

— United Chinese Americans —

WAVES

Wellness. Advocacy. Voices. Education. Support.

UCA WAVES is a youth mental health collaborative that seeks to provide support to Chinese and Asian American families. Chinese/Asian American youth often suffer “silently” with stress, anxiety, and other mental health issues. Stigma against mental illness, social isolation, cultural expectations, identity issues, low mental health literacy, and lack of available Chinese-speaking or culturally sensitive mental health professionals are only some of the barriers that stand in the way of getting help. In response, we as a collaborative community are here to stand together and work towards Wellness, Advocacy, Voices, Education, and Support (WAVES).



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www.ucausa.org/uca-waves/



[uca.waves](https://www.instagram.com/uca.waves)



SESSIONS & PANELS

Special Session

"SILENT WAR" SCREENING

Friday, July 15th | 7:00–8:00 PM (Regency Room)

Join us for an exclusive preview of *Silent War: Asian American Reckonings with Mental Health*, by award-winning filmmaker, Changfu Chang. The film will be followed by an engaging discussion including the director, Dr. Chen, and interviewees from the film.



Allison Connelly | Session Chair

Allison Connelly is a student at Millersville University currently studying media arts production and graphic communication technology. In conjunction with being the assistant director on *Silent War*, she is a writer, freelance photographer and an outspoken mental health advocate.



Changfu Chang | Film Director

Changfu Chang, PhD, is an award-winning documentary filmmaker. Many of Changfu's films center around issues unique to navigating Asian American identity and have been shown on PBS, National Geographic Television, Canadian Television, Japanese Television, German Television, BBC, Chinese Television, as well as in film festivals.



Justin Chen | Moderator & Psychiatrist

Justin A. Chen, MD, MPH, is Medical Director of Ambulatory Psychiatry Services and Co-Director of Primary Care Psychiatry at Massachusetts General Hospital (MGH). He is also the Director of the MGH Center for Cross-Cultural Student Emotional Wellness and the Co-Director of Medical Student Education in Psychiatry at Harvard Medical School. He specializes in the treatment of adult mood and anxiety disorders and is dedicated to teaching and mentorship.



Sandy Chen | Youth Ambassador

Sandy Chen currently studies social work and psychology at UMBC. Her battle with mental illness is featured in *Silent War* and has spent the past several years working with organizations like the National Alliance on Mental Illness (NAMI) and United Chinese Americans (UCA) to advocate for mental health awareness.



Elaine Peng | NAMI Chinese & MHACC Founder

Elaine Peng is the founder of Mental Health Association for Chinese Communities (MHACC), otherwise known as NAMI Chinese. She is a renowned mental health advocate and educator in the United States, compelled by her and her family's own struggles with mental health, which is covered in *Silent War*.



Vincent Tu | Certified Counselor

Vincent is a National and California state certified counselor who works in the emergency department funded by a grant through the state of California. Being a formally incarcerated individual, Vincent gives personal insights on the struggles with finding his identity from childhood and throughout incarceration.

Silent War

ASIAN AMERICAN RECKONINGS
WITH MENTAL HEALTH

A film by *Changfu Chang*

There is a crisis in our
community--*and we need
to talk about it.*



Join the Change
Scan to Donate
silentwarmovie.com

SAMHSA WORKSHOP: FEDERAL RESOURCES AND LOCAL STRATEGIES ON ADDRESSING MENTAL HEALTH NEEDS OF AANHPI COMMUNITIES

Friday, July 15th | 8:00–8:45 PM (Regency Room)



Join us after the *Silent War* screening for a special workshop hosted by Substance Abuse and Mental Health Services Administration (SAMHSA) and two of 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.



Sonya Zhu | Session Chair & Moderator

Sonya Zhu, MPP, MPH, works at the Center for Consumer Information and Insurance Oversight, within the Centers for Medicare & Medicaid Services (CMS). At CMS, Sonya works with states on Affordable Care Act (ACA) health insurance reforms. She is also the Chairperson of the agency's AANHPI Employee Resource Group



Tenly Pau Biggs | SAMHSA

Tenly Pau Biggs, MSW, LMSW, is the Grants Coordinator for the Center for Mental Health Services at SAMHSA. She is the lead for the disparity impact statement and strategy work pertaining to the access, service use, and behavioural health outcomes of discretionary grants at SAMHSA. She is a member of a workgroup dedicated to implementing the HHS response to the Memorandum on Condemning and Combating Racism, Xenophobia, and Intolerance Against AAPI in the US. Tenly is also a licensed social worker and a Returned Peace Corps Volunteer who served in Niger.



