



# Institute for Community Health

Building sustainable community health, together

A collaboration of the Cambridge Health Alliance, Mount Auburn Hospital, and Partners HealthCare

Winter 2012/2013

## Asian Mental Health Forum

In June of this year, Massachusetts-based community researchers, care providers, and advocates came together for the third annual Asian American and Pacific Islander Mental Health Forum. ICH researcher [Shalini Tendulkar, ScD, ScM](#) and former ICH researcher Jocelyn Chu, ScD, MPH, both of whom have expertise in the area of Asian mental health, participated on the planning committee for this event.

The topic of this year's forum was "Fostering Healthy Minds in Children and Families," which sought to address mental health issues such as post-partum depression, depression in the youth, and maternal and paternal depression in the Asian American and Pacific Islander (AAIP) population of the Dorchester neighborhood in Boston.

These forums have been held in communities where mental health concerns are prevalent in the population, and aim to bring together mental health practitioners, educators, public health organizations, policy makers, researchers, educators, and the community to talk about mental health and address the silence and stigma surrounding the issue. This year's forum was sponsored by the [Boston Public Health Commission](#), [Massachusetts Department of Mental Health](#), [University of Massachusetts Boston](#), [Substance Abuse and Mental Health Services Administration](#) (SAMSHA), and [Project Launch/My Child](#).

"What this experience has made us all realize is that there are many people interested in working with AAPI communities around mental health, there are a lot of opportunities, and we need to come together and collaborate more," said ICH's Tendulkar.

The four tracks focused on in this year's forum were [community-based participatory research \(CBPR\)](#), workforce development, integrated care, and consumer involvement. Tendulkar – who spoke at the forum about using CBPR to address community mental health concerns ([click here for a video of Tendulkar's talk](#)) – was joined by three other speakers who discussed the Massachusetts AAPI mental health landscape and described why and how these approaches can offer value in addressing mental health needs of AAPI communities in Massachusetts.

With the successful conclusion of the third forum, thoughts turn to next year.

"We are currently planning next year's forum and bringing the various stakeholders together," Tendulkar said. "The forum will focus on empowerment, engagement, and recovery."



*Forum Planning Committee Pictured (L to R): Niem Nay-kret, Dr. Ed Wang, Dr. Shalini Tendulkar, Dr. Carolyn Leung, Chien-Chi Huang, Dr. Jocelyn Chu, Dr. DJ Ida, Latifa Hasan, Henry Thien. (Dr. Pata Suyemoto not pictured above.)  
Photo courtesy of Asian Mental Health Forum.*