



## White House Initiative on Asian Americans and Pacific Islanders

### *Young Leaders Dialogue Toolkit* **Mental Health**

#### Introduction

The White House Initiative on Asian Americans and Pacific Islanders (WHIAAPI) works to improve the quality of life and opportunities for Asian Americans and Pacific Islanders (AAPIs) by facilitating increased access to and participation in federal programs where they remain underserved. AAPIs are now the fastest growing racial group in the U.S. and are expected to increase over four times as rapidly as the total U.S. population and to double to more than 47 million by 2060. Recognizing this tremendous growth and the unique needs within AAPI communities, President Obama reestablished WHIAAPI through Executive Order 13515 in October 2009.

#### Engaging a New Generation of Leaders

Through its work with young leaders, WHIAAPI seeks to highlight both the tremendous unmet needs in the AAPI community as well as the dynamic community assets that can be leveraged to meet many of those needs. WHIAAPI engages a new generation of young leaders through annual youth forums and briefings. In addition:

- In 2013, WHIAAPI launched the **Healthy Engaged Youth Program**, encouraging young leaders to conduct outreach around the Affordable Care Act and new options for health coverage through the Health Insurance Marketplace.
- In 2014, WHIAAPI established its **E3! Ambassadors Program**<sup>1</sup>, enlisting students and young professionals to educate, engage, and empower their campuses and communities on key issues like education, mental health, pathways to public service, and immigration. E3! Ambassadors led more than 130 projects and events to demystify the federal government and connect their communities to federal resources and programs. As part of the program, WHIAAPI released a series of **Young Leaders Dialogue Google+ Hangouts** and **Young Leaders Dialogue Video Playlists** which can be found at [www.youtube.com/WhiteHouseAAPI](http://www.youtube.com/WhiteHouseAAPI).

#### Young Leaders Dialogue Toolkits

This *Young Leaders Dialogue Toolkit* is one in four issue toolkits designed to serve as a guide to federal agency resources around issues like education, mental health, public service, and immigration. We hope the data, resources, and videos included help to create and sustain ongoing dialogues in campuses and communities around issues affecting the AAPI community

*Stay Connected with us @WhiteHouseAAPI*



[www.whitehouse.gov/aapi](http://www.whitehouse.gov/aapi) | [www.ed.gov/aapi](http://www.ed.gov/aapi)

