Asian American Health Initiative's

Mental Health Toolkit 3

More Than Just Stress

Asian American Health Initiative

Together To Build A Healthy Community

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AAHI Contact Information

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A Letter from AAHI

Dear Community Member:

Thank you for downloading the Asian American Health Initiative's Mental Health Toolkit 3, *More Than Just Stress*. A part of Montgomery County's Department of Health and Human Services (MCDHHS), the Asian American Health Initiative (AAHI) was established in 2004 as the first health-focused agency for pan-Asians in Montgomery County, MD. Since its inception, AAHI has worked to eliminate health disparities that exist between Asian Americans and their non-Asian counterparts, including mental health. Please note that the term "Asian American(s)" in this toolkit refers to all people of Asian descent in the United States, including immigrants, refugees, and U.S.-born Asian Americans.

AAHI's mission is to identify the health care needs of Asian American communities, develop culturally competent health care services, and implement health education programs that are accessible and available to all Asian Americans in Montgomery County. In line with this mission, AAHI has developed a series of Mental Health Toolkits. The aim of AAHI's Mental Health Toolkits is to provide culturally competent, reliable information about mental health for community leaders and members to share with their respective communities in various settings. Through these toolkits, we hope to empower communities and help foster dialogue around mental health in Asian American communities.

AAHI's Mental Health Toolkits are available for download on our website and are intended to be used by any community leader or member interested in the topic; no medical, mental health or social-work background is needed. Each toolkit contains a different presentation related to a mental health topic, which includes relevant facts and statistics. In addition, we have provided presentation tips and local mental health resources available in Montgomery County. Lastly, for AAHI to continue providing quality health resources and tools to the community, we need feedback! Though optional, we ask that you please take some time to complete the evaluations included in the toolkit. We value your comments!

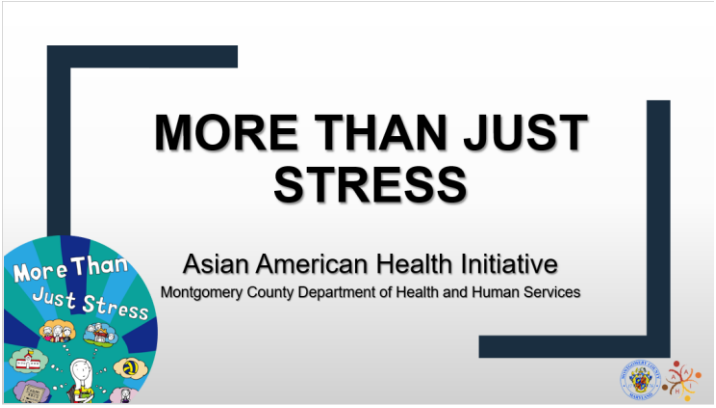
We hope that this toolkit will support your efforts in educating your community members about mental health. Please feel free to reach out to us if you would like further support in raising awareness around mental health in your community!

Sincerely,

Asian American Health Initiative
Montgomery County
Department of Health & Human Services

TIPS

On how to use this Toolkit & PowerPoint



Recommended time:
60 minutes
You can shorten the presentation if needed.

Topics covered in this toolkit:

- Adolescent Mental Health and Developmental Needs
- Five Areas of Adolescent Development
- Unique Pressure of Asian American Adolescents
- Treatment and Management
- Parent Support Tips

NOTE: *This toolkit is not intended to be used for diagnostic purposes. Please consult your doctor if you or someone you know experiences symptoms of mental illness mentioned in the toolkit.*

Notes about the PowerPoint presentation:

- The slides contain a "Facts" section. We recommend not omitting these slides.
- Please check that the data is up to date. The source of the data is included in the "notes" section for you to cross check.
- **Slide 7** has an "activity" incorporated within the slide and helps identify which areas of adolescent development each experience falls under.
- **Slides 26** includes a link to a video that talks about the "Model Minority Myth" and the pressures associated with this label. We encourage you to open the link on a new browser and share this video with the audience.
- **Slides 31-37** provides parental support tips and how it is integral to an adolescent's mental health and wellness. We recommend not omitting these slides.
- We recommend distributing AAHI's photonovel 3 **More Than Just Stress** to support your presentation and/or activity. Please contact AAHI to request FREE copies of this photonovel.

