

Advance

SUMMER / FALL 2009

ACMHS Playgroups Take Root at “Lotus Bloom”

Immigrant parents, who are struggling to adjust to a new environment while navigating the trials of parenthood, have an acute need for culturally-competent and affordable preschool environments. This is where ACMHS’ bilingual playgroups come into play.

On March 7, ACMHS’ playgroups moved to Lotus Bloom Child and Family Resource Center, a three-room storefront at 2008 Park Blvd. eponymous to the organization dedicated to programming for multicultural, low-income families.



Staff lead a playgroup with children and their parents.

ACMHS educators hold playgroups and parenting seminars in Vietnamese on Mondays and in Mandarin and Cantonese on Tuesdays.

“We’re really happy [at Lotus Bloom] because we’re working in a collaborative way with other educators,” said Family Support Services Supervisor Katherine Chun. “There are not enough low-cost preschools in the East Lake area. With programs specifically for low income families, parents can spend more time with their children.”

Funded by First Five Alameda County Every Child Counts, the program can catch uninsured children who would otherwise slip through the

cracks. In collaborating with Lotus Bloom, ACMHS has maintained its focus on assisting monolingual Asian families, particularly since many families that participate are recent immigrants.

ACMHS began holding developmental playgroups four years ago, with a criterion of screening for developmental delay. Through free play, parents would learn to follow their children’s cues, while children would acquire self-help and interpersonal skills.

After First Five studies identified the need for more parental guidance, ACMHS added parenting classes conducted simultaneously with separate activities for the children. In 2007, ACMHS became one of 46 funded partners in the 2007-2009 Community Grants Initiative and received a Parenting Partnership Grant from First Five to “provide parent group meetings and parent-child developmental playgroups to 65 Asian parents and their children.”

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Letter from the Executive Director

Dear Friends,

In March, the Board of Trustees appointed Lawrence C. Fong, MPH, as ACMHS' Executive Director. Larry has worked at the Idaho State Public Health Department, Kaiser Permanente Hospital Clinics and Health Plans, and most recently served as CEO of Del Norte Clinics for the past five years. Joining ACMHS is his first major venture into mental health services.

My journey to ACMHS is rooted in a personal commitment to the East Bay community. I spent much of my childhood in Oakland: enjoying weekends with my grandmother on Alice Street, playing basketball at Lincoln Square Park, and taking Chinese class at the local community center. I have witnessed the growth of the API population here and understand that there are great needs that only ACMHS has the capacity to fulfill.

At ACMHS' 35th anniversary gala in May, I had the honor of presenting service awards to eight staff members who have each committed 20 or more years to the agency. It was a poignant moment for me as one of the newest members of ACMHS' family to be able to thank these veterans. Seeing the tremendous difference they make in the lives of our underserved community and knowing that we have an entire team of equally dedicated staff members reaffirmed my decision to join ACMHS as the Executive Director.

The Board of Directors and I have three major goals over the next five years. Like many community-based organizations, our first priority is to ensure that the organization can consistently meet its mission in these challenging financial times. Too often, immigrant and mental health services are the first areas to receive cuts. We will work to diversify our funding sources and advocate for the needs of our consumers.

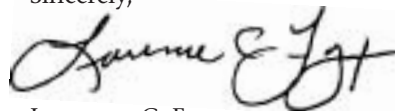
The second major goal is to find opportunities for partnerships and collaboration with other nonprofits. We will seek opportunities to integrate our services with other nonprofits who share our goals and consumer population.

The third major objective is the purchase of a building. ACMHS has experienced tremendous growth in the past decade. With the increase in new Asian refugee and immigrant groups such as the Burmese, Nepalese, Mongolian and Tibetan populations, ACMHS needs a

larger, permanent home for our services that can accommodate the needs of our community.

In these challenging financial times, we must focus on our mission: to empower the most vulnerable members of our community to lead healthy, productive and contributing lives. Our mission has not deviated and our vision will not waver. Together with your support, we can address the challenges we face and achieve the goals we set.