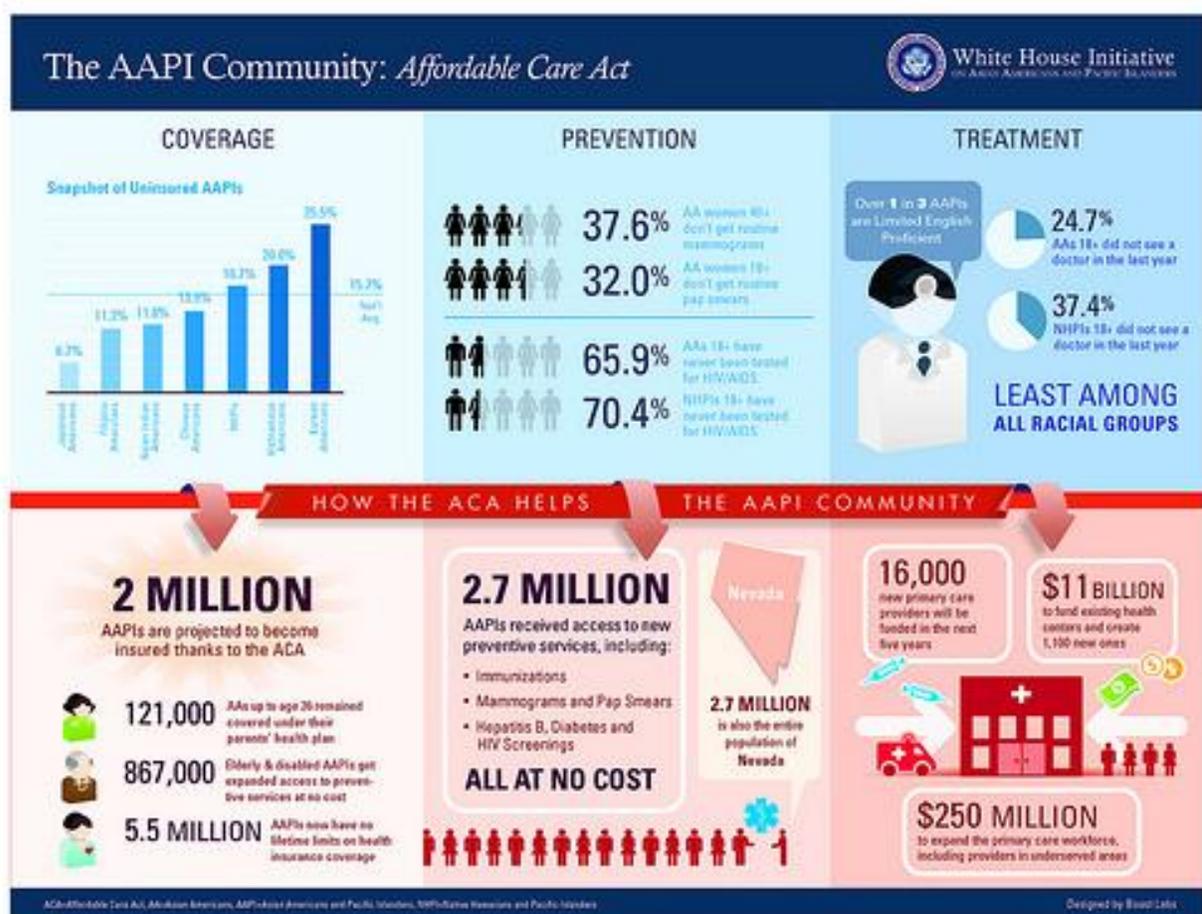
<sup>1</sup> WHIAAPI: <http://sites.ed.gov/aapi/e3/>

## The Issue: Mental Health

A recent [study](#)<sup>2</sup> conducted by the Department of Health and Human Services discovered that a high percentage of certain ethnic groups within the AAPI community experience mental health conditions, such as Post-Traumatic Stress Disorder (PTSD) and depression. This has resulted in some segments of the AAPI population having higher than average rates of suicide. For example, the suicide rate of Chinese American women is 10 times higher than among white women.

Speaking publicly about these topics is important because AAPI communities and families struggling with behavioral health issues often suffer in silence and without access to culturally and linguistically appropriate services that could help them combat social stigma. Biological factors, life experiences, and family history can contribute to mental health problems.

With the passage of the [Affordable Care Act \(ACA\)](#)<sup>3</sup>, nearly 2 million uninsured AAPIs gained access to health insurance through the Health Insurance Marketplace, and an estimated 8 in 10 qualify for financial assistance to purchase health care. In addition, [6.1 million](#)<sup>4</sup> uninsured young adults ages 19 to 25 have gained health insurance coverage because of the ACA. The ACA includes mental health and substance use disorder services as part of the essential benefits and requires parity in coverage.



<sup>2</sup> Department of Health and Human Services: <http://minorityhealth.hhs.gov/omb/browse.aspx?lv=4&lvlid=54>

<sup>3</sup> WHIAAPI: <http://www.ed.gov/edblogs/aapi/files/2013/03/ACA-Infographic.pdf>

<sup>4</sup> Department of Health and Human Services: <https://aspe.hhs.gov/pdf-report/health-insurance-coverage-and-affordable-care-act-2010-2016>

