a community collaboration of the Samaritans of New York, Hamilton Madison House and the Problem Gambling Prevention Coalition with funding provided by New York City Council Members Elizabeth Crowley, Peter Koo, Paul Vallone, Mark Weprin, Ruben Wills, and the Neuberger Berman Foundation, in association with the Queens Library at Flushing.