

Montgomery County – DHHS
Asian American Health Initiative (AAHI) Steering Committee Meeting
September 11, 2018

Steering Committee	Present	AAHI Staff	Present
<i>Organizational Members</i>		Perry Chan	X
Ji-Young Cho	X	Betty Lam	
Wilbur Friedman	X	Karlie Leung	X
Yuchi Huang	X	Sanjana Quasem	X
Michael Lin		Samikshya Sapkota	
Hina Mehta	X	Sophia Yoon	X
Mayur Mody			
Sam Mukherjee	X		
Nguyen Nguyen (Chair)	X		
Tho Tran	X		
Thomas Tran			
Sovan Tun	X		
<i>Individual Members</i>	<u>Present</u>	<u>Guests</u>	<u>Present</u>
Nerita Estampador	X	Kate Lu	X
Meng K. Lee (Vice Chair)			
Sunmin Lee			
Cynthia Macri	X		
Judy Wang			
<i>Affiliate Members</i>	<u>Present</u>		
Anis Ahmed			

Welcome (Nguyen Nguyen, Chair)

- Nguyen Nguyen called the meeting to order at 6:16 PM. He thanked Kate Lu, Director of the Pan Asian Volunteer Health Clinic (PAVHC), for coming to share information about the new mental health services program at PAVHC.

Chinese Culture and Community Service Center (CCACC) Mental Health 360 Presentation (Kate Lu)

- Kate is the director at the PAVHC and is also a social worker for the Adult Day Care Center at the Chinese Culture and Community Service Center (CCACC). The PAVHC serves the pan-Asian community in Montgomery County and is one of the 12 safety net clinics in the county.
- The clinic provides direct medical care as well as various other services, including senior mental health services and mental health services for American-born children. It also has the STOP B Program which provides treatment and preventative care to address the healthcare services gap for Hepatitis B, as the disease is prevalent within the community. A program is currently under development specifically for families with special needs children as well.

- The Mental Health 360 Program provides services for the low-income population in the county. The program is based on two models: (1) integrated primary care and behavioral healthcare;(2) mental health interventions, including Eastern wellness philosophies.
- This program has four service areas including public health education, direct mental health services, service network, and outreach. Currently a culturally appropriate health service network is being developed to link patients to mental health resources and Asian-language speaking mental health service providers in Montgomery County. The program also does community outreach, working with the University of Maryland and faith-based organizations.
- Initially, the program focused primarily on providing education to Health Care Service Providers (HCPs), including doctors, nurses and adult day care staff members. Various talks and seminars were organized for HCPs to understand the importance of reducing the stigma around utilizing mental health care information and to improve their communication to be more culturally appropriate. Community talks were organized later on to address issues community members had interest in, including stress management and caring for family members with Alzheimer.
- Another component of the program was an article connect. Community members were asked to write essays on mental health and seeking mental health care. A group of therapists, psychologists, and psychiatrists chose which articles would be published.
- Perry Chan asked how many community physicians currently work at the clinic. Kate answered that there are 15 now and an additional four are in training and will join the clinic soon.
- In 2018, PAVHC added a series of parenting communications workshops led by a psychologist and professor from the University of Maryland. Her focus is on parent-teen communication and school bullying prevention.
- The program also includes a pain management component. Community members from the Adult Day Care Center were given a survey to gauge interest in acupuncture and other methods of addressing chronic pain. A volunteer acupuncturist works at the PAVHC with community members dealing with chronic pain.
- Workshops for families with children of special needs are also being developed. Parents of children with special needs are often under great stress and the clinic is in talks with special needs educators, school systems, and physicians to develop the program area.
- The 2018 Hear Me Out series is co-sponsored by the University of Maryland Asian Americans Studies Program, Calvin Jia-Xin Li Memorial Foundation, and the Chinese American Parent Association of Montgomery County. The series began with another article contest, asking American-born teenagers and their foreign-born parents to talk about communication issues with each other. The clinic printed all the articles for the community and have made them available in the clinic and on their website. Parents and children can also sign up for follow-up parenting workshops.