Sincerely,



Lawrence C. Fong, MPH
Executive Director



Executive Director Lawrence C. Fong, MPH

CHILDREN'S HOSPITAL | A SYMBIOTIC EXCHANGE— Consumers Cook for Family House Residents, Gain Work Skills

Families staying at the Family House at Children's Hospital and Research Center Oakland constantly move between the House and the Hospital, checking on their children at all hours of the day with little thought for a proper meal. However, since February this year, a family may return to the Family House and be greeted by the pungent scent of traditional Cambodian curry or the sound of Chinese vegetables sizzling hot off the wok.

In the latest AsianWORKS initiative, ACMHS' clients cook meals for Family House residents four times a month. Family Support Services Director Esther Wong, who directs AsianWORKS, launched the cooking program after she and a Children's Hospital social worker recognized the mutual benefits to both ACMHS' clients and families with sick children in the hospital. Clients develop a sense of self-satisfaction and pride from helping others while families, the majority of whom are on MediCal, receive free Asian meals cooked on-site at the Family House.

"AsianWORKS clients are on welfare to work, so this program fits in very nicely to help them attain work skills," Mental Health Specialist Irene Fu said.

Since CalWORKS limits welfare to five years with specific work requirements, after five years in the program, the clients need to go back to work or they no longer receive income.

"We try to help them to build up their skills so they can take care of themselves in the future," Fu said.

Fu accompanies the Vietnamese and Chinese groups and Mental Health Specialist Sony Chhom escorts the Cambodian group. Fu or Chhom will meet her group of clients at the Children's Hospital Family House at 10:30 a.m. and they will cook until noon.

"The clients are really happy to see the thank you cards from the families," Fu said. "Once they go, they feel their time is worth it and they feel useful."

Many clients stay home due to language barriers and do not meet many people outside their immediate vicinity, so the cooking program is an opportunity for them to get to know each other and develop social skills, Fu said.

Each group, consisting of two to five clients, makes a lunch meal traditional to their culture and paid for by ACMHS.

"After we're done with the cooking we set out the food and leave," Fu said. "However, the people working at the Family House say more people are there for dinner and they eat leftovers from lunch."



Esther Wong reads thank you letters sent from the Children's Hospital families.

AsianWORKS is ACMHS' CalWORKS program designed for eligible, low-income Asians with linguistic barriers and behavioral health needs. AsianWORKS services are offered in Chinese, Vietnamese and Cambodian.

BURMESE | ADDRESSING AN EMERGING NEED –

ACMHS Hosts Groundbreaking Burmese-Focused Workshop

On August 14, ACMHS will host the first ever mental health outreach and education program in the U.S. aimed at empowering Burmese-speaking participants to identify common diagnoses, relate to treatment and services for various age groups and learn key terminology and services in the Burmese language and cultural context.

According to the U.S. State Department, Burmese refugees from the past five years formed the largest group of Asian refugees since the Vietnam War, with a recent increase in refugees and undocumented migrants along the Thai-Burmese border following the military crackdown on the Saffron Revolution in August 2007 and the Nargis cyclone in May 2008. The estimated 30,000 Burmese in the Bay Area consist of refugees, family-sponsored migrants and political asylum seekers, many of whom participated in the 1988 student uprising in Burma. In April of this year alone, 40 new arrivals settled in Oakland, where challenging job and housing markets may force them to relocate once again, away from developed familial ties and perceived community support. However, the lack of Burmese-speaking providers and mental health interpretation training contribute to the systemic inadequacies that deny mental healthcare access to Burmese immigrants with limited English skills.

The emerging need among the Burmese refugee population has been largely unaddressed. Assessments of Burmese refugees have found elevated levels of depression and anxiety symptoms, and post-traumatic stress disorder scores comparable to those affected by war. All Burmese refugees experience eight of nine problem areas, including family disruption and legal issues arising from substance abuse and domestic violence, which are identified to affect the diagnosis, treatment, and prognosis of mental disorders. Community members working directly with the refugees privately estimate that at least 50 percent of these new arrivals need mental health intervention or, at the very least, a screening.