Perry Chan | SAMHSA

Perry Chan is a Public Health Advisor at SAMHSA's Office of Behavioral Health Equity (OBHE). He leads a policy-driven initiative that aims to build capacity, increase the visibility, and highlight the unique role of CBOs serving under-resourced communities in behavioral health. Prior to joining SAMHSA, he spearheaded efforts in the overall management of the AAHI. As the Program Manager, he provided executive leadership on strategic planning, implementation, evaluation and administrative duties of AAHI's programs.



Kate Lu | Chinese Culture and Community Service Center (CCACC)

Huixing (Kate) Lu is the Director of CCACC Health Center, a community health center clinic to address a person's bio-psychological-social needs. As a Licensed Clinical Social Worker, she also provides counseling services to address mood disorders, adjustment issues and support for caregivers of children with special needs and dementia patients.



Sanjana Quasem | Asian American Health Initiative (AAHI)

Sanjana Quasem is the Outreach Program Coordinator for the AAHI. The AAHI is a part of the Department of Health and Human Services (DHHS) in Montgomery County, Maryland. She oversees the Health Promoters Program and serves as a liaison between AAHI and community leaders. She is an active member of the Muslim American community and has experience in outreach, youth education, and event planning. In addition she has a strong interest in health disparities and community development.

Session 1

BREAKING SILENCES: YOUTH MENTAL HEALTH & PARENT-CHILD COMMUNICATION

Saturday, July 16th | 10:15–11:45 AM (Regency Room)

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.

— GROUP A: ROBERT WOOD JOHNSON FOUNDATION CLINICAL SCHOLARS TEAM —



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

Juliana H. Chen, MD is a child and adolescent psychiatrist at Massachusetts General Hospital (MGH) and Newton-Wellesley Hospital (NWH), and a clinical instructor at Harvard Medical School. She serves as Associate Director of the MGH Center for Cross-Cultural Student Emotional Wellness and has special interest in supporting Asian American students and families.



Weiyang Xie | Session Co-Chair & Clinical Psychologist

Weiyang Xie, PhD is an Assistant Professor of Clinical Psychology at the Department of Psychiatry at the University of Illinois Chicago. She worked as the Clinical Psychologist & served the Chair of Diversity, Equity and Inclusion Committee of the Health & Wellness Unit at the University of Notre Dame, IN. She also serves as a consulting psychologist for UCA WAVES Program for Asian American youth mental health.



Justin Chen | Psychiatrist

Justin A. Chen, MD, MPH, is Medical Director of Ambulatory Psychiatry Services and Co-Director of Primary Care Psychiatry at Massachusetts General Hospital (MGH). He is also the Director of the MGH Center for Cross-Cultural Student Emotional Wellness and the Co-Director of Medical Student Education in Psychiatry at Harvard Medical School. He specializes in the treatment of adult mood and anxiety disorders and is dedicated to teaching and mentorship.



Jian (Lily) Chen | Nurse Educator

Jian (Lily) Chen, MA, RN, CNE, is a lecturer at North Carolina Central University Department of Nursing. She is a certified Mental Health First Aid (MHFA) instructor. Lily is a community organizer and has published multiple OpEds that have been featured in major US news outlets. Lily is UCA WAVES Project director, Senior advisor and previous Executive Director of UCA, and the founding President for UCA Illinois Chapter.

— GROUP B —



Bonnie Liao | Social Worker & Parenting Educator

Bonnie Liao 廖冰, PhD, MBA, is the founder of two nonprofit schools and two nonprofit summer programs. She has served as the general advisor since 2004 for the PCE (Parents and Children Education) Club, a parenting group in New Jersey. Bonnie has been giving EQ Parenting talks and conducting youth leadership trainings nationwide. Her professional interest is mental and behavioral health for youth and families. In 2019, she became a licensed social worker in clinical psychological counseling.



