



Healing From Our Past & Expectations: Examining Asian American Culture, Mental Health, & Wellness Practices

Wed | June 14th | 2023

11am - 1pm

Zoom:

<https://us06web.zoom.us/j/84901719971>

We invite providers from Alameda County for an in-depth and thoughtful overview on mental health, culture, and best practices for the Asian American community.



**Supriya
Misra, ScD**



**Maileen
Mamaradlo**



**Samina
Jain**

ALAMEDA COUNTY
EVERYONE COUNTS
CAMPAIGN



ac  bh

*Love more,
Judge less.*



Healing From Our Past & Expectations: Examining Asian American Culture, Mental Health, & Wellness Practices

Wed | June 14th | 2023
11am - 1pm

Zoom: <https://us06web.zoom.us/j/84901719971>



Supriya Misra, ScD is an Assistant Professor in the Department of Public Health at San Francisco State University. Her research focuses on mental health inequities among racial and ethnic minority groups. She uses mixed methods to understand the experience of mental distress and to promote dignity and justice for those living with mental health challenges.



Maileen Mamaradlo holds a Bachelor's Degree in Public Health and a minor in Atypical Child Studies. She is the Program Coordinator II for the HOPE Campaign, or Healing from Our Past and Expectations (HOPE) Campaign, to identify the root causes of Asian American stigma towards mental health. She prioritizes mental health resource dissemination and causes that work toward diversity, equity, and inclusion (DEI), and social justice.



Samina Jain is a 2nd generation Indian American with a career in corporate responsibility and international development. Her lived experiences lead her to become trained as a Peer Support Specialist. She worked with Supriya and Maileen to develop curriculum and facilitate the HOPE Wellness Groups.

ALAMEDA COUNTY
EVERYONE COUNTS
CAMPAIGN



Love more,
Judge less.