The free, all-day program, entitled “An Overview of Mental Health and Developmental Disabilities Clinical Concepts, Services, and Terminology,” targets Burmese-speaking interpreters, caregivers and professionals at community- and faith-based organizations, as well as leaders in the Bhutanese, Mongolian, Nepalese and Tibetan communities. ACMHS staff will facilitate sessions on terminology and services in the Burmese cultural context and age-specific mental health and developmental disabilities issues.

ACMHS is also collaborating with the Alameda County Behavioral Health Care Services and agencies like Refugee Transitions (RT), an organization that offers newcomers language and academic training. On June 15, ACMHS staff members conducted outreach and education at RT to raise awareness about trauma and the

Continued on next page

FINDING THE KEY—

Resource Fair Highlights Resources for the Developmentally Disabled

Most resource fairs are inaccessible to monolingual ACMHS clients and their families. Upon noticing this, Family Support Services Director Esther Wong decided to hold a resource fair for clients with developmental disabilities, specifically those with mental retardation, autism, cerebral palsy, epilepsy and Down syndrome. Each year, ACMHS collaborates with the Regional Center of the East Bay (RCEB) to host an educational event, typically an annual conference. However, this year, Wong invited 38 outside agencies, including government agencies and regional vendors and providers, to participate in the first Asian Resource Fair at the Bay Area Chinese Bible Church May 16.

ACMHS' multicultural and multilingual background and mission proved invaluable in providing language-specific support to clients. ACMHS sent letters to clients in their specific language inviting them to the fair, where ACMHS case managers translated for the 106 clients and family members who attended. The resource fair format was especially useful in addressing developmental disabilities because of the particular nature of each client's specific needs, Wong said.

The flexible format allowed clients to stop by any time between 10 a.m. and 3 p.m. and stay as long as they needed, while an on-site playground provided a welcome distraction for children. RCEB's Director of Community Resources Francine Davis delivered a keynote address discussing the importance of close relationships between providers and clients and touching on the state budget problems and their effects on providers and clients alike.

In recent years, ACMHS' annual conferences have addressed topics such as adult programs and early childhood development. Given the success of this year's resource fair, Wong plans to hold a resource fair every few years to address individual-specific topics and increase client contact with providers.

Burmese-Focused Workshop continued from previous page

Burmese cultural context in accessing mental health services among staff and volunteers, who are often the first to notice signs of problems during home visits.

**For more information on "An Overview..." contact Quality Assurance Coordinator Maha See at MahaS@acmhs.org.*

MEASURE OO | MOVERS AND SHAKERS IN OAKLAND— AYPAL Interns Champion Measure OO

This year, youth interns enrolled in the Asian/Pacific Islander Youth Promoting Advocacy and Leadership (AYPAL) program championed Measure OO as a central feature of their three-year-long campaign addressing violence in Oakland. Interns advocated for Measure OO to increase funding for after-school programs in Oakland, to give youth resources to stay off the streets, and to establish an eventual expansion of children services once the city's budget begins to grow again.



AYPAL interns speak at a Measure OO rally.

AYPAL joined Kids First 2, a coalition of 20-30 youth service providers and community allies, as part of their collaborative campaign activities. Interns also helped plan two press conferences attended by 700 allies from Kids First 2 and the community in front of City Hall and organized five legislative visits to investigate city council's stance on the campaign. The youth reached out to the community through a block party in Fruitvale where they presented cultural performances to educate 500 participants about Measure OO and a Halloween campaign titled "Trick or Vote."

After helping to collect 48,000 signatures to put Measure OO on the November Presidential Election ballot, AYPAL youth telephoned 900 people by phone and encouraged people to vote on Measure OO through outreach on AC transit buses and at BART stations. In addition, they distributed lawn signs and posted banner drops above freeway overpasses.