- Nguyen commented that people should copy the workshop model. Kate agreed and mentioned that the Asian American Pacific Officers Committee (AAPOC) has expressed interest in copying the model as well. It is a great event in that it helps children open up communications with their parents in addressing difficult topics.
- Kate emphasized that the program provides direct services to the community and links patients to health care services in Montgomery County. The program model aims to introduce people to mental health care services and guide them towards taking advantage of long-term health care services outside of the clinic. Long-term services include therapy and cognitive restructuring, which the clinic does not provide, but provides referrals for clients to access those services. The clinic visits county and community mental primary care providers to determine the best referral network for better long-term mental health care.
- Beginning in 2018, 32 patients have received treatment. Since 2017, 73 patients have received treatment and 103 psychotherapy sessions have been conducted.
- The clinic works with various programs and organizations in the county that provides mental health services to gain and exchange knowledge on addressing related issues, including domestic violence and marriage counseling services. This includes the Montgomery County Adult Behavioral Health Program, AAHI, Family Services, Inc., homeless shelters, Jewish Community Services, Korean Community Service Center of Greater Washington (KCSC), and the Chinese Mental Health Service Provider Network.
- Questions and answers session following Kate's presentation
 - Sovan Tun mentioned that while working with the faith-based organization and Buddhist pastoral care at Washington Adventist Hospital, people often reach out to him regarding mental health issues and he wonders if PAVHC works with faith-based organizations in providing mental health training.
 - Kate replied that though PAVHC does not have a specific program for faith-based organizations, but the clinic often works together with community groups to address cultural and religious differences to better reach patients.
 - Sovan suggested to introduce Kate to some Chinese monks from Taiwan whom he works closely with. Kate welcomed the idea.

ACTION ITEM: Sovan will introduce Kate to Chinese monks from the community.

- Cynthia Macri mentioned that the Asian American Center of Frederick is training community health workers at Frederick Memorial Hospital to reduce readmission and morbidity and suggested PAVHC can follow the model as well. She does not believe the Mental Health First Aid training is enough for community health workers to handle mental health issues in the community. With that in mind, she asked if the PAVHC can take advantage of a grant to train more community health workers in connecting community members to mental health services. She suggested the Substance Abuse and Mental Health Services Administration (SAMSHA) grant and asks if the Steering Committee (SC) can assist Kate

in applying for the grant. The grant application would be a larger community investment in mental health to help patients help themselves and others as a by-product. Cynthia also stated that mental health requires therapy and cognitive behavioral emphasis, not just medication.

- Kate noted that the PAVHC recently applied for a small grant from SAMSHA to conduct outreach on mental health awareness but has not heard back yet.
- Cynthia further stated that with the SC's connections and resources, they can provide support to organizations such as the PAVHC to apply for larger grants together. The grant can support different community groups at the same time which would then provide more services covering a larger demographic.
- Sam Mukherjee expressed that the SC has been thinking of developing an opioid crisis coalition to address the current opioid crisis. He inquired whether mental health management should be separated from the opioid issues and if there are enough resources to address both. Cynthia pointed out that the opioid crisis is a disease of despair and it is also a mental health issue. Opioid hotspots are located in areas with no education, resources, community centers or entertainment. The SC needs to articulate that our approach is a prevention strategy under mental health. Medication assisted therapy, self-management, and integrated eastern philosophy methods are missing in programs that received the SAMHSA grants and these methods should be articulated in the application.
- Kate agreed that there are many resources available in our community that we can take advantage of and mental health does not end with a psychiatrist. However, the PAVHC has received more assistance from psychiatrists than therapists.
- Nguyen suggested that due to time limitation, we may not be able to assist Kate in the SAMSHA grant application. However, it would be great to continue the discussion with Kate to pursue a grant application.
- Yuchi Huang agreed that Asian Americans need to think of themselves as a united community. The opioid crisis starts with pain management and alternative methods of pain reduction can be effective in reducing pain medication reliance. Education is another important component and the Chinese community has a lot of experience with providing education on these alternative methods. He agrees with Cynthia that a larger community need can and should be addressed in applying for funding.
- Ji-Young Cho inquired if the PAVHC program was supported by any grant. Kate answered that they are supported by Montgomery County Department of Health and Human Services (MCDHHS) but the support varies from year to year.
- Yuchi suggested that the PAVHC should publicize the success of their programs to other community groups. He suggested that other Asian communities may need a clinic environment for their population and PAVHC can provide the resources. For example, the clinic opens on Saturdays for the Vietnamese population to see a Vietnamese physician

from New York. This kind of arrangement can also be made with other Asian groups.

- Kate stated that the clinic has an outreach event on September 15, 2018 targeting various Asian groups to talk about their organization and share information and resources. There will be five health talks and multiple vendors scheduled.
- Ji-Young asked if the psychiatric and counselling sessions are provided in both English and Chinese. Kate answered that most sessions are currently conducted in Chinese since patients were referred by the community primary care physician. There are sessions conducted in English with second-generation Asian American patients.
- Ji-Young inquired if the counseling services is charged in a sliding scale or is it free. Kate stated that the counseling services are free but the clinic asks for a \$25 donation. For patients with insurance, the clinic will teach patients on how to take advantage of their insurance to access mental health services.
- The PAVHC received \$40,000 last year from Montgomery County to plan for events, develop programs, and to collect data.

