



COALITION FOR IMMIGRANT MENTAL HEALTH 2020-2021 CONVENING SERIES

May 14, 2021

COVID-19's Impact on Immigrant and Refugee Communities Part 2: Asian Immigrants' Access to Health Care and Mental Health Services in the Midst of Virus-Blaming and Increased Racism and Xenophobia

Agenda

9:50am-10am **Join the waiting room and greet each other**

10:00am-10:05am: **Welcome: Ané Maríñez-Lora, PhD.**
Research Assistant Professor
University of Chicago Crown Family School of Social Work, Policy, and Practice; Chair, Coalition Convening Planning Workgroup

10:05am – 11: 30am **Panel Discussion**

Anne Saw, PhD
Director of the Chicago Asian American Psychology Lab
DePaul University

Sherry C. Wang, PhD,
Associate Professor, Department of Counseling Psychology
Santa Clara University

Melissa Palma, MD,MPH
Family medicine and preventive medicine resident
at Cook County Health in Chicago

Winnie Lam, MS
Manager of Senior Wellness and Independence
Chinese American Service League in Chicago

Moderator
Aimee Hilado, PhD
Associate Professor of Social Work
Northeastern Illinois University, Coalition Member

11:35 am-12:00pm **Wrap-up Mindfulness Activity**

Crystle Dino, MAATC
ChiPinayist, Folk Art Therapist



A LITTLE INFORMATION ABOUT SPECIAL GUESTS

Winnie Lam has been working at the Chinese American Service League since 2010 and is currently a Manager of Senior Wellness and Independence, developing and administering the program operations of Adult Day Services, In-home Services, Pine Tree Senior Council, Alzheimer's Service Program, CASL Senior Building Case Management. Under her management, Winnie helped the agency to develop the new Alzheimer's Service Program to provide culturally and linguistically competent clinical services to Asian Americans, to help address the health equity of the Asian Americans in Greater Chicago Area. She also serves as the Regional Coordinator of the Illinois Adult Day Service Association and serves on the Illinois Department on Aging Pre-Service Training Workgroup. She received her Bachelor in Psychology from University of Hong Kong and her Master in Social Work from UIC Jane Addams School of Social Work. She is a Chinese bilingual Licensed Social Worker, working towards her Clinical License and having a strong interest to serve minorities to advance their quality of life.

Melissa Palma, MD, MPH (she/her) is a Family Medicine and Preventive Medicine resident at Cook County Health. She is the Research and Education Co-Chair of the Council of Young Filipinx Americans in Medicine and an active member of the Refugee Immigrant Child Health Initiative of the Illinois Chapter of the American Academy of Pediatrics. Dr. Palma also serves as the medical and public health advisor for TayoHelp.com, a culturally-tailored COVID-19 resource for Filipinx/a/o Americans sponsored by FYLPRO, a leadership program affiliated with the Philippine Consulate General in Chicago. Currently, she is preparing a research project to assess COVID-19 vaccine attitudes and barriers in Filipinx/a/o communities.

Anne Saw is an Associate Professor of the Department of Psychology at DePaul University and a board member of the Asian American Psychological Association. She conducts community engaged, participatory research with Asian American immigrant and refugee populations to promote health and mental health through culturally responsive interventions. Her research is focused at the intersection of health and mental health, and she is particularly interested in how structural, community, and sociocultural factors shape coping and health behaviors and how we can design and adapt behavioral health interventions to improve health and mental health outcomes for Asian American communities. In 2017, Dr. Saw was awarded an Early Career Research Award from Asian American Psychological Association for distinguished contributions to the field of Asian American psychology. She is currently leading several research projects to examine the needs and impacts of the COVID-19 pandemic on Asian American and Pacific Islander communities across the country.

Sherry C. Wang is an Associate Professor in the Counseling Psychology at Santa Clara University. She is a licensed psychologist, a researcher, and an anti-racist educator. She identifies as a cisgender woman (she/her) and her worldview is influenced by her bilingual and bicultural background as a Taiwanese immigrant and Asian American. Her theoretical orientation is an integrated approach comprised of interpersonal process multicultural, and feminist theories and she sees psychotherapy patients one day a week. Her scholarship is rooted in advocating for the voices of underrepresented groups (e.g., BIPOC, immigrants, refugees, LGBTQ

populations) and she focuses on the ways in which sociocultural determinants (e.g., access to healthcare services, social support, community attitudes) contribute to ethnic/racial health disparities. She teaches graduate courses in multicultural counseling, developmental psychology, microskills in counseling, counseling theories, and gender and counseling. At the national level, she is the current co-chair of the Asian American Psychological Association's (AAPA) Division on Women (DOW). She also chairs the American Psychological Association (APA) Committee on Ethnic Minority Affairs, which is a 6-member committee responsible for representing the issues of ethnic minority communities in APA. She was previously part of APA's Committee on Psychology and AIDS, which has since been expanded and renamed as a committee on health disparities. Since the start of COVID19, she has been featured, cited, and interviewed in the media on the topic of anti-Asian racism and xenophobia.

Crystle Dino, MAATC, is a queer Pinay Chicago native guided by her passions in the visual, performance, and healing arts rooted in community and her cultural upbringings. She practices as a folk art therapist, performance and visual artist, mover & dancer, cultural worker, and youth development worker. She embodies her freedom by training in Filipino Martial Arts and dance and utilizes the concepts of Chicago House culture of freedom, love, and empowerment, as well as the Babaylan consciousness as foundation and impetus for her practices. Crystle has developed a decolonial practice as their personal arsenal of empowerment, healing, and connection, and in her findings she would like to share this practice, especially with other queer, wom*n of color who are seeking to process through their own experiences in a body-centered approach with the foundation that self-determination precedes self-preservation. She is focused on cultivating this intersectional approach to FMA to guide people in reconnecting with their internal sources, as well as to re-member in a community setting. This creates a safe sense of community through a body-centered practice in learning to defend the self and community, one that is inclusive and validating of the full life experiences of all participants. We create a new dimension with our bodies, and no soul is saved without the body. *Art Therapy is a Practice; it is Personal, and it is Political.*

Aimee Hilado, Ph.D., LCSW is a ZERO TO THREE Fellow, licensed clinical social worker and academic researcher specializing in immigration trauma and immigrant/refugee mental health. Dr. Hilado is the founder and clinical director of the RefugeeOne Wellness Program, a program established in 2011 to support the health and mental wellbeing of refugee and immigrant newcomers across all ages from expectant mothers to older adults. She oversees operations and also provides therapy across ages with specific expertise in infant early childhood mental health and forensic psychological evaluations for asylum-seekers. Dr. Hilado is also an Associate Professor of Social Work at Northeastern Illinois University where she teaches and conducts research in her practice areas: refugee/immigrant trauma and culturally sensitive clinical treatment. At CIMH, she is a member of the Leadership team and co-chairs the Forced Migration Workgroup that focuses on initiatives for refugees and asylum-seekers.