Measure OO passed last fall, but the city council expressed reservations. During the city's attempt to repeal the measure, AYPAL youth mobilized scores of young people to attend three city council meetings and articulated their campaign efforts and the necessity of after school programs before the council.

Thanks in part to AYPAL's three-year-long campaign, instead of a full repeal of Measure OO, the July 21 ballot presented a new children's compromise, which would increase funding for kids from the 2.5% allocated by Measure K to 3.0%.

Those interested in future children's advocacy efforts should email contact information to info@kidsfirstoakland.org or contact AYPAL Campaign and Communications Coordinator Armael Malinis at (510)869-6036.

CONSUMER INTERN | ON THE POWER OF PURPOSE— **Transformative Promotion Gives Consumer Intern a Chance to Shine**

“I’m glad my nametag changed from volunteer to intern,” Angie* mused, examining the laminated badge clipped to the collar of her jacket. Perched on the edge of her seat with a broad smile, Angie proudly discussed her recent promotion from a consumer volunteer to a consumer intern earlier this year.

“It made me feel like an employee,” Angie said, with an emphatic nod. “And they treat me like an employee.”

Angie suffered from schizophrenia and was hospitalized six times after she was laid off from her job as an Oakland Unified School District food service assistant in 2002.

“I was hearing voices, acted out on those voices, and thought that someone was coming to get me,” Angie said, “I ran away from home and was homeless for a month and I was really scared; then, police picked me up and put me in the hospital.”

Angie received treatment at the John George Psychiatric Hospital and transferred to Villa Fairmont Mental Health Center, where staff referred her to ACMHS for continued treatment upon discharge. She now receives monthly treatment and is better able to manage her symptoms. Seeing dramatic improvements in her health, her therapist suggested that Angie begin volunteering as a consumer volunteer.

“Now I seem to have direction in my life and I don’t hear voices anymore,” Angie said. “I have met a lot of new friends at work. We go out to eat sometimes and share DVDs and go window-shopping.”

The Consumer Volunteer (CV) program is an ACMHS vocational rehabilitation program for severely mentally ill consumers diagnosed with schizophrenia, major depression, bipolar and other disorders. Angie had volunteered twice a month since March 2008 when she was promoted to a consumer intern February 5.

“I like [being an intern] very much,” Angie said. “I am busy and I learn many new ideas and plans, and the supervisors are caring.”

Angie has three main duties as a consumer intern: supervising consumer volunteers, leading an exercise group and completing clerical work.

Angie mentors another intern who does not speak much English and oversees a group of five or six consumer volunteers as they work on various projects, such as folding pamphlets and collating paper into packets. She answers the consumer volunteers’ questions, teaches them to do projects, checks their work and sometimes works alongside them. Angie also co-facilitates an exercise group of six ACMHS clients every Tuesday afternoon alongside clinician Suong Pham. The group walks for an hour to places like the Oakland City Center, Jack London Square and Laney Community College, where they rest and play games like follow the leader and charades. However,

Continued on page 13

AYPAL ARTS | FROM GUERRILLA THEATER TO GRAPHIC ARTS

May Arts Festival Showcases Youth Achievements

The Asian/Pacific Islander Youth Promoting Advocacy and Leadership (AYPAL) interns electrified the Oakland Asian Cultural Center with an art showcase testifying to their growth during ACMHS' yearlong youth program. Over 300 spectators packed the venue to celebrate the culmination of the youths' achievement at the 12th Annual AYPAL May Arts Festival on May 21.

AYPAL, a collaborative project of five local community-based organizations, including ACMHS, empowers low-income Asian/Pacific Islander youth to pursue policy initiatives that improve the quality of life for young people and their communities. The May Arts Festival has been a core component of AYPAL since the program began 12 years ago. AYPAL youth use their required art projects to highlight the issues they learn about in AYPAL, such as racism, sexism, poverty and violence.