Tips on how to present about mental health:

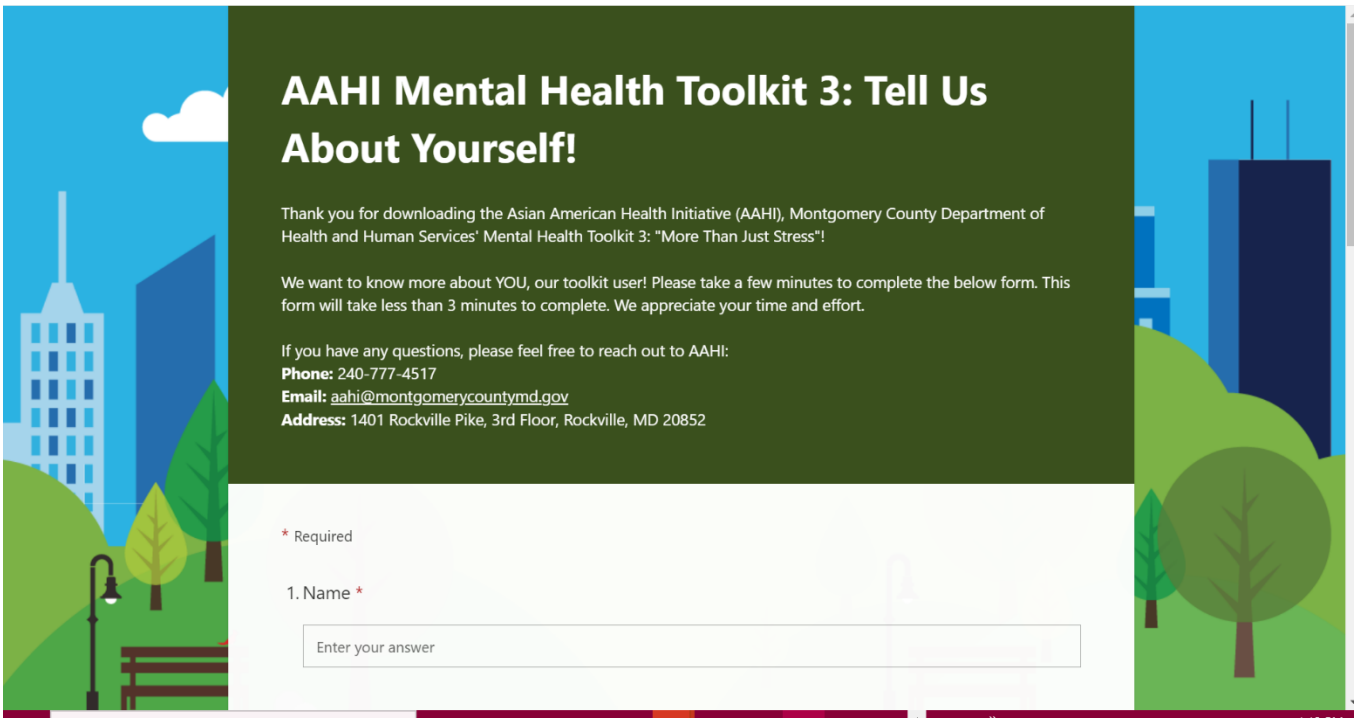
- Read over the slides a few times to familiarize yourself with the content. We recommend practicing a few times before you present a topic.
- Notes have been added to the bottom of some slides for you to engage the audience. They are meant to be used in a conversational way.
- It can be difficult to decide how to begin a presentation. You can start by stating your own interest in the topic. Avoid saying "when YOU are depressed." Instead, use "WE" or "SOMEONE" to relate to the audience.
- Talk to the audience casually as if you're having a one-on-one conversation with a friend. This will help you be authentic and keep your tone relatable and not robotic.
- If someone asks a question that you do not know how to answer, just simply say so. It's better to not give any information than the wrong information.
- This toolkit is meant to be for many sub-groups in the Asian American community. Feel free to discuss a situation that may be relatable to your community such as a tradition, a religious belief, or an expression in another language.

Tell Us About Yourself!

We want to know who our Mental Health Toolkit users are! Please complete this quick online form telling us a little bit about you!

Please know that your information will stay private. We are interested in gathering this data to improve the toolkit and better suit the needs of our users.

Find the form here: https://tinyurl.com/AAHIToolkit3



Mental Health Resources

Below is a list of some mental health resources for you and your community members:

Counseling or Therapy Related Resources

1. **Montgomery County Crisis Center**
   1301 Piccard Drive, 1st Floor Rockville, MD 20850
   240-777-4000
   http://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html The Crisis Center provides free crisis services 24 hours a day/ 365 days a year. Services are provided by telephone (240-777-4000) or in person at 1301 Piccard Drive in Rockville (no appointment needed). Mobile Crisis Team (MCT) provides emergency crisis evaluations for individuals who are experiencing a mental health crisis. Full crisis assessments and treatment referrals are provided for all crises, both psychiatric and situational. In addition, the program has four crisis beds as an alternative to hospitalization for those who are uninsured or are insured within the public mental health system.

