Join us after the "Silent War" screening for a special workshop hosted by Substance Abuse and Mental Health Services Administration (SAMHSA) and their community partners. This mini session will provide an introduction to SAMHSA, the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation and also highlight the agency’s collaborations with local partners on addressing the mental health needs of AANHPI communities.

**SAMHSA Workshop:**

**FRIDAY, JULY 15TH | 8:00-8:45 PM (REGENCY ROOM)**

**PANELISTS**

Sonya Zhu  
Session Co-Chair & Moderator

Tenly Pau Biggs  
SAMHSA

Perry Chen  
SAMHSA

Kate Lu  
Chinese Culture and Community Service Center (CCACC)

Sanjana Quasem  
Asian American Health Initiative (AAHI)

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REGISTER NOW!  
[https://tinyurl.com/rdxmrhsau](https://tinyurl.com/rdxmrhsau)

Omni Shoreham Hotel  
2500 Calvert St NW, Washington, DC 20008
This interactive session will focus on impacts of the double pandemic of COVID-19 and anti-Asian racism on mental health of AAPI communities and families. Panelists will share best practices of community-based education and culturally informed mental health support, and engage and empower conference attendees to engage in mental health education and advocacy.

**PANELISTS**

- Dr. Bei Wu  
  Research Director

- Xiaohong Gao  
  Session Chair

- Jian (Lily) Chen  
  Nurse Educator

- Elaine Peng  
  NAMI Chinese & MHACC Founder

- Hong Liu  
  Midwest Asian Health Association MAHA Executive Director

- Daphne Kwok  
  Moderator

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**REGISTER NOW!**  
https://tinyurl.com/rdxmrsau

Omni Shoreham Hotel  
2500 Calvert St NW, Washington, DC 20008
This session will feature a youth and parent panel discussion on the specific challenges faced by AAPI youth and their increased risks for mental health difficulties, as well as an expert-led discussion on the importance of resilience and positive parent-child communication. Session will also include a youth panel featuring students who will speak about their experiences growing up Asian American and the importance of family communication on stress and mental health.

**PANELISTS**

- **Juliana Chen**
  Session Co-Chair, Moderator & Child Psychiatrist

- **Weiyang Xie**
  Session Co-Chair & Clinical Psychologist

- **Justin Chen**
  Psychiatrist

- **Jian (Lily) Chen**
  Nurse Educator

- **Bonnie Liao**
  Social Worker & Parenting Educator

**REGISTER NOW!**

https://tinyurl.com/rdxmrmsau

Omni Shoreham Hotel
2500 Calvert St NW, Washington, DC 20008
Join us for a discussion on addressing the prescribing of psychiatric medications, led by psychiatrists who work with adults and children, as well as community leaders and those with lived experience as patients navigating the mental health system.

In addition to a Q&A panel, we will be addressing the following:

- How do we think medications work?
- How long do medications take to work and what happens if a certain medication is not effective?
- Factors behind treatment outcomes?
- Common stigmas around taking medications.
- Who should I talk to about prescribing medications?

**PANELISTS**

- **Sen Xu**
  - Session Chair & Moderator

- **Janie Cao**
  - Child Psychiatrist

- **Jessica Ouyang**
  - Child & Adolescent Psychiatrist

- **Ren Li**
  - Parent Ambassador Lead

- **Tianyao Tim He**
  - Youth Ambassador

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2022 UCA CHINESE AMERICAN AND YOUTH CONVENTION

DESTIGMATIZING MEDICATIONS

SATURDAY, JULY 16TH | 4:00-5:00 PM (CALVERT ROOM)

Omni Shoreham Hotel
2500 Calvert St NW, Washington, DC 20008
This workshop will start with a skit to explore “coming out”, and the challenges that can arise in this process. A panel discussion will follow to explore stereotypes about LGBTQ+ identities, mental health concerns, and ways to be a supportive ally. Participants are invited to ask questions throughout the panel discussion. A general Q&A will conclude the workshop.

PANELISTS

Jessie Li  
Session Chair & Moderator

Grace Chan McKibben  
Parent

Serena Chen  
Psychiatrist

Jason Li  
Editor

Jennifer Tu  
Editor

Jenny Deng  
Youth

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