"These are all issues that teenagers face and they use arts as a vehicle to educate people about those issues," said AYPAL Campaign and Communications Coordinator Armael Malinis. "Most importantly, we incorporate arts with our campaign work, so it's not just art for appreciation but it's art to project a message and a creative way to advocate for social justice."



AYPAL – hip hop dance.

AYPAL interns, who began brainstorming ideas for their projects in October, performed some of their art pieces during press conferences, mobilizations and rallies while campaigning for Measure OO prior to the May Arts Festival. This year in particular, the arts projects were very diverse, including graphic arts, murals, guerilla theater and a video project, Malinis said. The diversity was a fitting reflection of each individual youth's personal growth through the program.

"In the beginning, the youth come into our program not knowing the potential that they have to complete these art projects," Malinis said. "They come in very shy and reserved, but by the end of the program they totally shine and they are able to express themselves and they are willing to speak up in public. That's the biggest highlight for me: the transformation from where they start from, how much they grow just within a year."

For the first time, AYPAL used the festival as a fundraiser and collected a sliding entrance fee, \$5 to \$20 for adults and \$3 to \$5 for youth. Along with their silent auction, AYPAL raised over \$2000 to fund its summer arts program, a series of art classes 6 to 8 weeks long during which AYPAL educates new youth about the internship opportunity.

“Most importantly, we incorporate arts with our campaign work, so it’s not just art for appreciation but it’s art to project a message and a creative way to advocate for social justice.”



Congratulations to the 2008-2009 class of ACMHS Graduate Training Program interns!

Top row from left: Michiko A. Carey, Kenichi Takahashi, Director of Graduate Training Program Lily Stearns, Ph.D., and Jane Yi. Bottom row from left: Xavier Chiang, Margaret O. Wilson, and Suellen Lee. Not pictured: Jeannie Kim.



ACCESS | COMMUNITY OUTREACH –

Quadrilingual Workshops Challenge Mental Health Stigma

Asian ACCESS is an ACMHS program that connects the community to basic mental health resources and services by disseminating mental health information and referral resources and conducting screening and brief treatment services. The bulk of their work consists of crisis stabilization, which may involve home visits, and connecting consumers to community resources, including doctors and psychiatrists.

The team is currently holding free, drop-in workshops to provide the community with basic psychoeducation about mental health issues, with a focus on anxiety and depression, two common symptoms and mental health disorders. The ACCESS team members facilitate the programs in Mandarin, Cantonese, English and Vietnamese.

The ACCESS team organized these workshops as part of an outreach initiative to overcome cultural stigma around mental illness in Asian and Pacific Islander communities. The workshops are currently in a trial period and the ACCESS team is still fine-tuning them, said mental health specialist David Wu, but ACCESS plans to develop additional workshops in the future to address other relevant topics, such as psychotic disorders.

“Workshops in mental illnesses in Asian languages are not readily available,” Wu said. “It is important for our communities to recognize and go about treating these if needed.”

The presentations include ways to recognize each symptom and available treatments and resources, and conclude with a brief screening to assess the attendees or family members.

“Some people are concerned about their family members and ask for services for themselves or their loved ones,” Wu said. “Others want refreshers on what’s available and how to recognize and treat [depression].”

In addition to the workshops, which are held from 1 to 3 p.m. in Room 101 in the Asian Resource Center, the ACCESS team also conducts mental health outreach for community groups, and has presented at street fairs and a local police precinct.

The Asian ACCESS program began in October 2006 as a community-based service center providing mental health information, referral resources, screening and brief treatment services. Proposition 63 Mental Health Services Act Funding provides financial support through the Alameda County Behavioral Health Care Services.

UPCOMING WORKSHOPS

August 13

Understanding Anxiety

~Vietnamese

August 20

Understanding Anxiety

~Mandarin



ACMHS playgroups continued from page 1

“We really believe in our current model,” Chun said. “Initially, it was easier with the developmental playgroup since parents supervised their own children the whole time, but in this new model with classes for parents, playtime allows parents to practice what they learn about communication, bonding, and following the child’s lead.”

