

Montgomery County – DHHS
Asian American Health Initiative (AAHI) Steering Committee Meeting
Tuesday, May 14, 2019

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

Welcome (Nguyen Nguyen, Chair)

- Nguyen Nguyen called the meeting to order at 6:11PM.
- Perry Chan asked for permission to audio record the meeting. There were no objections.

ACTION: Audio recording of meeting is approved with no objections.

Approval of Agenda (Nguyen Nguyen)

- Today's meeting agenda was shared with members prior to the meeting. Nguyen asked if there were any objections to the agenda.
- Wilbur Friedman moved to approve the agenda and Yuchi Huang seconded the motion. The meeting agenda was approved.

ACTION: Meeting agenda approved with no objections.

Approval of Meeting Minutes (Nguyen Nguyen)

- The Steering Committee (SC) meeting minutes from Thursday, March 14, 2019 were shared with members prior to the meeting. A motion to approve the minutes was presented.
- A motion to approve the agenda was presented. Yuchi moved to adopt the agenda and Wilbur seconded the motion. The agenda was approved.

ACTION: Meeting minutes approved with no objections.

Introduction of New Steering Committee Member (Nguyen Nguyen)

- Nguyen introduced the new SC member Shruti Bhatnagar.
- Wilbur explained that the process of admitting a new SC member entails receiving an application, interviewing the applicant, moving the membership committee to agree to admitting the applicant, and then moving all voting members of the SC to agree to admitting the applicant.
- Shruti introduced herself as a community activist and advocate in Montgomery County for over a decade. Shruti had advocated for legislation at the local and state levels, particularly in the areas of education, immigration, and healthcare. Shruti learned of AAHI when she volunteered with the Asian Indians for Community Service (AICS) events and from Mayur Mody who shared AAHI's information with her. Shruti was also involved in AAHI's photonovel project in the past.

Presentation from Korean Community Service Center of Greater Washington (KCSC) (Kate Hilton-Hayward)

- Kate Hilton-Hayward, Director of Development at KCSC, led a presentation on the All of Us Research Program. Provided are some highlights from the presentation and the ensuing discussion.
- The KCSC applied for a grant in order to be involved in the All of Us Program and was one of six community-based organizations (out of a total of 400 applicants) to receive the grant.
- This program is a data collection project that hopes to broaden the National Institute of Health (NIH) data set to include more ethnic groups than just white males, which is the majority in past data sets. In addition, the Asian American community has been underrepresented in the data. As a result, the approach to healthcare for Asian Americans has been "one size fits all". The goal of this project is to speed up health research and tailor the research and healthcare to specific ethnic groups. The program is asking one million people to share their data over a 10-year period of time. Participants may leave the study at any point. Within the first year, the NIH enrolled 230,000 people.
- This program includes the CDC, other federal agencies, and community-based organizations (CBOs) like KCSC. Funding comes from multiple sources, including the NIH. The budget for the first year was \$108,000, and the budget for the second year is \$230,00.

- The All of Us Program is part of a larger program called the Precision Medicine Initiative (PMI). The initiative advocates for health care that is based on each individual and focuses on environment, lifestyle, and family history/genetics.
- Participants enroll online and would complete surveys, consent to share electronic health records, give blood and urine samples, and have physical measurements taken. Data is protected and stored in a secure biobank, and participant names are separated from data. Participants would get information back about the data they provide, which may help them learn more about their health and genetics.
- KCSC is involved to help create culturally appropriate outreach and education strategies that would encourage the Asian American community to participate in research studies. They acknowledge the disparities in the representation of Asian Americans in national research studies. The goal is to have 6-7% Asian American representation in this study, reflective of the Asian American population in the United States. Of the 230,000 participants currently enrolled, only 3% are Asian Americans.
- KCSC is a part of the research program's Asian Engagement and Recruitment Core (ARC), which includes the Asian Health Coalition of the University of Illinois in Chicago, six local CBOs, and two national organizations. The ARC is tasked with coordinating the effort to educate and engage the Asian American community.
- There are two opportunities to receive incentives when participating in the study.
- You must be at least 18 years of age in order to participate.
- Questions and Answers
 - Perry asked if the surveys are provided in different languages. Kate answered that the surveys are currently only available in English. Due to regulations and Institutional Review Board (IRB) constraints, organizations like KCSC are not allowed to translate the materials on their own. Materials have been translated into Vietnamese, Chinese, and Korean but waiting to be finalized. The NIH is hiring their own translators, and KCSC has reviewed the Korean translations.
 - Cynthia Macri stated that other Asian American groups are excluded when only three language translations are provided.
 - Cynthia also asked if generational differences would be indicated in the study? In regard to genetics, would the labs be used for family history or to create a profile? How is data from Electronic Medical Records validated? Kate answered that a genetic profile would be created because several companies that focus on genetics are included in the study. She stated that she is not privy to the specifics of how data would be shared, but participants do agree to share their electronic health records as a whole.
 - Cynthia further inquired how can the SC contact members of the Asian Pacific American Medical Student Association (APAMPSA)? Kate stated that APAMPSA would send leadership to the next ARC meeting in Seattle.

