



ASIAN AMERICAN PSYCHOLOGIST

Newsletter of the Asian American Psychological Association Summer 2015

President's Column Policy and Psychology in Global Context Sumie Okazaki

Greetings from Shanghai! By the time you read this, I will be back in the U.S. spending my summer as I usually do – desperately catching up on research and writing while happily anticipating seeing friends and colleagues at our annual AAPA convention. This is my last column as your President, as I will be handing over the Tibetan bells to the President-Elect Kevin Nadal come August.

But let's not get ahead of ourselves! At this writing, I am teaching a 3-week version of cross-cultural counseling as a study abroad course in Shanghai. And as I was planning this study abroad course, which is my first time ever teaching abroad, I relied heavily on AAPA friends and colleagues with connections to Shanghai. In fact, Dr. Paul Wang has been kind enough to invite our class to visit Shanghai United Family Hospital and Clinics, where he serves as the chief of psychology. And I am also looking forward to meeting a colleague of my AAPA buddy Doris Chang at another Shanghai mental health hospital.



I mention my AAPA connections to Shanghai because it is quite clear that AAPA and Asian American psychology transcends borders. Many of us are either trans-Pacific migrants or children of immigrants or have families who live in both Asia and the U.S. And many of us work with populations that are transnational and whose cosmopolitan identities are quite fluid.

As I have focused my AAPA presidency on the intersection of public policy and psychology, I thought I would share just one observation from Shanghai. Some of you may know that mental health policy in China is changing quite rapidly, with the establishment of new rules about who can provide what type of mental health services in what settings, who is qualified to provide services, and how the public is educated about mental health issues. Most striking to me has been the rapid implementation in the city of Shanghai of a city-wide “psychology” curriculum in primary and secondary schools since 2012. Local psychologists and social workers predict that the younger generation of Shanghai public school students will be knowledgeable about, and comfortable seeking counseling and mental health services. Imagine that! Of course, having a policy does not guarantee effective implementation, and I suspect the implementation would be uneven especially between children in the city and in the rural areas. Just learning about and speaking with the locals involved in this rapid change has been an intriguing experience for my students and me.

Now back to my AAPA presidency. Here are some highlights of the work that the Executive Committee and I have engaged in:

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1) **National Council of Asian Pacific Americans (NCAPA) www.ncapaonline.org**

NCAPA continues to keep us informed about the big and small policy items of relevance to APAs. Since the last newsletter, the policy subcommittee has signed a letter in support of California State Assembly Bill 30 to remove racially offensive sports mascots from California public schools, a letter to the U.S. Senate to preserve funding for the U.S. Census Bureau, an open letter with other AANHPI organizations supporting affirmative action in higher education, a letter to the U.S. Department of Homeland Security asking for Nepal to be designated a temporary protected status following the tragic earthquake, a letter endorsing a new law to ensure health equity access for immigrant women, and a letter in support of a U.S. Senate resolution to recognize the Lunar New Year.

2) **Collaborating with our ethnic minority psychology association partners**

The Alliance of National Psychological Associations for Racial and Ethnic Equity (or The Alliance) will be working with the Annie E. Casey Foundation on a new initiative to recommend reform to mental health services for youth in the juvenile justice system. Stay tuned!

3) **AAPA statements**

A part of “giving away Asian American psychology” is for AAPA to take a stand on social issues in a timely manner. In this regard, since our last newsletter, we have issued a brief statement of condolences and calling for justice in the tragic shootings of three Muslim young adults in North Carolina.

Finally, we’ve recently received the happy news that our flagship journal, Asian American Journal of Psychology, is now making profit for AAPA! Kudos to the founding editor Fred Leong and our current editor Bryan Kim, along with the associate editors, editorial board, and all the excellent contributors for making the journal an amazing success.

As always, there are many other activities going on in all corners of the AAPA. I urge all members to find your corner of AAPA and get involved, and I hope to see you all in Toronto in August!

Sumie Okazaki



We welcome the newly elected AAPA leadership team members:

*Board of Directors: **Glenn I. Masuda** and **Ulash Thakore-Dunlap**
(09/15-08/17)*

*We would also like to express our appreciation to the outgoing Board of Directors, **Nellie Tran** and **Jocelyn Buhain** for serving on the AAPA Executive Committee in the past two years.*

Membership Report

Frances Shen



Hello AAPA Members,

The AAPA currently has a total membership of 603 members. The breakdown for the membership categories are the following:

Membership Categories	Number
Students	339
Professional	256
Emeritus	8
TOTAL	603

If you have not renewed your 2015 AAPA membership yet, be sure to **renew your membership** on our website so that you can begin to enjoy the many benefits of being a current AAPA member, including **discounted AAPA convention rates!** There are many other benefits for AAPA members only, such as having access the AAPA listserv, professional development blogs, the Asian American Journal of Psychology, etc. Your membership will last for an entire year from the date that you renew your membership.

You can easily join or renew your AAPA membership through our website at www.aapaonline.org.

If you have any questions or concerns regarding AAPA membership, please do not hesitate to contact me at fshen625@gmail.com. Thank you for your continuing support of AAPA!

