

The Health Equity Division
of Alameda County Behavioral Health Care Services invites you to:

SUFFER IN SILENCE NO MORE

An Online Event

Wednesday 🌿 May 31, 2023 🌿 10am-12pm



Dr. Russell Jeung, PhD

Professor of Asian American Studies at San Francisco State University, Dr. Russell Jeung is an author of books and articles on race and religion. In March 2020, Dr. Jeung co-founded Stop AAPI Hate, a coalition that was awarded the 2021 Webby Award for “Social Movement of the Year.” Dr. Jeung was named as one of the TIME 100 Most Influential Persons in 2021 and received the Game Changer Award from the Asia Society in 2022.

Dr. Seeba Anam, MD

Seeba Anam is an Associate Professor at the University of Chicago Department of Psychiatry and Behavioral Neuroscience. Her research and clinical efforts examine the impact of cultural factors on mental health, health equity, and social and structural determinants of health. Her recent work focuses on the intersection of media and mental health in low resourced communities, specifically related to trauma and resilience.



Learning outcomes:

- Understand the sources of anti-Asian racism and reflect on its impact on the community
- Identify barriers to mental health treatment in Asian American and Pacific Islander (AAPI) communities
- Discuss strategies for culturally informed approaches to address and advocate for mental health
- Practical clinical interventions in working with the AAPI community racial trauma and stress

Access ZOOM link [HERE](#)

PW: 034402