- Nguyen commented that NIH is still struggling to structure their data. Kate said that the NIH is willing to send representatives to community meetings including this SC meeting.

<p>ACTION ITEM: Kate would email the AAHI additional information regarding how data from the study would be structured.</p>
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- Sovan Tun asked how ARC assures that underrepresented community members, such as Cambodians and Indonesians, are included in the study? Kate commented that she hopes the SC would help with outreach.
- Nguyen suggested that mobile lab units would be helpful to engage communities that do not have the resources to talk about the Program.

Program Updates (Perry Chan, Program Manager)

- Since the last SC meeting, Sami Sapkota, Behavioral Health Program Coordinator, and Sophia Yoon, Resource Coordinator, have engaged Asian small business owners through their small business outreach. These people usually work long hours and are typically unable to attend weekend health fairs. It is an impactful and effective outreach strategy conducted once a year by AAHI.
- Sophia hosted and led three sessions of PREP (Public Resources Education Program) workshops. The goal is to provide the skillset to the bilingual leaders of a community so the leaders can directly answer community members' questions about resources in Montgomery County Department of Health and Human Services (MCDHHS).
- Karen Tan, Senior Wellness Program Coordinator, has been visiting senior centers once or twice per week for the Friends' Corner project. She leads workshops on disease management, mental health, technology utilization, and agriculture. The goal is to break social isolation and build relationships with the older adults.
- The Care for the Caregiver event hosted by MCDHHS Aging and Disability Services under Dr. Odile Brunetto would be held on Saturday, June 15, 2019 at the Silver Spring Civic Center. AAHI would have a community launch of the Mental Health Photonovel 5 and will have a fireside chat on the mental health needs for Asian Americans. More information is included on the flyer provided to SC members.
- AAHI has had three Mental Health First Aid trainings and has scheduled two more before the end of the fiscal year. The next training will be held on Saturday, May 18, 2019. Nineteen attendees will receive free training in exchange for producing educational encounters with their community.
- Perry thanked the SC for attending the Photonovel 5 proclamation event this morning, gave a special thanks to those SC members who are also Mental Health Ambassadors, Meng K. Lee, Hina Mehta, and Tho Tran, who helped develop the photonovel and reviewed the translations.
- The next Empowering Community Health Organizations (ECHO) Workshop is Thursday, June 6, 2019 at 5:30PM and the topic is "Tailored for Success: Getting

the Job You Want.” The Montgomery County Office of Human Resources will be leading the workshop to educate the public on how to apply for a county job. Workshop capacity is limited. RSVP by Monday, May 20, 2019. See the flyer for additional information.

ACTION ITEM: Perry would send out the flyer and registration link after the meeting to encourage registration.

- Beginning in around October 2018, Perry started noticing news reports of Asian American pedestrians involved in car accidents. To investigate further, Sanjana Quasem, conducted a content analysis of police press releases and found that 60% of 2019 pedestrian accidents in Montgomery County involved Asian Americans. Sanjana’s research is informal and includes the age, gender, location, and status of injury. The data is non-scientific and the ethnicity of those injured is determined by their last names or other news reports or social media posts. Vision Zero, a new project in Montgomery County, states that victims are usually seniors or teenagers. While no formal program has been proposed, pedestrian safety is an issue that AAHI has begun to notice.
 - Cynthia stated that analysis would be important because Montgomery County has the ethnic makeup that the country would reflect by 2050.
 - Shruti urged members to be sensitive to those who do not wish to provide data in the current political climate.
- Nguyen stated that if workload allows, AAHI can look deeper into these accidents and maybe partner with other organizations or departments on this subject.

ACTION ITEM: Perry will follow-up on the pedestrian accidents research.