2. **EveryMind**
   1000 Twinbrook Parkway Rockville, MD 20851
   301-738-2255 (Montgomery County Hotline)
   http://www.every-mind.org/
   Crisis Prevention & Intervention: Provides supportive listening, information and resource referrals, and crisis services (including suicide assessments) for individuals through telephone, text, and chat services for free. Available via chat Monday through Friday, 8 a.m. to Midnight at 301-738-2255. Services are free and confidential.

3. **Montgomery County Public School (MCPS) School Counseling Services:**
   https://www.montgomeryschoolsmd.org/departments/studentservices/mentalhealth/counseling.aspx?id=333015
   There are certified, professional school counselors in each elementary, middle, and high school in the Montgomery County Public Schools. They work in partnership with school staff to teach skills that are necessary for academic success and to promote positive academic, personal, interpersonal, health, and career development for all students. You can reach your child's school counselor by contacting your child's school.

Substance Abuse Related Resources

1. **Mental Health/Substance Abuse Screening and Referral (also known as ACCESS to Behavioral Health)**
   255 Rockville Pike. First Floor Rockville, MD 20850
   240-777-1770
   http://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSACCBehavhealthsvcs-p239.html
   This program provides assessments and linkages for low-income persons of all ages living within Montgomery County who have no commercial insurance and who need services for major mental health and/or substance abuse problems.

2. **Screening and Assessment Services for Children and Adolescents (SASCA)**
   7300 Calhoun Pl Rockville, MD 20855
   240-777-1430
   https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSSASCA-p1961.html
   Conducts assessments and makes treatment recommendations and referrals for Montgomery County youth. Specific services include information regarding substance abuse assessment and treatment services; assessment of drug and alcohol abuse as well as other related problems; urine drug screen; referral for drug and alcohol education seminars for youth and families; and referral for appropriate treatment services.

AAHI DISCLAIMER: The mental health organization contact information provided by the Asian American Health Initiative (AAHI) is a product of AAHI's internal research. It is the result of extensive web searches and is therefore subject to change. AAHI does not guarantee the currency, accuracy, relevance, or completeness of the provided information. Receiving this information from AAHI does not imply or equate to any personal connection to or endorsement of any services by AAHI.

3. **Child and Adolescent Behavioral Health Program**
   7300 Calhoun Pl Rockville, MD 20855
   240-777-1432
   https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSChildAdolMentalHealth-p471.html
   Provides family-focused outpatient mental health services to children, adolescents, and their families to help address severe emotional, behavioral, substance abuse, and victimization issues. Services include mental health screening & assessment; diagnostic evaluation, family, individual and group psychotherapy; clinical case management; drug and alcohol assessment, and education; behavioral and medication management and follow up services.

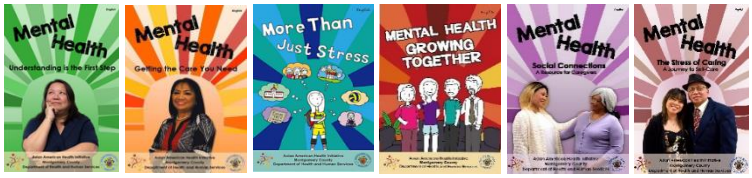
Parent Workshop/Support Groups

1. **Parent Academy Workshops**
   240-740-4621
   https://www.montgomeryschoolsmd.org/departments/parentacademy/
   Designed to inform and empower families as advocates and partners in their children's education. The workshops provide families useful information that will help them support their children's academic and social-emotional well-being, as well as helping them to be college and career ready. The workshops may be offered in different languages and interpretation and accommodation services are available upon request. Workshops are FREE and preregistration is encouraged.

2. **National Alliance on Mental Illness (NAMI) of Montgomery County**
   11718 Parklawn Dr, Rockville, MD 20852
   301-949-5852
   https://namimc.org/
   Courses, classes and family support groups available. The family support groups meet monthly and intends to encourage, support, and empower family members and caregivers of individuals with mental illness. The support group is FREE, and preregistration is required.

Free or Low-cost Resources Mental Health Resources

1. **Asian American Health Initiative's Mental Health Photonovels**
   These easy-to-read stories addressing various mental health topics are available for FREE in English, Chinese, Hindi, Korean and Vietnamese. Learn more about AAHI's mental health photonovels by visiting our website at: https://aahiinfo.org/aahi-resources/
   You may also request FREE copy of the photonovels at: https://tinyurl.com/AAHIMentalHealthResources



2. **Patient Navigator Program**
   301-760-7050
   This is a free multilingual health and information telephone line
   that provides referrals for health resources and interpretation services in Chinese, Hindi, Korean, Vietnamese, and other Asian languages. Patient Navigator Program staff can also provide medical interpretation services for eligible clients who are receiving services at Montgomery Cares clinics and other Department of Health and Human Services' programs in Montgomery County.

