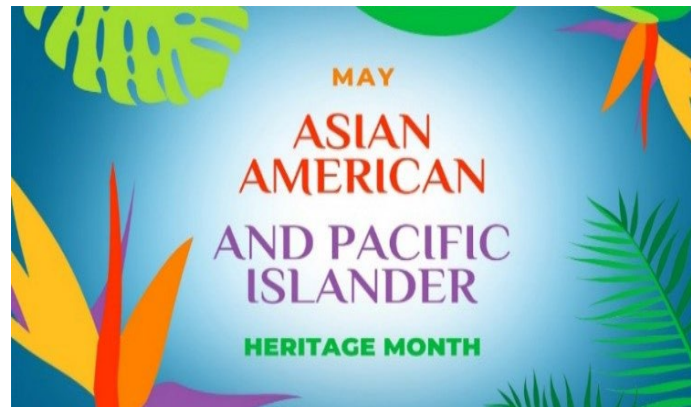


**Alameda County** ac bh  
**Behavioral Health Care Services**  
MENTAL HEALTH & SUBSTANCE USE SERVICES

**DATE:** May 30, 2023  
**TO:** All ACBH Staff  
**FROM:** Stephanie Montgomery, Health Equity Director  
**SUBJECT:** Asian American & Pacific Islander and Native Hawaiian Heritage Month.

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This week marks the end of May and our celebration of Asian American & Pacific Islander and Native Hawaiian Heritage Month. We have uplifted and celebrated the culture, contributions, historical and emerging traditions held within the AAPI community including our own ACBH colleagues.

We are grateful and made better by the contributions of our AAPI colleagues. During this month each week, we have featured ACBH colleagues who have shared their unique stories about their journey, pride, trials, and opportunities that have defined their AAPI experience. This week, we are happy to share **Mona Shah's** [reflections](#). Mona is the Interim Ethnic Services Program Administrator in the Health Equity Division.

If you missed the reflections of our colleagues previously featured you can find **Mark Nolasco's** [reflection](#), **Catherine Powell's** [reflection](#) and **Trinh Reyes'** shared her reflection [here](#).

Also, as a reminder the Health Equity Division will facilitate an online discussion lead by Russell Jeung, titled "Suffer in Silence No More" on May 31, 2023, at 10 a.m. For more information, please see the [flyer](#).