Approval of Agenda (Nguyen Nguyen)

- Today's meeting agenda was shared with members prior to the meeting.
- A motion to approve the agenda was presented. Wilbur Friedman moved to approve the agenda and Yuchi seconded the motion. The agenda was approved.

ACTION: Meeting agenda approved with no objections.

Approval of Meeting Minutes (Nguyen Nguyen)

- The SC meeting minutes from July 10, 2018 were shared with members prior to the meeting.
- A motion to approve the minutes from July 10, 2018 meeting was presented. Wilbur moved to approve the meeting minutes and Nerita Estampador seconded the motion. The meeting minutes were approved.

ACTION: Meeting minutes approved with no objections.

Advocacy Update (Nguyen Nguyen)

- Perry mentioned that they would allocate time to discuss concrete action steps following the SC's discussion on scheduling meetings with elected and potential elected officials.
- Wilbur suggested that it may be best to wait until after the election as it may be a waste of effort to talk to people who may not get elected.
- Nguyen stated that it may be helpful to talk to potential candidates about AAHI so the SC can advocate more easily when the candidates are elected. He suggested AAHI to collaborate with Latino Health Initiative (LHI) and African American Health Program (AAHP).

- Yuchi stated that this is a great idea but should be mindful that AAHI is not endorsing any candidates. AAHI should invite all candidates, not just the major hopefuls. Sam agreed and stated that we should not invite candidates based on political party. Sam and Cynthia agreed that all candidates should be invited to avoid the appearance of endorsement.
- Cynthia mentioned that not all candidates will have time to talk to AAHI. The SC should create a document of talking points and provide them to all the candidates, no matter what party they are affiliated with.
- Nguyen clarified that AAHI does not endorse anyone. AAHI is neutral and the focus must be on serving the community.
- Ji-Young inquired if AAHI has done this before. Nguyen stated that AAHI has not done this on this scale before because there has not been such a big change in the county government for a long time.
- Sam stated that in 2006 and 2008, the SC tried to educate council members about AAHI's work, but they were not very receptive.
- Tho Tran stated that many organizations are preparing booklets and pamphlets. However, these materials may not be an effective way to catch a candidate's attention since they will be getting so many of them once they are elected. Instead, it would be more effective for the SC to talk to candidates in person. Since elected officials are often very busy, AAHI's messaging must be impressive. Sovan suggested that the SC should still provide materials so that the candidates can keep them for future use.
- Hina Mehta suggested sending invitations and a two-page summary of AAHI's accomplishments. For candidates that respond, the SC can discuss with them in more details. One meeting should be before the election and another after the election.
- Yuchi expressed that the SC should ask them what they can do for the Asian population, prompting them to research about AAHI and come to the table for discussion.
- Nguyen mentioned that due to limited time, we need a different strategy when advocating for AAHI after the election. Nerita noted that even if we do not have time to talk to the candidates before the election this time, these people will most likely be running for re-election next time and they will still need to talk to people in the Asian community in the future.
- Nguyen suggested to assign the task to the Advocacy Committee and focus our message for after the election. The SC should continue to work behind scenes during this time. Nguyen asked Yuchi to join the committee to provide his thoughts.

ACTION ITEM: Yuchi is invited to join the advocacy committee.

Program Updates (Perry Chan, Program Manager)

- Perry introduced AAHI's new Resource Coordinator, Sophia Yoon, who formerly worked with the Korean population at the KCSC. She hopes to serve the broader Asian community in this new position.