During each playgroup, two bilingual ACMHS educators conduct activities for the children while another two facilitate parent discussion on topics like discipline and managing parental stress within a cultural context. Parents talk about their own cultures and cultural differences in the way children are treated, with an aim to give parents different perspectives on parenting.

“Parents are so appreciative,” Chun said. “We’re trying to reinforce that parents have a lot to offer to children. Children in America don’t only benefit from American things or the English language. Our playgroup challenges the English-only myth. No studies support the assumption that speaking and interacting with their children in their native language will diminish English language ability.”

Chun emphasizes that parents play a valuable role as the first teachers to children. Parents share cultural songs and nursery rhymes and become integrated into a close community through the playgroups.

“Immigrants often feel isolated and completely responsible for their kids’ actions and mistakes,” Chun said. “Being in a group setting helps parents realize that there are resources to help with parenting and teaching one’s child and parents become resources for each other.”

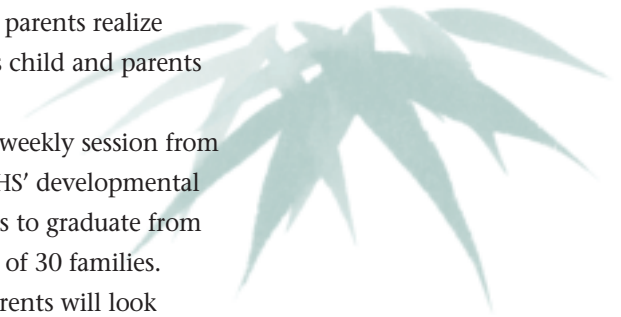
Families register and commit to a 16-week program, with a weekly session from 10 a.m. to noon. Unlike day-care services, Lotus Bloom and ACMHS’ developmental playgroups require parent attendance; so on June 15, the first class to graduate from the new Lotus Bloom center truly celebrated the accomplishment of 30 families.

“There’s a real sense of ownership within the group, and parents will look over each others’ children, and look over the group and say ‘These are our children,’” Chun said.

Chun hopes to begin more language groups for Cambodian and Burmese families, whose local populations have been on the rise and would benefit. Another goal is to increase involvement from outside agencies. Recently, the program received a nutrition grant from Kaiser aimed at preventing childhood obesity. Adding the grant to resources and having Kaiser nutritionists show parents how to prepare healthy meals are part of a drive to integrate and increase resources relevant to the families.



Children and their guardians participate in bonding activities.



GALA | SUCCESS WRITTEN IN THE STARS— 35th Anniversary Gala Soars “Above and Beyond”

Award Recipients

NEIGHBORHOOD ADVOCATE AWARD

Refugee Transitions

VISIONARY AWARD

First Five Alameda County Every Child Counts

SERVICE AWARD

Mai Champlin, John How,
Suon In, Noriko Inagaki,
Joan Neveu, Tuong-Vi Ta,
Esther Wong, and
Han Yun

PORTRAIT OF HOPE

Wenna Li

Two-hundred and forty guests united to celebrate ACMHS' 35th Anniversary Gala at the Chabot Space and Science Center on May 7. The annual fundraising event, themed *Above and Beyond:*

Nurturing Our Next Generation, recognized individuals and organizations that have gone “above and beyond” to help the mentally ill and developmentally disabled.

ACMHS presented Refugee Transitions with the *Neighborhood Advocate Award* for outstanding service in helping refugee and immigrant families achieve self-sufficiency in the United States, and awarded First Five Alameda County Every Child Counts with the *Visionary Award* for leadership in developing and funding critical educational and support services for children through their first five years.

The *ACMHS Service Award* went to Mai Champlin, John How, Suon In, Noriko Inagaki, Joan Neveu, Tuong-Vi Ta, Esther Wong, and Han Yun. The *Portrait of Hope* went to Wenna Li, a consumer parent.

