

# Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month

San Mateo BHRS Office of Diversity and Equity

Presented by CHI, FMHI & PII Co-chairs and Lived Experience Panelists Allen Bustos and Luci Latu



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**



**Behavioral Health  
& Recovery Services**

**SAN MATEO COUNTY**

**Office of Diversity and Equity**



# Purpose

The Office of Diversity and Equity (ODE) recognizes there is an immediate need to raise awareness of mental health and substance use conditions within AANHPI populations. We believe that by combating the stigma against mental health conditions within these communities, AANHPI individuals will feel empowered to learn more about their own mental health and access behavioral health care, or other culturally informed wellness services, to begin the journey to recovery.

# San Mateo County Data on AANHPI Communities



AANHPI - 2.2 million (5.4%) in U.S. with 13% reporting diagnosable mental illness  
- 221,613 (29%) of San Mateo County residents

Two large Asian threshold language communities include Chinese and Filipino/x. Other ethnicities include Asian Indian, Japanese, Vietnamese, Korean, Laotian, and Cambodian.

NHPI data scarce due to being aggregated into broad API category. Commonly reported groups in county include Tongan, Samoan, Fijian and Chamorro.

By 2040, Asian population projected to increase by 28% with NHPI numbers to double in size.

Communities report limited mental health care and substance abuse treatment options, as well as inadequate insurance coverage for behavioral health.

More than 4 in 10 adults (43.8%) do not know where to go for drug related treatment.

## Native Hawaiian & Pacific Islander:

1.4% of county residents

Barriers to seeking mental health help:

- Perception of high cost
- Immigration-related fears
- Lack of inclusion
- Negative experiences
- Lack of culturally/linguistically competent providers

## Filipino/x:

9.6% of county residents

Barriers:

- Perception of high cost
- Immigration-related fears
- Desire to keep problems within family
- Distrust of service providers
- Difficulty navigating system
- Lack of linguistically/culturally competent providers

## Chinese:

11% of county residents

Barriers:

- Insufficient service for Chinese youth and older adults in prevention and early intervention
- Need for stigma reduction interventions among older adults and in-home assistance
- Lack of linguistically/culturally competent providers



# AANHPI Heritage Month

Designating the month of May as AANHPI Heritage Month in San Mateo County will also increase the visibility of this population to clinicians, emphasizing that culturally-informed practices and outreach to AANHPI individuals can make a difference in clients' lives.





# Health Equity Initiatives (HEI)

HEIs are funded by the Mental Health Services Act, and were established in 2007 to advocate for traditionally marginalized populations. HEIs address the cultural challenges these communities face, as well as the disparity in the services and representation they receive.

HEIs work collaboratively with mental health professionals, county staff, consumers and their families, and the community at large to increase visibility and develop cultural humility. We provide translation services and advocate on behalf of underserved populations.

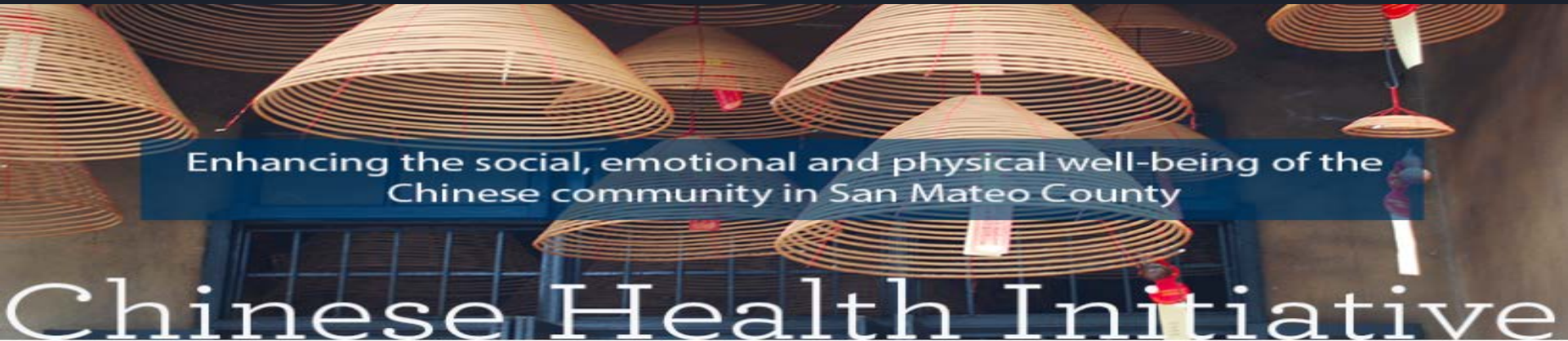
This event is a collaborative effort between the Chinese Health Initiative (CHI), Filipino Mental Health Initiative (FMHI), and Pacific Islander Initiative (PII).