- Perry reported that after incorporating ideas from the SC and meeting with a consultant, he has drafted a mission statement for AAHI.
 - *AAHI's mission is to improve the health and wellness of the Asian American communities in Montgomery County by applying equity, community engagement, and data-driven approaches.*
- Perry brainstormed with the consultant and has identified four core work areas to capture AAHI's programs and efforts:
 - Community engagement – Conduct outreach to engage
 - Community empowerment – Provide technical assistance to empower
 - Capacity building – Create models and tools to demonstrate promising practices
 - System improvement – Influence changes to improve systems
 - The aim of these core areas is to ensure the effectiveness of AAHI's activities and continue moving the needle towards better health outcomes and more equity. These four core areas provide a platform for AAHI to collaborate and coordinate with other groups.
- Perry will continue to work with the consultant to set up key informant interviews and to better define the activities under the four core areas. The draft of the blueprint should be completed around November or December after focus groups and interviews are conducted. The information can be part of the communication packet the SC will receive before the final report is completed in May.
- Yuchi asked about the data-driven part of the mission. He is unsure where AAHI is getting the data from since AAHI is generating the data. Perry answered that the data-driven approaches will be included under the system improvement and capacity building core areas. AAHI generates initial data through pilot projects conducted and additional data can be found in needs assessments, journal articles and peer reviews, and evidence-based practices. Perry acknowledged that the data acquired from Montgomery County is far from perfect and Nguyen plans to speak with the County Council on September 21, 2018 on improving data collection. However, without the data-driven approach, AAHI is unable to improve the outcomes or assess the impact in the community.
- Yuchi suggested AAHI should mention that AAHI takes the leadership role in data collection and analysis. He believes that AAHI can become the data providers and include it as part of AAHI's service. AAHI would conduct the pilot program, obtain the data, conduct the analysis, and provide the information and knowledge that can be used by the larger community. This is one of the ways AAHI can empower the community.
- Perry agreed that this is part of the approach. AAHI also uses the data to identify needs in the community and responds to such needs. AAHI generates models and pilot projects to prove our successes.
- Ji-Young inquired about the summary of data from the population health report. Perry clarified that the report was released by the Public Health Officer, Dr. Travis Gayles and the document the SC received is a summary of data points related to Asian Americans in Montgomery County compiled by AAHI.
 - Tho requested that another copy of the report be sent to her.

ACTION ITEM: Perry will resend out the public health report electronically.

- Perry noted that AAHI will be attending multiple upcoming events. AAHI is currently organizing the Mental Health First Aid training. AAHI has developed another Mental Health Toolkit and it is available on AAHI's website.
- Perry reported that AAHI finalized the latest Mental Health Photonovel #4. AAHI will be launching the Photonovel on September 21, 2018 as part of Sam's event. Perry thanked Sam for allowing AAHI to collaborate with his organization and join his event.
- Photonovel #5 is in the planning stage and will focus on the loneliness and isolation faced by older Asian Americans. Perry requested input from the SC for this Photonovel. The AAHI staff will hold a planning meeting with the AAHI SC on October 3, 2018 from 6:00 PM to 7:00 PM. Interested SC members should join the meeting

ACTION ITEM: Interested SC members will attend the Photonovel #5 planning meeting.

- Perry continued to report that the next ECHO workshop will be held in the fall. AAHI is working with the Office of Emergency Management and Homeland Security to secure a speaker. The workshop topic is active shooter incident response. AAHI is expecting a high turnout.
- Perry thanked the SC for confirming their attendance for the retreat and thanked the retreat planning committee for their preparation. The retreat will be held on October 13, 2018 from 9:00 AM to 1:00 PM. The facilitator will be Gwen Crider and the retreat will be located at 1401 Rockville Pike. The agenda is still in development, but part of the retreat will focus on blueprint discussion and program planning. Uma Ahluwalia, Director of MCDHHS, may attend a networking lunch.

Organization/Event Highlights (Nguyen Nguyen)

- To build collaboration and to foster teamwork, Nguyen allocated some time for the SC members to provide highlights of recent or future events from their organizations.
- Sam reported that the Asian-American Inter Community Service (AICS) will launch of a new platform called "Access to Healthcare" on September 21, 2018. Access to Healthcare is a series of discussions focusing on different topics regarding health and well-being. He encourages the SC members to RSVP as dinner will be served.
- Sovan announced there will be many celebrations at the Cambodian Buddhist Temple next month. The Cambodian Community Day is postponed to October 7, 2018 due to the hurricane. On September 23, 2018, Sovan shared that the monks at the temple have planned a celebration for his retirement after having

served the community for 37 years. All are invited to attend. The celebration will start at 1:00 PM.

