



Dear Colleagues,

The Asian Pacific Islander Community continues to be challenged with various barriers in accessing much needed mental health services. These include stigma due to lack of awareness and inadequate education about mental health issues, limited access and support for accessible care, minimal culturally appropriate services and questionable quality care. Understanding that changes in policy can better the lives of the those in need of mental health services, we must seek strategies for advocacy and empowerment through legislative and policy-making activities.

Fresno County Department of Behavioral Health (DBH) invites submissions for the **2019 API Mental Health Empowerment Conference** to present and/or facilitate workshops to highlight and help address the following barriers through the lens of legislation, policy, or advocacy activities:

1. Outreach, Education and Access: Promoting understanding, hope and linkage to services.
2. Culturally Appropriate Services: addressing individual's and family's needs, as well as, trauma informed care.
3. Quality Services: a) Specific Population: Children, adolescents, older adults, LGBTQ, addiction, cooccurring disorders, etc. b) Specialty Services: Medication, Psychiatry, Nutrition, Internal Medicine, Neurology, Genetics, etc.
4. Promoting Community Engagement

We ask interested members to submit a workshop proposal to address efforts to combat the identified mental health related barriers to the Asian Pacific Islanders and their families living with mental illnesses. Our ultimate goal is to empower them with insight and resources which serve to strengthen culturally competent community services, create policy and funding opportunities, and linkages to API advocates throughout the state.

those in need of mental health services. Your interest also serves to strengthen the support to the Asian Pacific Islander Community through sharing of your knowledge and compassion.

Sincerely,
Dawan Utecht
BEHAVIORAL HEALTH DIRECTOR
FRESNO COUNTY DEPT. OF BEHAVIORAL HEALTH