Finance Report

Kelly Liao

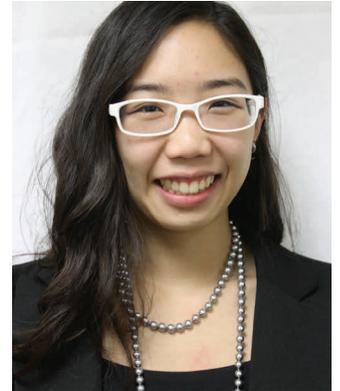
It is my pleasure to provide the following information about AAPA's financial health. As of February 1, 2015 we have \$ 14,950.93 in our checking account and \$ 5,331.54 in our money market account, and \$33,529.68 in our PayPal account for a total of \$53,812.15.

Since Feb. 2015, we have received \$ 15,003.96 in income and spent \$5224 [(mostly AAPA member subscription to AAPA journal, Bustout solution (\$100.50)]. Thank you for the privilege of serving as your Finance Officer.



Tools for Chinese American Parents: *Raising Successful, Healthy Kids*

Justine Fan



Raising confident, healthy, and successful kids is every parent's goal. Yet Bay Area educators report increasing rates of health problems such as depression, anxiety, and phobias among their student bodies. As parents, we also need to be aware of their social and emotional development. Today's youth face not only pressure from parents but also from peers and social media. There is the added pressure of cultural stigma against help-seeking behaviors, particularly around the issue of mental health. The untreated mental illness is often exacerbated and left unattended until the implications are too severe to ignore.

The "model minority" stereotype and cultural stigma contribute to a severe lack of culturally competent mental health information and services available to Chinese American children, youth, and families. These factors impede Chinese families from identifying and accessing mental health services. The problem of stigma associated with mental health has also been observed in Fremont high school youth who respond to the shame and silence of stigma by muting their emotional pain and manifesting it instead through self-injurious behavior such as cutting and suicidal attempts.

Thanks to a Kaiser Community Foundation grant, Fremont Youth and Family Services (YFS) received \$30,000 to provide parent awareness and education resources specifically for Mandarin speaking Bay Area families. The bi-cultural workshop was specifically tailored by bilingual therapists for the unique population of Fremont.

The City of Fremont, the 4th largest City in the Bay area, has a population of 214,000 people and a unique demographic; 51% of Fremont's population is Asian. The Chinese American and Mandarin speaking community (38,118 individuals) represent 35% of that Asian population (2010 census). City data indicates that 20,000 foreign-born residents are from China and Taiwan, with approximately 2,500 additional residents with Chinese speaking origins (City Data.com). Fremont Unified School District 2013/14 enrollment data shows that Mandarin is the second highest language group among FUSD's "English Learners," students who need assistance to learn in English.

"Often, eastern cultures discourage emotional expression and prefer to solve issues privately within the family because they feel embarrassed when disclosing concerns," says Dr. Helen Hsu, a clinical psychologist at YFS, and current Vice President of the Asian American Psychological Association. "Our goal is to provide information to decrease community stigma which creates barriers to good student health."

Parenting education workshops were offered in Mandarin as a three-part class series, providing a supportive environment for proactive parents to learn from a licensed mental health counselor about developmental and communication topics. Some of topics included bi-cultural parenting, responding to challenging child behaviors, improving family communication, awareness of youth culture and school pressure, and how to recognize warnings signs of serious mental health issues. Dialogue between parents and facilitators were encouraged as a way to increase communication and decrease stigma.

The Tool to Measure Parenting Self-Efficacy (TOPSE) was administered prior to the workshop and after the parents completed the sequence. TOPSE is a multi-dimensional instrument of 48 statements within eight scales, each scale having six statements and representing a distinct dimension of parenting: emotion and affection, play and enjoyment, empathy and understanding, control, discipline and boundaries, pressures, self-acceptance, learning and knowledge. The items are rated on an 11-point Likert scale where 0 represents completely disagree, and 10 represents completely agree (TOPSE, 2009). The scale contains positive and negatively worded items, and the responses are summed to create a total score; the lower the score, the lower the level of parenting self-efficacy.

The results of the workshop were positive, with many parents reporting interest in continuing classes on a variety of topics, such as additional ways of identifying mental illness in children and ways to cope with and addiction to the internet. The parents also reported an increase in communication with their kids and a decrease of stress for themselves.

A quote from a parent before attending the workshop: *"I used to be so frightened that my child would lose his culture that I would make him go to Chinese school. Every day was a fight about Chinese homework. I didn't understand why he hated me and learning about our culture so much. I attended the workshop. I feel much better about talking to my child"*

The facilitators noticed there was a change in the parent's language of how they spoke to their kids; instead of "making" or "forcing" the parents used "encouraging" or "trying to instill." This also reflected a change in the parent's stress levels after accepting that they could not "force" their children to complete an assigned task nor "should" their children know how to react in a given situation. After the facilitators discussed alternative explanations that suggested that the child was just as frustrated as the mother due to the culture gap, parents were able to decrease the confrontations with their children.