Session 2

AAPI MENTAL HEALTH AND ADVOCACY

Saturday, July 16th | 2:35–3:50 PM (Regency Room)

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.



Xiaohong Gao | Session Chair

Xiaohong Gao, PhD, is an educational measurement professional trained in education, psychology, and psychometrics, with over two decades of technical and leadership roles. Since 2016, Xiaohong has consulted on program evaluations, developed surveys, and conducted statistical analyses for UCA. She currently leads the Research and Development team for UCA WAVES.



Daphne Kwok | Moderator

Daphne Kwok is the Vice President of Diversity, Equity & Inclusion, Asian American & Pacific Audience Strategy at AARP. Her work empowers AAPI to choose how they live as they age. Among her many accomplishments, she was appointed by President Barack Obama in 2010 to chair his Advisory Commission on AAPIs.



Jian (Lily) Chen | Nurse Educator

Jian (Lily) Chen, MA, RN, CNE, is a lecturer at North Carolina Central University Department of Nursing. She is a certified Mental Health First Aid (MHFA) instructor. Lily is a community organizer and has published multiple OpEds that have been featured in major US news outlets. She is also the UCA WAVES Project director, Senior advisor and previous Executive Director of UCA, and the founding President for UCA Illinois Chapter.



Hong Liu | MAHA Executive Director

Dr. Hong Liu is currently Executive Director of the Midwest Asian Health Association and is a well-recognized community leader dedicated to public health and charitable missions. She is among the funding members of three non-profit community-based organizations and works diligently toward improving the health and quality of life for AAPI populations.



Dr. Bei Wu | Research Director

Dr. Bei Wu is Vice Dean for Research and Dean's Professor in Global Health at the NYU Rory Meyers College of Nursing. She is also a Co-founder of the NYU Aging Incubator, a university-wide aging initiative. Currently, she is leading a NIH funded Asian Center for Health Promotion and Equity



Elaine Peng | NAMI Chinese & MHACC Founder

Elaine Peng is the founder of Mental Health Association for Chinese Communities (MHACC), otherwise known as NAMI Chinese. She is a renowned mental health advocate and educator in the United States, compelled by her and her family's own struggles with mental health, which is covered in Silent War.

Session 3

DESTIGMATIZING MEDICATIONS

Saturday, July 16th | 4:00-5:00 PM (Calvert Room)

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?
- Addressing common stigmas around taking medications.
- Who should I talk to about prescribing medications?



Sen Xu | Session Chair & Moderator

Sen Xu, MD, is currently a staff psychiatrist at Brigham and Women's Hospital with affiliation at South Cove Community Health Center. He is committed to help destigmatize mental illness in the Asian-American community, and to be an active voice in addressing racial inequity, social stigmatization, and systemic discrimination.



Janie Cao | Child Psychiatrist

Janie Cao, MD, MPH, was born in China and immigrated to the U.S.A. as a child. Her early personal experiences with acculturation and Christian faith have grounded her in values of altruism, diversity, equity and inclusion that have shaped her academic and professional trajectory. She is excited to be here representing Yale CHATogether.



Jessica Ouyang | Child & Adolescent Psychiatrist

Jessica Ouyang, MD, is a child & adolescent psychiatrist at MedStar Georgetown University Hospital. Her clinical work involves integrated mental health care in primary care pediatrics and obstetrics/gynecology. She is also a fellowship-trained perinatal/reproductive psychiatrist from Brown University/Women & Infants Hospital of Rhode Island.



Ren Li | Parent Ambassador Lead

Ren Li, MBA, Youth Life/Career Planning Specialist and Educator. She founded Cornerstone Education to provide education consulting and services to international students. She is a member of American School Counselor Association and Association of International Educator. She serves as former President and founding board member of UCA IL, Council Member of Cook County 4H, board member of Center for Future Innovators. She has been serving the WAVES Parent Committee to promote mental health for Asian youth.



Tianyao Tim He | Youth Ambassador

Tianyao Tim He is a 1.5 generation Chinese American. He worked as a Project Coordinator for the Robert Wood Johnson (RWJF) Clinical Scholars Project "Breaking Silences in the Model Minority" and began his MLA with a concentration in Psychology through Harvard Extension School.