3. **Asian American Health Initiative Resource Brochure**
   Learn about other health and human services in Montgomery County, in addition to mental health services. This brochure is available in English and 15 Asian languages. Download it here: https://aahiinfo.org/aahi-resources/

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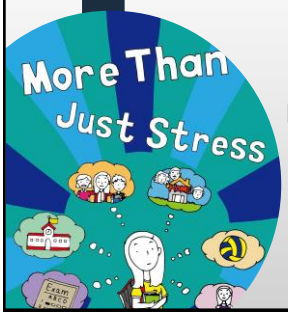
MORE THAN JUST STRESS



Asian American Health Initiative

Montgomery County Department of Health and Human Services

1

Overview

- Introduction to Adolescent Mental Health
- Five Areas of Adolescent Development
- Adolescent Mental Health
- Adolescence and Stress
- Unique Pressure of Asian American Adolescent
- Treatment and Management

2

What is Mental Health?

Mental health includes our **emotional**, **psychological**, and **social well-being**.

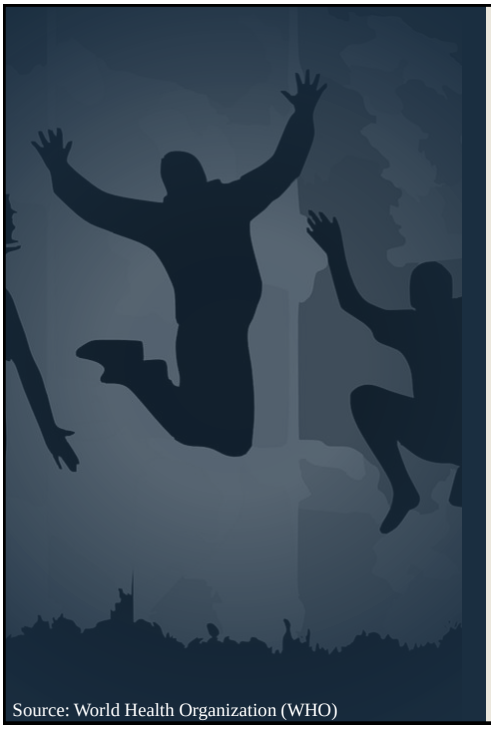
It affects how we:

- Think
- Feel
- Act
- Make choices

Mental health is important at every stage of life, from **childhood** and **adolescence** through **adulthood**.

Source: Mentalhealth.gov

3



Adolescent Mental Health

The World Health Organization (WHO) defines an **adolescent** as any person between ages of 10 and 19 years of age.

Adolescence years are a crucial period for developing and maintaining **social** and **emotional habits** for mental well-being.

It is one of the most rapid phases of human development.

The changes in adolescence have health consequence over the course of life.

Source: World Health Organization (WHO)

4

Adolescent Mental Health

Adolescence is a period of life with specific health and developmental needs. Some of these include:

Developing new knowledge and skills

Adopting healthy sleep patterns

Regular exercise

Developing coping, problem-solving, and interpersonal skills

Learning to manage emotions

Source: WHO

5

Five Areas of Adolescent Development

PHYSICAL
- Hormonal changes and development.
- Most notable changes include growth spurts in height and weight.

COGNITIVE
- Changes in the way brain functions.
- Enhanced learning, abstract thinking, advanced reasoning and increased awareness of one's own thought processes.

EMOTIONAL
- Changes in how emotions and stress is processed.
- More aware of their own feelings and feeling of others.

SOCIAL
- Changes in family, social, and romantic relationships.
- Establishing identities outside context of the family.

MORALS AND VALUES
- How adolescents regard their place in the world.
- Forming a moral code helps make positive choices for health and their future.

Source: U.S. Department of Health & Human Services (HHS)

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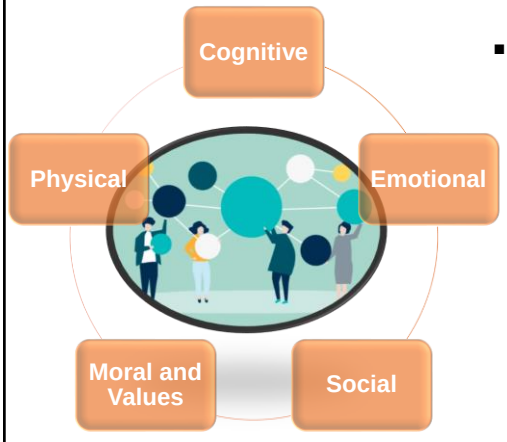
Five Areas of Adolescent Development

ACTIVITY!



