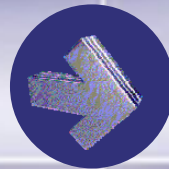


A white decorative graphic consisting of several overlapping, rounded rectangular shapes, resembling a stylized paperclip or a series of connected loops, located in the upper left corner of the slide.

Asian Outreach Program Of Queens Child Guidance center

Agnelo Dias





ASIAN OUTREACH PROGRAM

- Established in 1993
- Four Components
- Mental Health Clinic
- Chemical Dependency Unit
- Outreach
- After School Program



SERVES

- South Asians
- Chinese
- Koreans
- Filipinos
- Farsi speaking community



Challenges & Success

- Difficulties faced initially
- First year 250 applications
- Today over 750 applications



BARRIERS

- Stigma
- Health Insurance
- Language
- Unusual symptoms(somatization)
- Lack of cultural understanding of staff
- Unfamiliar with Health Systems
- Different Help-seeking Patterns
- Managed Care Environment(Cost cutting)



SPECIAL STRESSORS FOR SOUTH ASIANS

- Migration
- Cultural shock
- Language
- Financial Issues
- Immigrations Status
- Family Role reversal
- High Parental expectations
- Boys vs. Girls
- Racism/prejudice



MIGRATION

- Mental losses
- Physical losses
- Spiritual losses
- Loss of family&friends
- Loss of cultural familiarity



MAJOR MENTAL HEALTH CONCERNS SOUTH ASIANS

- Depression
- Suicide
- PTSD
- Anxiety disorders
- Somatization
- Parent-Child conflict
- Self- mutilation
- Substance Abuse
- DV



THE NEEDS OF SOUTH ASIANS

- Education
- Advocacy for more services
- Create an awareness about MH needs
- Create an awareness in ourselves.
- Take care of our own MH needs