In addition, local Chinese American community leaders volunteered to create a public education Public Service Announcement to encourage other parents to seek knowledge and support when needed (<https://www.youtube.com/watch?v=AgPkn7vRpn8>) and two educational brochures, "What is Counseling?" and "Understanding Anxiety Disorders."

For more information, please contact **Youth and Family Services'** Joan Zhang at 574-2157 or jqzhang@fremont.gov, or visit www.Fremont.gov/YFS.





Book Drive

The Book Drive Committee is pleased to announce having received about **140 donations** this year, including 135 books and five DVDs! Thank you to all of our generous contributors who have been very supportive of our cause. Special thanks to the American Psychological Association, Harvard Business Review Press, Westview Press, and our very own Book Drive co-chair Michelle Lee, all of whom have donated at least 10 books or more.

We would also like to acknowledge Atheneum Books for Young Readers, Hodder & Stoughton, Information Age Publishing, Oneworld, Riverhead Books, Stirfry, Teachers College Press, University of Minnesota Press, and University of Washington Press, all of whom donated at least five books. Please look for the complete list of our publishing contributors in our conference program.

We are excited to feature several genres, including clinical and counseling psychology, social psychology, education and training, Asian studies, cookbooks, children's books, and fiction. The children's books include Grace Lin's *Bringing in the New Year* and *Kite Flying* and Sanae Ishida's *Little Kunoichi: The Ninja Girl*. Our diversity training DVDs include *The Color of Fear* and *Last Chance for Eden*.

Several 2015 and 2014 releases will be available for purchase, including *Transcultural Competence: Navigating Cultural Differences* (APA), *Studying Ethnic Identity: Methodological and Conceptual Differences Across Disciplines* (APA); *Social Psychology* (8th edition; Westview Press), *Recognizing Race and Ethnicity; Power, Privilege, and Inequality* (Westview Press), and *Creating Well-Being* (APA).

Many popular titles from last year's Book Drive will be available again this year, including *Privilege: A Reader*, *Culturally Responsive Cognitive-Behavioral Therapy*, *Connecting Across Cultures: The Helper's Toolkit*, and *The Contemporary Asian American Experience: Beyond the Model Minority*.

All purchases made at the Book Drive will help fund AAPA student travel to next year's convention. Please be sure to stop by the Book Drive to help support our students!



The Community Engagement Committee of Division 17 is putting out a call for volunteers for this year's community engagement project to take place on Friday morning of the APA Convention in Toronto. This year we will be partnering with The 519, an organization that serves members of the LGBTQ community in Toronto. Our event will be a half-day workshop on *compassion fatigue for professionals* hosted by The 519.

The workshop will take place **Friday, August 7th, 9am-12pm, at The 519 in Toronto.**

Volunteers may help with various aspects of the program, including helping to facilitate small discussion groups. This is a wonderful opportunity especially for ECPs and students to engage in meaningful work

with other dedicated professionals in the field.

As the current Chair of the CEC and a member for 4 years, I can say that involvement in these projects every year has been one of the most rewarding (and fun) aspects of attending the Convention!

To sign up or for more information on volunteering, please contact me at senolan@albany.edu.

The mission of the CEC is to work for social justice by supporting and promoting the empowerment of underserved individuals, families, and communities in host cities where APA's convention is held. In recent years, the CEC has provided a compassion fatigue workshop to homeless service providers in Honolulu and partnered with Harbor House, a domestic violence shelter in Orlando and Whitman Walker Health, a community health clinic in DC specializing in LGBT and HIV services.

Sincerely,
Sarah Nolan

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ASIAN AMERICAN PSYCHOLOGIST

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Asian American Psychologist, the official newsletter of the Asian American Psychological Association (AAPA), is published 3 times yearly (Fall, Spring, Summer) and distributed to over 500 members of AAPA. For information on specific publication dates and advertising submission deadlines for upcoming issues, please contact the advertising editor. AAPA is a federally recognized non-profit organization.

Advertising Rates and Typesetting

Typical display advertising rates are based on column length (see below). Each advertising column is approximately 2 & 1/4 inches wide. There are 3 columns per newsletter page. The advertising rates are:

- 3-inch column ad = \$60.00
- 6-inch column ad = \$90.00
- 9-inch column ad = \$120.00

Requests for alternative typesetting for an ad can most often be accommodated at no extra cost. The rate billed will be based on the page area covered that corresponds to the advertising rates shown above.

Submission of Ads

It is recommended that text-only ads be submitted via email MS Word format to the advertising editor (see below). If special graphics are desired to appear in the ad, submission of camera ready copy which conforms to the ad sizes described above is required. The name and complete mailing address of the person or institution to be billed must accompany the submission of the ad.

Submit ads by email to:
Brian (thk2119@tc.columbia.edu)
or
Jude (jbergkamp@antioch.edu)

Billing

A billing statement will be sent after an ad is successfully submitted. It is the policy of AAPA that in the event there is a delay in the publication of the newsletter such that your application deadline is missed, you will not be charged or we will fully refund your payment. Payment must be a check or money order made payable to "AAPA" (we cannot process credit card payments).