# Chinese Health Initiative (CHI)

CHI offers a bilingual Chinese Community Health Worker and phone line, outreach to high schools with a large Chinese population, Chinese family support groups, and monthly meetings to collaborate and increase accessibility to resources for Chinese individuals living in our county.

CHI's past events include a panel on health care rights for Chinese immigrants, a workshop at Mills High School to inspire Chinese youth to become mental health advocates and professionals, and a panel for Chinese parents of high school students on adolescent mental health.



Enhancing the social, emotional and physical well-being of the  
Chinese community in San Mateo County

# Chinese Health Initiative

# Filipino Mental Health Initiative (FMHI)

FMHI connects Filipina/x/o residents of San Mateo County to behavioral health resources and services, translates resources to Tagalog, trains providers to integrate culture into their work, and provides culturally-informed wellness programs to the community.

FMHI collaborates with over 35 agencies to promote awareness of FMHI behavioral health, such as Asian American Recovery Services, Community Overcoming Relationship Abuse, and the Pilipino Bayanihan Resource Center.

Most recently, FMHI engaged stakeholders and successfully procured funding to create Kapwa Kultural Center/Cafe, a Filipina/x/o youth and wellness-focused social enterprise based in Daly City.

Filipinos are known for warmth and hospitality, even though at times, behind our smiles may be stress, anxiety, depression or substance use.

**HELP US BRING WELLNESS TO  
OUR COMMUNITY.**



**Filipino Mental Health Initiative**  
*Mindful of our Community's Health*

# Pacific Islander Initiative (PII)

PII advocates for the well-being of Pacific Islanders, who are also discouraged from seeking resources due to stigma, fear of government institutions, and lack of resources.

PII provides free trainings on working with the PII population, the Pacific Islander Focused Parent Project, awareness campaigns such as Photovoice, and resources translated to Samoan and Tongan.

[still falling for you anthony and kate](#)  
[YouTube](#)



**Website:**

[www.smchealth.org/BHRS/ODE/PI](http://www.smchealth.org/BHRS/ODE/PI)





# Our Goals

To reduce disparities, more efforts are needed to outreach at the community level and to bridge the gap between mental health and other medical or alternative health facilities. We believe that the following objectives will increase AANHPI utilization of BHRS resources:

- Engage public and private institutions and the collective community to commit to purposefully, with cultural humility, in addressing the behavioral health inequities and needs of our AANHPI community in San Mateo County through financial, legal, social, and political measures
- Improve efforts in collection of disaggregated AANHPI data that reflects the communities' unique profiles and specific mental health needs
- Promoting outreach and projects that recognize AANHPI resilience and acknowledge cultural, or indigenous, healing and wellness practices
- Hiring full-time Initiative co-chairs and outreach workers for each community
- Hiring multilingual service providers who can work with clients in their preferred language
- Increased translation resources and translators at events and trainings
- Additional trainings for clinicians and service providers on AANHPI culture, immigration, and mental health



# Lived Experience of Mental Health in AANHPI Communities