Emmy-award winning NBC Bay Area Meteorologist Rob Mayeda returned to emcee the event, which featured an opening performance by the Shaolin Damo Chan Kung Fu Monks from Hur Nan Song Shan Shaolin Temple. Guests enjoyed a wine reception, buffet dinner, and silent and live auctions, with ACMHS' founding board member Loretta Huahn donating a \$10,000 lead gift for this year's Fund-the-Need.

The benefit successfully raised more than \$50,000 to support ACMHS' free and low-cost programs for over 3,000 low-income, East Bay residents. “Above and Beyond” relied on the generosity of a host of silent auction and live auction donors, and the gracious sponsorship of: Kazan, McClain, Abrams, Fernandez, Lyons, Greenwood, Harley & Oberman Foundation, Inc.; East Bay Formosan United Methodist Church; New Oakland Pharmacy; Union Bank of California; Alta Bates Summit Medical Center; Bernstein Global Wealth Management; Kaiser Permanente; Kathy Doan and Martin Witte; Asian Health Services; Family Bridges; and Stella Wu-Chu.



ACMHS honors First 5 Alameda County Every Child Counts and Refugee Transitions. From Left: First 5 CEO Mark Friedman, Emcee Rob Mayeda, Refugee Transitions Executive Director Laura Vaudreuil.



Larry Fong welcomes Tides Foundation Project Director Kathy Ko.



Guests included agency supporters, consumer relatives and community leaders. Pictured: Regional Center of the East Bay Executive Director Jim Burton (center) with Anna Wang and Sylvia Yeh.



ACMHS staff members Han Yun, Joanie Neveu, Esther Wong, and Suon In were honored with Service Awards. They are joined onstage by Rob Mayeda (far left) and Cindy Yee (far right).

Gala photos by Stephen Kwok

Advance articles by Tiffany Chan and Will Dao

Mari Nakamura Design | Johnny Ng • At Printing

Consumers Cook continued from page 3

In the future, Wong and Fu hope to expand the cooking program. Ideally, clients would use a health-certified kitchen in a restaurant to cook food which they could sell.

"We don't know if we can reach this goal," Fu said. "Hopefully we can, but we're still looking for a kitchen."

In the meantime, both the clients making the meals and the families receiving them are pleased with the cooking program, as evidenced by continued client attendance and the many "Thank You" cards lining Wong's office.

Consumer Intern continued from page 7

Angie's favorite duty is clerical work, which consists of tasks like data entry and proofreading documents.

"[Now] I get paid as an intern and I know the rules of being a worker," Angie said. "You have to be mentally and physically able to do work, follow rules and develop a work ethic."

Angie looks forward to rejoining the workforce and recognizes that the CV program is helping her achieve that goal.

"After I started volunteering here, I got new goals," Angie said. "I was thinking of retiring early, but now I'm thinking about getting a part-time job as a peer counselor."

As an intern, Angie is paid a stipend, but she aims to apply for a regularly paid position as a peer counselor. Angie works at ACMHS Mondays through Thursday and attends a Wellness Recovery Action Plan (WRAP) class for two hours on Friday. The class teaches her about mental health, her own recovery and symptoms, and how to facilitate a similar WRAP group at ACMHS. Angie is also on the waiting list for a peer counseling class, which she must take before she can become a peer counselor at ACMHS.

Until then, Angie is focused on increasing her responsibilities, exercising leadership skills and shaping her own future.

**Name has been changed to protect the privacy of our consumer.*

Your contribution matters.

In 2008-2009, your donation to ACMHS:

- Reduced the stigma of mental illness within the Asian & Pacific Islander community. Through free, multilingual workshops, Asian ACCESS' monthly programs educated the public about key mental health issues like anxiety and depression that are relevant to our day-to-day lives.
- Doubled the size of the Consumer Art Group, which provides an outlet of creative expression for severely mentally ill clients. Using art as therapy, the group proudly exhibited their woodblock prints at the Oakland Public Library Asian Branch this year.
- Empowered our clients to become contributing members of society. ACMHS' AsianWORKS program teamed up with Children's Hospital to provide healthy meals for families caring for their sick children.