Session 4

LGBTQ+ WORKSHOP

Saturday, July 16th | 3:15–4:30PM (Forum Room)



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.



Jessie Li | Session Chair & Moderator

Jessie Li, UCA WAVES Coordinator, is currently pursuing her Master's in Counselling Psychology at Adler University. She is passionate about mental health literacy, reducing mental health stigma, and fostering resilience. She aims to support AAPI communities and other marginalized groups, and advocates for the importance of intersectionality within mental health works.



Grace Chan McKibben | Parent

Grace Chan McKibben is Executive Director of Coalition for a Better Chinese American Community, a policy and advocacy organization based in Chicago's Chinatown. She is a well-respected leader in Chicago and Illinois and has held senior leadership experiences in higher education, government, corporate, consulting, and social services.



Serena Chen | Psychiatrist

Serena Chen, MD, completed her medical training at Western Michigan University Homer Stryker M.D. School of Medicine. She then moved to Boston for her psychiatry residency at Harvard South Shore, where she also served as the Chief of Wellness. In addition to her psychiatric training, she trained at the Boston Psychoanalytic Society and Institute as a fellow. She is passionate about advocacy and is a psychiatric consultant for UCA WAVES.



Jenny Deng | Youth

Jenny Deng is a rising high school junior from Chicago currently living in Texas. She is an aspiring writer with enough years of classical piano to meet Asian parent expectations (though her love for Debussy is entirely of her own free will). She is passionate about AAPI and LGBTQ+ issues and representation, youth mental health advocacy, and political literacy and participation.



Jason Li | Editor

Jason Li is a medical student at Harvard. His interests lie in mental health, race and medicine, and health equity and justice. During his college years at Stanford, he served as a Northern California Ambassador to the White House Initiative on AAPIs, and wrote and performed in culturally tailored, theatrical mental health workshops for Asian American families with Stanford CHIPAO (Communication Health Interactive for Parents of Adolescents and Others).



Jennifer Tu | Editor

Jennifer Tu, MD, WAVES Psychiatrist Consultant and previous WAVES Coordinator, is a graduate from the Duke School of Medicine. She is currently completing her psychiatry residency at UCLA. Jennifer grew up hearing about her parents' stories of survival and has worked towards reconciling their tales of loss, immigration, and resilience with her own. She is committed to promoting mental health and wellness, addressing transgenerational trauma, and advocating for antiracism.

COMMUNITY SHOWCASE

Friday, July 15th | 11:30 AM – 12:00 PM & 3:15–4:30 PM (Ambassador Room)
Saturday, July 16th | 1:00–1:30 PM (Ambassador Room)

This year's convention theme is "Building a Civically Engaged Community". As part of the event, we are organizing a Community Showcase, which will provide an opportunity for community organizations and youth groups from across the country to share more about their efforts and connect with one another beyond the convention. There will also be designated time intended for convention participants to view your efforts. We also hope that this can be an opportunity for all of us to support one another as a community and learn from our successes and challenges.



Lucy Lei | Session Chair

Lucy Lei was born in Xinjiang and grew up in Beijing. She came to the States for college and grad school and has received so much help from the Chinese community here. She has been part of the WAVES team as a translator since Feb 2022 and hopes to give back to our Chinese community as much as she can.

PARTICIPATING GROUPS

Bullying Prevention and Youth Mental Health Lab at University of Maryland

Diary of the Dragon's Daughter, LLC (Film), GA

Foundation Ours.Inc

HEAP Research Network

Mental Health Association for Chinese Communities

MGH Center for Cross-Cultural Student Emotional Wellness

Midwest Asian Health Association MAHA

Talking to Maggie, LLC

UCA Illinois Chapter

WAVES

Yale CHATogether



For more information, visit the "Community Showcase" section in the program book!



Thank YOU!

We would like to extend our utmost gratitude to our UCA WAVES team members and partners. We are honored to work with such driven, accomplished, and compassionate individuals. Their efforts allow us to gradually watch WAVES' mission come to fruition. Thank you for contributing your talent and time to invest in the wellbeing of the Asian American community!



***Want to support
WAVES? Scan here!***

WAVES Team Members