- These five areas often **overlap** and **intersect** with one another
- Adolescents who are struggling with emotional and mental health challenges may also experience problems with:
  - Physical Health **PHYSICAL**
  - Schoolwork **COGNITIVE**
  - How they feel about themselves **EMOTIONAL**
  - Lose interest in activities they once enjoyed **SOCIAL**

Source: HHS

7

Adolescent Mental Health Facts

Going through a wide range of emotions is a **normal** part of development for adolescents.

It is **normal** for teens to feel anxious about school or friendships.

It is **normal** to experience a period of depression following the death of a close friend or family member.

Source: HHS; NIH

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ADOLESCENT MENTAL HEALTH

9

Mental Health Condition Warning Signs

Often feels anxious or worried

Smokes, drinks, or uses drugs

Intensely irritable

Has low or no energy

Trouble doing well in school, or grades decline

Engages in risky, destructive behaviors

Harms self or others

Fear of gaining weight, excessive exercising or diets obsessively

Source: HHS; NIH

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Adolescent Mental Health Facts

Adolescents may have **different symptoms** than adults with the same mental health disorder.

- Symptoms may vary from **person to person**.
- Some adolescents only experience **one** or **two** symptoms while others experience more.
- Symptoms that last **weeks** or **months** and interfere with the daily life at home and at school are some warning signs to be aware of.

Source: HHS; NIH

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Adolescent Mental Health Statistics:

In the U.S. **1 in 5** adolescents report having a serious mental health disorder at some point in their life. (U.S. Department of Health & Human Services, 2019)

Depression is the most common mental health disorder, affecting nearly **1 in 8** U.S. adolescents each year. (U.S. Department of Health & Human Services, 2019)

Suicide is the **1st leading cause** of death in Asian American males aged **15-24 years** of age. (CDC, 2019)

Suicide is the **2nd leading** cause of death in Asian American females aged **15-24 years** of age. (CDC, 2019)

In 2015, **12.8 %** of adolescents aged **12 to 17 years** of age reported having a major depressive episode. (SAMHSA, 2017)

Sources: NIH; FORUM; CDC; SAMHSA

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Mental Health Concerns in Asian American Adolescents

A review of the most relevant research related to the mental health of Asian American adolescents has identified the following as some of the most common issues:

1. **Mood disorder:** Depression
2. **Anxiety disorder:** Generalized anxiety, panic disorder or other anxiety disorders
3. **Stress-Related Disorders**: Acute stress, post-traumatic stress disorder

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05

Definition of Stress

- Stress is how the **brain** and **body** responds to any demand such as exercise, work, major life changes, or traumatic events.
- Some people may cope with stress more **effectively** or **recover** from stressful events more quickly than others.
- **Health problems** can occur if the stress response goes on for **too long** or becomes **chronic**.
- Long term and constant stress may contribute to **serious health problems** such as **heart disease**, **high blood pressure**, **diabetes**, and other illnesses.

Source: NAMI

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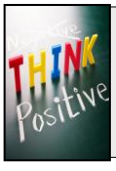
Stress Facts



Not all stress is bad. **Positive experiences** can trigger a stress response that enables adolescents to approach a challenge with **alertness** and **focus**.

Extreme forms of stress, often referred to as **toxic stress**, can **weaken** an adolescent's **immune system**.

Adolescents who experience **strong, frequent** or **prolonged adversity** are more likely to use **harmful substances**, engage in **risky behaviors**, and experience **post-traumatic stress disorder (PTSD)**.

Extreme forms of stress can also result in **chronic physical health problems**, **depression**, **anxiety** and other **mental health disorders**.

Everyone responds to stress **differently**, and a **strong support system** can help **protect** adolescents from long-lasting negative effects.

Source: HHS, 2018

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Causes of Stress

There are many factors that determine the level of stress and mental health of an adolescent at any one time. Factors which can contribute to **stress** during adolescence years include:

Desire for greater autonomy

Pressure to conform with peers

Exploration of sexual identity

Increased access to and use of technology

Quality of home life

Relationships with peers

Violence (including harsh parenting and bullying)

Socio-economic challenges

Source: WHO

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Definition of Depression

Depression is a **common** but **serious** mood disorder.

It causes severe symptoms that affect how you **feel**, **think**, and **handle** daily activities.

Some will only experience **one** depressive episode in a lifetime, but for most, depressive disorder **recurs**.

To be diagnosed with depression, the symptoms must be present for at least **two weeks**.

Teens with depression may get into **trouble at school**, **sulk**, and be **irritable**.

