



Asian American Native Hawaiian Pacific Islander HERITAGE MONTH

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

I identify as Chinese-Vietnamese American. My father is Chinese, and my mother is Vietnamese. We speak Cantonese, Vietnamese, and English in the home. Our family traditions are a blend of both cultures.

How did you find your way to the Bay Area?

I grew up in the Bay Area. Most of our relatives live in or around the Bay Area.

How has your heritage shaped the person you are today?

My parents grew up in a culture where neighbors help each other. They learned to lend a hand when you're able and the importance of a good work ethic and a strong moral compass. I knew I wanted to be in the helping profession and found my path after attending my first psychology class in college. I changed my major from Nursing to Psychology. I believe in being kind, reliable, thoughtful, respectful, and humble.

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

Professionally, some of the role models are my former supervisors because they taught me so much. They taught me clinical skills, critical thinking, and how to be a supportive and uplifting colleague/supervisor. Personally, my role model is my mother. She is compassionate, caring, kind, and strong. She instills in me the importance of being independent and having a career. To know your self-worth. To care for and love people and animals.

What brings you joy about your heritage and culture?

We celebrate a lot. We celebrate birthdays, accomplishments, many holidays, and 'let's get together' day. These moments give me joy and I am grateful for my family, friends, and the people in my life.



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