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May 10, 2019 as Asian American Native Hawaiian
Pacific Islander (AANHPI) Mental Health Day.

AANHPI Heritage Month

Honoring our Communities Resilience



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Why is AANHPI Heritage month important?

- AANHPI make up over 30% of the County.
- AANHPI face unique challenges including stigma and access to services.
- AANHPI continue to heal from institutional racism, that was exacerbated in the pandemic with anti-Asian hate.
- AANHPI have an immediate need to raise awareness of mental health and substance use conditions in our communities.



United in service of our communities

HEI's have been vehicles for uplifting up AANHPI needs:

- Connect with schools and young people about mental health and career pathways
- Offer free and accessible culturally sensitive trainings to providers who work with our communities
- Provide culturally-informed wellness programs to community
- Facilitate Pacific Islander-focused Parent Project series
- Build awareness and provide resources translated in our languages

CHINESE HEALTH INITIATIVE



Music Therapy

FILIPINO MENTAL HEALTH INITIATIVE



Kapwa Kultural Center and Cafe

PACIFIC ISLANDER INITIATIVE



“Be Sensitive, Be Brave” in Tongan

A Call to Action Beyond AANHPI Month



Get involved in AANHPI efforts to reduce stigma and promote wellness

- CHI | First Friday 1:30-3pm
- FMHI | 3rd Thursday 5-6:30pm
- PII | 1st Tuesday 11am-1pm
- Attend our events!



Be mindful of cultural and linguistic services.

- Offer language services at public meetings and events.
- Translate community facing documents.



Create equitable policies.

- Design, implement, and evaluate equitable policies to ensure access to services for AANHPI communities.
- We would welcome a seat at the table to provide support.



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