Source: NAMI

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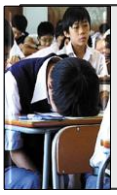
Depression Facts

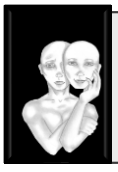
Depression occurs in approximately **13%** of adolescents aged 12-17 years of age. (SAMHSA, 2016)

Depression is **common** but does not mean it is not serious. (NIH, 2018)



Depressed mood affects **thoughts**, **feelings**, and **daily activities** including eating, sleeping, and managing schoolwork. (NIH, 2018)

Depression can happen at **any age**, but often begin in the teens or early 20s. (NIH, 2018)



Individuals with depression cannot just **"snap out of it"** or **"just be positive".** (CDC, 2017)

Most people with depression **need treatment** to get better. (NIH, 2018)

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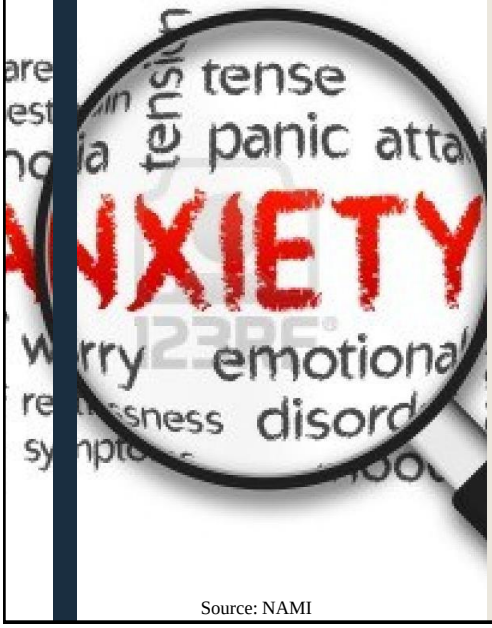
05

Definition of Anxiety



Source: NAMI

Occasional anxiety is a **normal** part of life.

It is characterized by feelings of excessive **uneasiness**, **worry**, and **fear.**

Anxiety has both **genetic** and **environmental** factors that contribute to the risk of developing an anxiety disorder.

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Anxiety Facts

Occurs in approximately **31.9%** of adolescents aged 13-18 years. (NIH, 2017)

The prevalence of any anxiety disorder among adolescents was **higher** for females (**38.0%**) than for males (**26.1%**). (NIH, 2017)

Anxiety disorder develops **slowly** and often starts during the teen years or young adulthood. (NIH, 2016)

Teens with anxiety disorder often worry **excessively** about their performance, such as in school or in sports. (NIH, 2016)

Symptoms of anxiety may get **better** or **worse** at different times and are often worse during time of stress. (NIH, 2016)

Anxiety disorder is generally treated with **psychotherapy**, **medication**, or **both**. (NIH, 2016)

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Asian American Adolescents and Stress

- There are both **internalized** and **externalized** expectations from Asian American Adolescents to achieve academic success.
- Asian students tend to regard schoolwork as a **duty** towards their parents.

Source: Lee et al, 2009

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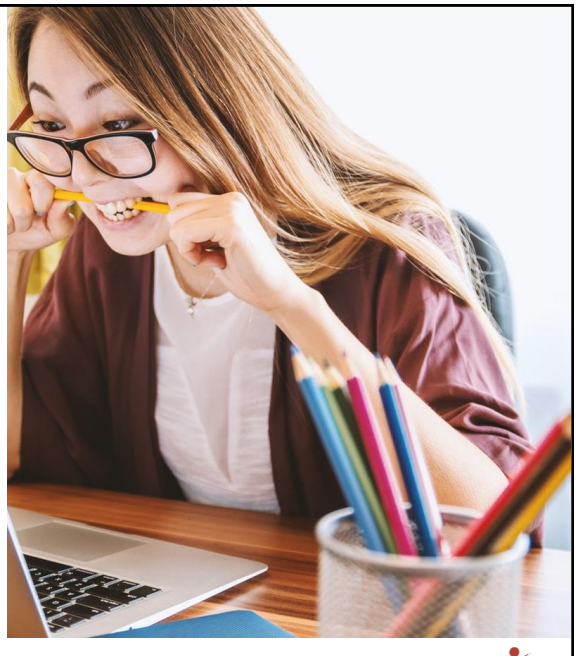
Asian American Adolescents and Stress

- The internalized and externalized expectations leads to **unstated academic competition**, **lower self-esteem** and increased **mental health concerns**.
- The sense of parent-related guilt in the event of failure leads to a cycle of **pressure** and **stress** in Asian American adolescents.
- This can disguise the **academic barriers** and **psychological problems** in Asian American adolescents, which may **hinder** help **seeking behavior**.



Source: Lee et al, 2009

24

Model Minority Myth

- The idea that all Asian Americans are **wealthy**, **acculturated**, **educated**, and **healthy**.
- This false stereotype causes far more **harm** than **good** and hides the challenges many Asian American youth face.
- Not only do other ethnic groups stereotype Asian Americans, but Asian Americans may also feel pressure to **ascribe** to this stereotype.