Advocacy Updates (Nguyen Nguyen)

- Nguyen met with Councilmembers Craig Rice, Gabe Albornoz, and Evan Glass together with Latino Health Initiative and the African American Health Program. The Montgomery County Department Health and Human Services (MCDHHS) Committee has agreed to a one-time increase of AAHI’s budget for Fiscal Year 2020 by \$50,000.
 - Perry explained that the rationale behind the funding lies in the HHS Committee’s interest in providing more outreach to the difficult-to-reach population. After discussing with Betty Lam, Chief of Office of Community Affairs, and other Minority Health Initiative Programs (MHIP), Perry proposed the following budget:
 - \$20,000 to the Patient Navigator Program, which will enable the provision of 460 hours of medical interpretation to low income, non-English speaking clientele (Chinese, Vietnamese, Korean, and Hindi).
 - \$15,000 to initiate a report on best practices and action planning around alternative and non-traditional healing.

- \$10,000 for a coalition building project to bring together organizations serving the Asian communities in the county (to be specified by the SC).
 - \$5,000 for a joint MHIP project to advance equity work across the department such as a joint conference, health promotion, and outreach.
- Nguyen stated that these ideas came from discussions and suggestions at the SC meetings and retreat, and he wanted to start building some actions towards these ideas.
- Meng inquired if the other MHIP would also be contributing to the joint project. Perry answered yes but he was unsure if they would be contributing the same amount of money. The most important part is to work together on a project.
- At the Proclamation in the morning of May 14, 2019, the SC was recognized for their advocacy effort in the community by the County Council. AAHI's work on Photonovel 5 and related services provided to the community was also acknowledged. AAHI's partnerships with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the United States Public Health Service Commissioned Corps (USPHS) were highlighted.
- Michael Lin has reached out to schedule a meeting with Councilmember Nancy Navarro.
- Nguyen will schedule a one-on-one meeting with Councilmember Evan Glass.

ACTION ITEM: Nguyen will schedule a one-on-one meeting with Councilmember Evan Glass.

- Meng reported that one of the major topics discussed in the three meetings with the councilmembers is the issue of reorganizing the three initiatives, which is not going to happen.
- Nguyen invited the SC to give input and suggestions on the sub-committee's advocacy efforts.

Program Subcommittee Discussion (Perry Chan and Nguyen Nguyen)

- Perry would like SC members to form a subcommittee focused on two items.
 - The first item is the creation of a joint project between Asian Americans and CBO's. The project would be tailored to the needs of this group such as grant application or leadership training.
 - The second item is related to AAHI's participation in health fairs. Perry would like to streamline AAHI's participation in outreach events by evaluating the effectiveness of health fair attendance. Perry is interested in setting up criteria to determine the impact of the health fairs on the target community.

- Nguyen added that AAHI is not a non-profit organization. We need to prioritize our energy and structure differently to best utilize our funding. The subcommittee would help AAHI to fulfill its strategic vision.
- If you would like to volunteer for this subcommittee, please email Nguyen your interests in the two items listed above and include availability.

ACTION ITEM: Nguyen would collect emails from volunteers wishing to form a Subcommittee and would then address which members would be involved in which item.

Retreat Planning Discussion (Perry Chan and Nguyen Nguyen)

- Nguyen hoped that the SC would join the retreat in the fall.
 - He inquired what would the SC hope to get out of the retreat and what topics could be addressed at the retreat to make it worth your time?
 - Logistically, the SC is leaning towards a half day retreat to increase attendance, but the SC needs more time than a half day to accomplish the goal of having strategic direction following the retreat.
- Yuchi suggested using a survey to determine topics and availability.
- Cynthia would like to avoid weekend as health fairs are usually held on weekends.
- Nguyen proposed to send out the retreat date earlier and ask the SC if they prefer and can commit to a full day retreat. Another option is to have two half day retreat.
- Hina suggested that weekdays are good options for full days, if members could take time off from work.
- Mayur agreed that weekdays are preferable, starting in the afternoon. If parking is a problem, the SC can meet at another location where parking is easier.
- Ji-Young Cho suggested combining the SC meeting and retreat over a 5-hour time slot from 4:00PM – 9:00PM, with the first part as a retreat and the second as a regular meeting. Hina agreed and advised to let the SC know how much time they would need to accomplish all the tasks.
- Nguyen believed that the SC needs five hours for the retreat, two hours for information and three hours for strategic discussion. Perry would create a survey to gather information regarding a retreat date, time, and relevant topics.

ACTION ITEM: Perry would create a survey to gather more information in order to determine a date, time, and topics for the retreat. He would then send out an invitation so members can reserve the retreat time on their calendars.

