



*Asian American Native Hawaiian Pacific  
Islander  
HERITAGE MONTH*

Christine Mukai, Critical Care Manager, Crisis Services

*How do you identify within the Asian American and Pacific Islander community?*

I identify as a Japanese American within the AAPI community. I am Nisei as both of my parents were born in Japan. My father is a Hibakusha, survivor of the atomic bomb in Hiroshima. His mother was born in Hilo, Hawaii. My grandmother worked at the sugar cane fields and later made her way back to Japan while other siblings came to America. My mother was also born in Hiroshima though after WW II. I also have many relatives who experienced living in the internment camps during WW II.

*How did you find your way to the Bay Area?*

I moved up to the Bay Area for my partner's job in the wine industry. I really enjoyed the topography of the region and never left as I enjoy nature and the outdoors.

*How has your heritage shaped the person you are today?*

I became trauma informed from a very young age and there is resilience in our shared collective experience. There is a universal theme in my heritage to persevere, have gratitude and understand one's ikigai. Hearing these themes all throughout my life lead me to becoming a social worker trying to contribute to fostering a world where we can begin healing and helping one another.

*Who are the role models or mentors that have influenced you or helped guide you?*

Some of my mentors aside from my family members include my friend's dads including: Reverend George Matsubayashi, Franklin Odo, and Dr. John M. Liu. They have all helped shape me into my current path.

*What brings you joy about your heritage and culture?*

What brings me joy about my heritage is umami flavors and the food, the respect for nature, the various art forms, the spiritual celebrations, the Dodgers and more.



**Behavioral Health  
Department**  
Alameda County Health