25

Model Minority Myth

"Asian Americans have higher educational attainments"

"Asian Americans are wealthy"

WHAT HAPPENS WHEN ACADEMIC SUCCESS IS TIED TO IDENTITY?

https://www.youtube.com/watch?v=tI8bnRDo3bA&t=19s

Source: Center for American Progress Report

26

27

28

Therapy

1
- First step to treatment is to talk with a **healthcare provider** about getting an **evaluation** to get the best diagnosis and treatment.

2
- A mental health professional can develop a **therapy plan** that works best for the adolescent or the family. This **behavioral therapy plan** can include child therapy, family therapy or combination of both.

3
- **Cognitive-behavioral therapy** is one form of therapy that is used to treat anxiety or depression, particularly in adolescents. It helps them change negative thoughts into more positive, effective ways of thinking leading to more effective behavior.

4
- Behavior therapy for anxiety may involve helping children **cope** with and **manage** anxiety symptoms while gradually exposing them to their fears to help them learn that bad things do not occur.

Source: CDC, 2019

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Medication

1
- Often the doctor will also work with the adolescent to find the best **medication** also known as **"antidepressant"** and dose for treatment of depression and generalized anxiety disorder.

2
- Medications may take **several weeks** to start working.

3
- The medications may also cause **side effects**, such as **headache**, **nausea**, or **difficulty sleeping**. It is important to talk to the doctor about any side effects.

4
- When it is time to stop the medication, the doctor will help **slowly** and **safely** decrease the dose so the body can **adjust** to it.

Source: CDC, 2019

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Parent Support

Parents and other adults can support the development of adolescents' skills that facilitate emotional development by taking the steps to:

Strengthen communication skills

- **Be** an attentive listener
- **Share** your experiences instead of lecturing
- **Ask** open-ended questions

Build emotional vocabulary

- **State your feelings** and discuss how other people may feel in a nonjudgmental way.
- **Ask** your teen, "How did you feel about that?" and "How do you think that made the other person feel"?

Source: HHS, 2018

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Parent Support

Promote stress management skills

- **Encourage** adolescents to handle stress in **healthy ways**.
- **Teach** adolescents to "mind their brain" by talking about adolescent brain development and letting them know how they can use the power of their brain to learn healthy behaviors.

Help teens think carefully about risky situations

- After a risky event, **ask** adolescents, "Why do you think this happened?"
- **Ask** thought provoking questions such as "What could you do differently?"
- **Allow time** to process their experiences so they can reflect on it.

Source: HHS, 2018

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Parent Support

Nurture self-regulation skills

- **Provide** opportunities for adolescents to **understand**, **express**, and **moderate** their own feelings and behaviors.
- **Create** a warm and responsive environment
- **Establish** consequences for poor decisions and **reduce** the emotional intensity of conflicts.

Limit exposure to risky situations

- **Prepare** adolescents for risky situations by talking about what they can do to **anticipate**, **avoid**, and **process** them.

Source: HHS, 2018

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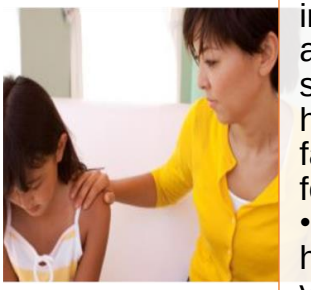
Parent Support

Create family routine

- **Family routine** can be **comforting** for your teen during stressful times.
- Having a family dinner or movie night can help **relieve** the **stress** of the day and give you a chance to **connect**.

Pay attention to warning signs



- **Pay attention** to signs such as increased irritability, anger, changing sleeping and eating habits, dropping favorite activities, or feeling of loneliness.
- **Consult** with a healthcare provider if you are concerned about your teen's wellbeing.

Source: HHS, 2018

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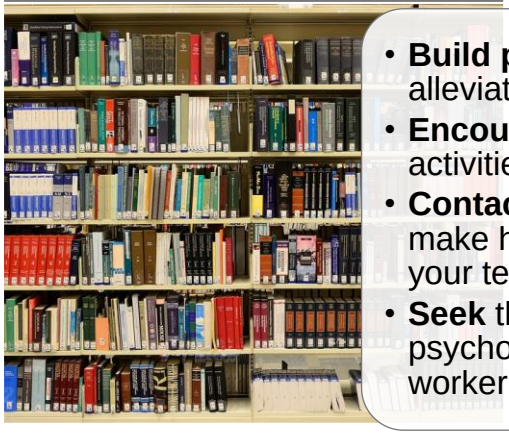
Parent Support

Partnership with school



- **Build partnership** with the school system to alleviate potential family stressors.
- **Encourage youth** to stay engaged in school activities.
- **Contact** your teen's teacher with any concerns and make him or her part of the **team** available to assist your teen.
- **Seek** the **assistance** of a physician, school psychologist, school counselor, or school social worker if stress continues to be a concern.