- Yuchi would like to discuss equity and equality and how it relates to a starting point and an end result. Sam Mukherjee knows some speakers that can attend a meeting or retreat and address these concepts.

Presentation on Acupuncture Service at Pan Asian Volunteer Health Clinic (PAVHC) (Kate Lu)

- Kate Lu, the Project Director for PAVHC, led a presentation on their No Pain Initiative. A copy of this presentation will be included with the minutes.
- The data for pain on Asian Americans does not match up with the experiences of the community. It is a hot topic nationwide but there is not enough data on this issue regarding the Asian American community. The PAVHC services a lot of seniors that are in chronic pain, yet studies show that Asian Americans have no addiction problems. PAVHC speaks to Asian Americans with mental health problems and sleeping problems, and this population uses a lot of medication.
- The Maryland Community Health Resources Commission (CHRC) accepted the proposal and pledged \$150,000 towards our project for two years. The project was chosen to partner with AETNA and received additional funding to become \$160,000.
- Chronic pain is difficult to measure and determine. The project expects to serve 90 patients in two years and it approaches pain management from three angles:
 - Acupuncture: PAVHC received many applicants from the adult day care center to be interviewed. If there are more applicants than space available, doctors have to prioritize those patients with chronic needs who meet the low-income requirement after assessment. In addition, the clinic has a volunteer acupuncturist every Tuesday.
 - Chronic Pain Self-Management Program (CPSMP): This is led by Sam and Cynthia. The program lasts for six weeks with a trainer that includes advice on how individuals can manage their own pain. The courses are offered in English and Chinese. Kate would like to host workshops in other languages and requested volunteers. Sam added that this is a good example of two community-based organizations, Chinese Culture and Community Services Center (CCACC) and AICS, partnering together.
 - Individual Therapy: This is done with licensed therapists and psychiatrists who provide a plan with tools to manage pain, not necessarily involving pain medication.
- Questions and Answers
 - Ji-Young wondered how the program chooses applicants if there are already so many applicants. Kate replied that the clinic must screen applicants and weed out those who suffer from acute (not chronic) pain. The clinic also removes those applicants already in treatment by a medical doctor.
 - Yuchi asked what would happen to clients who experience pain but do not meet the requirements of the project. Kate answered that the clinic would map out the pain complaint and recommend if a medical procedure is needed by a pain specialist. Medicare and Medicaid do pay for medical procedures. Patients could also receive consultations and individual therapy.

- Cynthia elaborated that if the pain is treatable or acute, patients would be treated medically even if they do not qualify for the project. If it is chronic pain, they would be referred.
- Nguyen wondered if three sessions would provide enough data, and Kate responded that they would prefer more sessions, but the proposal was not fully funded. Also, it depends on the individual conditions of the patients.
- Kate added that the impact of the project does not end with the patients.
- Ji-Young asked how to request a doctor/therapist to visit the KCSC. Cynthia is a master trainer and can help train trainers. Both Cynthia and Sam could provide training to leaders at KCSC. Though CPSMP stated that they offer the program in 300 languages, Sam cautioned that this may not be true. For certain courses, for example pain management, the program allows translator to informally translate the course orally. Three of the six sessions are highly interactive, so it is necessary to have people fluent in the relevant language or “helpers” to communicate to non-native speakers.
- Meng inquired if a patient can participate in all three parts of the project. Kate responded that though a patient could participate in all parts of the project, the patient would be counted only once. Patients also need to fill out surveys regarding their progress and needs.

Updates from Organization Members

- Cynthia has been appointed by the Governor as the Asian community representative to the Suicide Prevention Commission. Her first meeting is tomorrow May 15, 2019, and she will report back to the SC at the next meeting. She will take the Mental Health First Aid training on Friday May 17, 2019.

ACTION ITEM: Cynthia would report back about the Suicide Prevention Commission meeting on May 15, 2019.

- Mayur commented that the DC Chapter of Suicide Prevention is doing a 5K walk on September 22, 2019. Mayur will email Cynthia with the point-of-contact information.

ACTION ITEM: Mayur would send Cynthia more details on the Suicide Prevention, DC Chapter’s 5K walk including the point-of-contact.

- Mayur passed out cards detailing the Global Health Medical Group clinic opening.

Updates from Liaisons and Members

- Due to time constraints, the liaisons and members were not able to provide updates.

Adjourn (Nguyen Nguyen):

- Nguyen adjourned the meeting at 8:09 PM.

ACTION: Meeting adjourned at 8:09 PM.

Next Meeting: Tuesday, July 9, 2019.