On behalf of the ACMHS Board, staff and clients we serve, thank you to everyone who contributed for your generous support. The following list includes gifts of \$100 or more received between July 1, 2008 and June 30, 2009.

\$10,000–\$49,999

Loretta Huahn
Kazan, McClain, Abrams, Fernandez,
Lyons, Greenwood, Harley &
Oberman Foundation, Inc.
Wells Fargo Foundation

\$5,000–\$9,999

GE Foundation
Kaiser Permanente
Public Affairs Department

\$1,000–\$4,999

Alta Bates Summit Medical Center
Asian Health Services
Bernstein Global Wealth Management
Car Program Inc.
Henry & Maria C. Dear
Kathy Doan
East Bay Formosan
United Methodist Church
Family Bridges, Inc.
Fidelity Charitable Gift Fund
Janet Han
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Erika Jackson
Kaiser Permanente
Hon. Ken Kawaichi & Susan Tamura
Benjamin & Doris Keh
Margaret Kim
Laurel Industrial Company, Inc.
Sandra Lee
David Lefkowitz &
Elizabeth Gong-Guy
Metropolitan Arts Partnership

Leroy Morishita &
Barbara Hedani-Morishita
Mountain View Cemetery
New Oakland Pharmacy, Inc.
Joseph Pasquariello
Luana Shiba-Harris
Scott Shin
Sian & Christopher Shumway
Sybase, Inc.
Teresa Tan
Gary Templin & Gloria Wong
Union Bank
United Commercial Bank
Stella Wu-Chu

\$500–\$999

Anonymous
Bay Area Rapid Transit (BART)
Chevron Humankind
Employee Funds
Alfred & Arline Chinn
Community Health Charities
Donate for Charity, Inc.
Filipinos for Affirmative Action
Bruce & Eda Soo Fukayama
Hyphen Magazine
Ineko Ito*
JFC International Inc.
Brendan John
Leonides & Anthony Jong
Lake Pharmacy
Lee's Florist & Nursery
Joyce* & James Lim
Tim Lukaszewski*

Monument LLC
Joan* & William Neveu
OASES
PG&E Campaign for the Community
Srinoi Rousseau & Philip Jimenez
Schwab Charitable Fund
Anonymous
Stark Miller Financial Benefits Group
N. Sharron Sue & Eugene Tomine
Wilson Tang
Telecare Corporation
Ruby Tom
Eugene Tomine, Attorney at Law
Wells Fargo
Community Support Campaign
Youxian Wen
Martin Witte
Word Works Therapy
Jane Yi*
Tok Yi
Danny & Jocelyn Yuen

\$250–\$499

AFIS Benefits
AT&T United Way/
Employee Giving Campaign
Bank of America
United Way Campaign
Bank of the West
Employee Giving Program
Berkeley Office Interiors
Wendy Bomberg*
Aileen S. Butler
Tsung & Sylvia Chang
Sachin S. Chaudhry
Jeoung Choi
Feng-Yu Chou
Katherine Chun* & Helen Kwong
Peter & Joyce Dao
Will Dao*
E.B. Auto Service
EBALDC
John K. Fong*
Sharon Gee*
Judy Gong
Google Matching Gifts Program
Jon Gresley & Gudrun Dybdal
Mark & Shirley Hipperson
Lisa Hoffman
Ki Sang Ip
Kotomi Ito*
Danya Jang
Norihisa & Akiko Kobayashi
Korean Community Center
of the East Bay
Albert Lau
Colleen Lee* & Patrick Mercer
Bessie & Wai-Bong Lok
Marvin Mah

John Mallory
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 Oto Bailey Fukumoto & Mishima, Inc.
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 Portia Bell Hume Behavioral Health
 & Training Center
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empowering the most vulnerable members
of our community to lead healthy,
contributing, and self-sufficient lives.*

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