Source: youth.gov, 2018

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Management

Besides being **supportive**, **patient**, and **encouraging**, the following are some tips that may help adolescents cope with emotional and other mental health challenges:

Teaching adolescents to recognize the signs of the body's response to stress.

Encourage your teen to get regular exercise to boost mood and reduce stress.

Incorporate relaxing activities such as meditation and yoga. Schedule regular times for these activities and other healthy and relaxing activities.

Encourage goal and priority setting. Support your teen to accomplish these goals.

Encourage your teen to stay connected with people who can provide emotional support to reduce stress.

Talk to a healthcare provider and get proper health care for existing or new health problems.

Source: NIH

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We value your feedback!

PLEASE SUBMIT EVALUATIONS

Please fill out the presenter and audience evaluation forms. Your feedback will help us improve this toolkit.

THANK YOU!

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Asian American Health Initiative
Mental Health Toolkit

For more topics and presentations like this, visit the AAHI Mental Health Toolkit webpage: https://AAHIinfo.org/aahi-resources/

References

- **Interagency Working Group on Youth Programs**
- **National Institute of Mental Health (NIMH)**
- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
- **U.S Department of Health & Human Services**
- **World Health Organization**

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Contact Us

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Mental Health Toolkit 3: More Than Just Stress

Participant Evaluation Form

Date of the Presentation: _____ Location of the Presentation: _____

Tell us about yourself!
(Providing this information is completely voluntary. Please feel free to skip this section if you would like.)

I am…	☐ Female	☐ Male	☐ Other	☐ Prefer not to say
My age is…				
My ethnicity is…	☐ Asian Indian	☐ Chinese	☐ Filipino	☐ Korean ☐ Vietnamese
	☐ Other:			
What zip code do you live in?				

Tell us about the quality of this event. ***(Circle one rating per line)***

	Excellent	Good	Average	Fair	Poor
Value of the topic	5	4	3	2	1
Quality of the presentation content	5	4	3	2	1
Quality of the speaker(s)	5	4	3	2	1

What did you gain from today's workshop? ***(Circle one rating per line)***

After attending this event…	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
I learned new information about the topic.	5	4	3	2	1
I plan to share what I learned with family and friends.	5	4	3	2	1
I plan to access a service after this presentation.	5	4	3	2	1
I know where to go to find additional resources on the topic.	5	4	3	2	1
I feel confident in my ability to improve my health and wellness.	5	4	3	2	1
Overall, I was satisfied with the services I received.	5	4	3	2	1

What other health and wellness topics would you like to learn about? ***(Check all that apply)***

☐ Adolescent Health ☐ Financial Assistance ☐ Physical Activity ☐ Substance Abuse
☐ Food Security ☐ Mindfulness ☐ Stress and Well-Being
☐ Other: _____

Any additional comments for the AAHI team? ***(Please write them in the space below)***

_____
_____
_____
_____

Asian American Health Initiative
Montgomery County Department of Health and Human Services

Mental Health Toolkit 3: More Than Just Stress

Presenter Evaluation Form

Date of the Presentation: _____ Location of the Presentation: _____

Tell us about yourself!
(Providing this information is completely voluntary. Please feel free to skip this section if you would like.)

I am… ☐ Female ☐ Male ☐ Other ☐ Prefer not to say
My age is… _____
My ethnicity is… ☐ Asian Indian ☐ Chinese ☐ Filipino ☐ Korean ☐ Vietnamese
☐ Other: _____
What zip code do you live in? _____

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
CONTENT					
The content of the presentation was clear and easy to present.	5	4	3	2	1
The information provided in the presentation was culturally appropriate for the Asian American community.	5	4	3	2	1
Please rate the following:	**Excellent**	**Good**	**Average**	**Fair**	**Poor**
Overall ease of use of "More Than Just Stress" toolkit	5	4	3	2	1
PowerPoint content for "More Than Just Stress"	5	4	3	2	1
Tip sheet for the presenter	5	4	3	2	1
Mental health resources sheet	5	4	3	2	1
Length of presentation for this toolkit	5	4	3	2	1
PRESENTER INFORMATION	**Please write your answers clearly:**				
What organization do you represent, and if applicable, what is your position at this organization?					
In what setting did you present this information?	☐ Health Fair ☐ Community gathering ☐ Classroom ☐ Other (specify): _____				
How many people attended the presentation?					
Did you face any challenges while presenting? If so, what?					

Thank you

for downloading the
Asian American Health Initiative's

Mental Health Toolkit 3!

To download the PowerPoint version of the presentation, click **HERE**.

Please visit our **webpage** for more toolkits like this.

Asian American Health Initiative

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