



Alameda County Behavioral Health Department Asian American and Pacific Islander Heritage Month – AAPI (May 2025)



Introduction

The Alameda County Behavioral Health Department (ACBHD) celebrates Asian American and Pacific Islander (AAPI) Heritage Month, recognizing the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the United States. Asian American and Pacific Islander Heritage Month was established in 1978 as Asian/Pacific American Heritage Week and expanded to a month-long celebration in 1992, this observance commemorates the arrival of the first Japanese immigrants to the United States on May 7, 1843, and the completion of the transcontinental railroad on May 10, 1869, which was built primarily by Chinese laborers.

Importance of the Month

AAPI Heritage Month is significant for:

1. Honoring the diverse cultures and contributions of AAPI communities
2. Addressing historical and contemporary challenges faced by AAPI individuals
3. Promoting cultural understanding and appreciation
4. Combating stereotypes and discrimination



History

In 1977, New York Representative Frank Horton introduced [House Joint Resolution 540](#), which proclaimed the first ten days in May as Pacific/Asian American Heritage Week. Also in 1977, Hawaii Senator Daniel Inouye introduced a similar resolution, [Senate Joint Resolution 72](#). Although neither of these resolutions passed, in June 1978, Representative Horton introduced another resolution, [House Joint Resolution 1007](#), which proposed that the President should “proclaim a week, which is to include the seventh and tenth of the month, during the first ten days in May of 1979 as ‘Asian/Pacific American Heritage Week.’”

This joint resolution was passed by the House and then the Senate and was signed by President Jimmy Carter on October 5, 1978, and became [Public Law 95-419](#). Public Law 95-419 law amended the language from the original resolution and directed the President to proclaim the “7-day period beginning on May 4, 1979, as ‘Asian/Pacific American Heritage Week.’” Annual Presidential proclamations were passed over the next decade recognizing Asian/Pacific American Heritage Week until 1990 when Congress passed [Public Law 101-283](#), which expanded the observance to a month. Then in 1992, Congress passed [Public Law 102-450](#) which designated May Asian/Pacific American Heritage Month.

ACBHD's Commitment

The Alameda County Behavioral Health Department is committed to:

- Providing culturally responsive mental health services for AAPI communities
- Addressing language barriers and cultural stigma around mental health
- Supporting AAPI mental health professionals and their perspectives
- Collaborating with AAPI community organizations to improve outreach and services

We invite our staff and community to celebrate and learn about the richness of all AAPI cultures and contributions.



Relevant Links

Historical References

- [*Asian & Pacific American Heritage Month*](#)
- [*Asian American Timeline - Immigration, Achievements & Famous Firsts | HISTORY*](#)
- [*Polynesian Voyagers Reaching the Americas*](#)

Books

- [*20+ books we recommend by AAPI authors*](#)
- [*AAPI Heritage Month 2025 - UC Berkeley Library Update*](#)
- [*Asian & Pacific American Heritage Month*](#)
- [*Books by Native Hawaiian and Pacific Islander Authors | Penguin Random House*](#)
- [*Pacific Islander Authors \(196 books\)*](#)

Movies/Documentaries

- [*Asian & Pacific American Heritage Month*](#)
- [*Asian American veterans share emotional stories 50 years after Vietnam War*](#)
- [*Savour the Stories: Celebrate Asian Heritage Month with CBC | CBC News*](#)
- [*The Asian American, Native Hawaiian and Pacific Islander Experience - PBS*](#)

Articles

- [*East End Filipino Fest comes to Alameda*](#)
- [*Give In May Campaign Supports AANHPI Communities Nationwide – NBC Bay Area*](#)
- [*Growth of Asian American, Native Hawaiian and Pacific Islander Heritage Month – NBC Bay Area*](#)

Local Events

- [*AANHPI San Francisco Bay Area, CA Events 2025*](#)
- [*AANHPI South Bay Festival 2025*](#)
- [*Discover Aapi Events & Activities in Bay Area, CA | Eventbrite*](#)

Resources

- [*Asian Health Services*](#)
- [*Center for Empowering Refugees & Immigrants - Homepage*](#)
- [*Filipino Advocates for Justice – Since 1973 - Homepage*](#)
- [*Korean Community Center of the East Bay - Homepage*](#)
- [*Pacific Islander Wellness Initiative - RAMS*](#)
- [*RAMS - Homepage*](#)
- [*The Hume Center - Homepage*](#)