- Cynthia mentioned that she and Sam are running a chronic disease workshop in Virginia and it is in high demand. These workshops are certified by Stanford University and are perfect for doing community outreach. Cynthia is also conducting workshops aimed at veterans in Baltimore for addressing chronic disease self-management for six weeks and chronic pain self-management for another six weeks. The workshop occurs once a week for two and a half hours each session. The workshops are an evidence-based program with a self-management approach focused on people taking control of their own conditions.
- Tho noted that a Vietnamese Mid-Autumn Festival for families and children will be held on September 23, 2018. There will be food, entertainment, and vendors. Tho is requesting members to submit topics on mental health for their quarterly senior community workshops. They meet at the Long Branch Community Center on Tuesdays and Thursdays.
- Ji-Young announced a Korean festival in Howard County on Saturday September 15, 2018. The event maybe cancelled due to the hurricane. There is also a KORUS Festival in Tysons Corner on the first Saturday and Sunday in October (October 6-7, 2018).
- Yuchi mentioned the CCACC health fair on September 15, 2018. The PAVHC will be starting their traditional Chinese medicine treatments. He noted that physicians are needed to volunteer at the clinic for two or four hours a week or month. As a volunteer, physicians are welcome to use the clinic for their patients.
- Hina shared that a new temple in Gaithersburg recently held a health fair, but the turnout was low as the community is only starting to learn about them. Another health fair was held in Silver Spring last week. A new dental clinic is being formed in Clarksburg.
- Wilbur mentioned the Organization of Chinese American will be hosting their annual dinner on Saturday October 13, 2018.
- Cynthia also announced a healthcare event hosted by the Asian American Center in Frederick being held at the Frederick Fair Grounds on October 27, 2018. A huge turnout is expected and a lot of food has been donated. Please contact Cynthia if anyone would like to volunteer.
- Nguyen noted that the Viet Nam Medical Assistance Program (VNMAP) will be hosting a health fair on September 23, 2018 at the Our Lady of Vietnam Catholic Church in Silver Spring.
- Ji-Young mentioned a family walk that fundraises for the safety net programs at KCSC. She will send the SC the registration link for the event. There will be food, raffles, and prizes.

Updates from Liaisons and Members

- **Governor's Commission on Asian American Affairs (Sovan Tun)**
 - Sovan expressed that none of the other committees have anything to report to the commission. The committee for Arts, Culture, and Interfaith is

organizing a unity walk on October 14-23, 2018. Participants will walk from the Jewish synagogue, pass Catholic University to the Mahatma Ganhdi Memorial at the Embassy of India.

ACTION ITEM: Sovan will provide details on the unity walk.

- On October 25, 2018, the Governor's Office will have a public meeting on domestic violence and SC members are welcome to register for the meeting. Last year, the commission organized a celebration for the Asian Pacific American Heritage Month but participation was low as the celebration was held on a Monday. As the Chair of the committee, Sovan has contacted each commissioner to consult on how and when they would like to celebrate Asian Pacific American Heritage Month.
- **County Executive Asian American Advisory Committee (Sam Mukherjee)**
 - Sam mentioned that the last meeting was cancelled.
- **Healthy Montgomery (Nguyen Nguyen)**
 - Nguyen was unable to attend the last Healthy Montgomery Steering Committee (HMSC) meeting, so he asked AAHI staff members, Sanjana Quasem, to share some updates from the meeting.
 - Sanjana announced that open enrollment will start from November 1, 2018 through December 15, 2018.
 - Maryland applied for a waiver that was accepted to stabilize the exchange and lower the prices, which they hope will increase enrollment. Kaiser Permanente and Care First have been asked to give their rates. Once this is available, the minority health initiatives have been asked to get the word out about open enrollment.
 - Sanjana reported that Dr. Gayles published a report in August on sexual health in the Montgomery County. Another report on public health by the Public Health Services is coming out soon regarding the zip code analysis on social determinants in Montgomery County, which the data should be available in a few months.
 - They are also preparing a transition plan for Healthy Montgomery. At the last HMSC meeting, members participated in a breakout session to discuss past, present and future challenges and opportunities. There should be more concrete notes available at the next HMSC meeting. A survey will be sent out to capture the members' feedback.
- **Montgomery County Veterans Commission (Cynthia Macri)**
 - Cynthia announced that an event was held together with EveryMind on Hungerford Drive in Rockville. The event aimed to connect veterans with different health services and partnered with a data analytics company to better understand what services are needed by veterans.

Other Business

- Tho asked SC members if they could help respond to a question she often receives from community members who have asked her if applying for public assistance will affect their application for a green card or make it more difficult to apply. She wonders if public assistance includes Affordable Care Act (ACA) since that is subsidized insurance.
 - Yuchi noted that when someone was sponsored to the United States, that person has promised to not be a burden on the community for 10 years. In between those years, if they apply for public support, then that may be seen as public burden.
 - Nguyen expressed that many policies involved and more information is needed to figure out the details.
 - Tho is worried that people will now be more resistant to apply for insurance through ACA as they fear that applying for assistance, such as tax credit, may affect their residency or chance of gaining residency. These public support also includes food stamps and Medicaid.
 - Perry will inform the SC if there are any official updates from the county.

ACTION ITEM: Perry will inform the SC if there are any formal updates from the county government regarding public assistance applications affecting residency.

Adjourn (Nguyen Nguyen)

- Nguyen adjourned the meeting at 8:21 PM.

ACTION: Meeting adjourned at 8:21 PM.

Next Meeting: Tuesday, November 13, 2018