## Mental Health Materials

---

### Where can I find information and data on mental health?

- Visit [MentalHealth.gov](https://www.mentalhealth.gov) for information on what mental health is, warning signs, and how to get help.
- [Myths and Facts](https://www.mentalhealth.gov/basics/myths-facts/index.html)<sup>5</sup>
- [Young People and Mental Health](https://www.mentalhealth.gov/talk/young-people/index.html)<sup>6</sup>
- [Asian American, Native Hawaiian, and Pacific Islander Behavioral Health Equity](https://www.samhsa.gov/behavioral-health-equity/aanhpi)<sup>7</sup>

### How can we destigmatize mental health within the AAPI community?

- [Promote Peer Support and Social Inclusion](https://www.promoteacceptance.samhsa.gov/)<sup>8</sup>
- [Supporting Friends with Mental Health Problems](https://www.samhsa.gov/behavioral-health-equity/aanhpi)<sup>9</sup>

### What resources are available to support positive mental health?

- In case of emergencies, please call 1-800-273-TALK (8255) to reach a 24 hour [suicide prevention lifeline](https://www.suicidepreventionlifeline.org/)<sup>10</sup>.
- Use the [Behavioral Health Treatment Services Locator](https://www.samhsa.gov/behavioral-health-treatment-services-locator)<sup>11</sup> to find treatment facilities for substance abuse, addiction, and mental health problems.
- [Behavioral Health Treatment and Services](https://www.samhsa.gov/behavioral-health-treatment-services)<sup>12</sup>
- [Get Help Coping with a Traumatic Event](https://www.samhsa.gov/get-help-coping-with-a-traumatic-event)<sup>13</sup>
- [Tips for College Students: After a Disaster or Other Trauma](https://www.samhsa.gov/store/samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma/SMA13-4777)<sup>14</sup> is a free factsheet that helps college students cope with the mental health effects in the aftermath of trauma.
- [National Helpline](https://www.samhsa.gov/find-help/national-helpline)<sup>15</sup> is a 24 hour treatment referral and information service. Callers can also order free publications and other information.
- [Disaster Distress Helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline)<sup>16</sup> provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
- [Suicide Prevention Resource Center College and University Resources](https://www.sprc.org/settings/colleges-universities)<sup>17</sup>

### How can I better prepare myself to talk about mental health?

- Create or support [conversations in your community](https://www.mentalhealth.gov/talk/community-conversation/index.html)<sup>18</sup>.
- Learn about how to [talk about mental health](https://www.mentalhealth.gov/talk/index.html)<sup>19</sup> in different scenarios.

---

<sup>5</sup> Department of Health and Human Services: <https://www.mentalhealth.gov/basics/myths-facts/index.html>

<sup>6</sup> Department of Health and Human Services: <https://www.mentalhealth.gov/talk/young-people/index.html>

<sup>7</sup> SAMHSA: <https://www.samhsa.gov/behavioral-health-equity/aanhpi>

<sup>8</sup> SAMHSA: <https://promoteacceptance.samhsa.gov/>

<sup>9</sup> SAMHSA: <https://store.samhsa.gov/product/What-a-Difference-a-Friend-Makes/SMA07-4265>

<sup>10</sup> SAMHSA: <https://www.suicidepreventionlifeline.org/>

<sup>11</sup> SAMHSA: <https://findtreatment.samhsa.gov/>

<sup>12</sup> SAMHSA: <https://www.samhsa.gov/treatment/>

<sup>13</sup> SAMHSA: <https://www.samhsa.gov/trauma>

<sup>14</sup> SAMHSA: <https://store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma/SMA13-4777>

<sup>15</sup> SAMHSA: <https://www.samhsa.gov/find-help/national-helpline>

<sup>16</sup> SAMHSA: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

<sup>17</sup> Suicide Prevention Resource Center: <https://www.sprc.org/settings/colleges-universities>

<sup>18</sup> Department of Health and Human Services: <https://www.mentalhealth.gov/talk/community-conversation/index.html>

<sup>19</sup> Department of Health and Human Services: <https://www.mentalhealth.gov/talk/index.html>

## Affordable Care Act Materials

---

### Why is the ACA and health insurance coverage important?

- [Why Should I Have Health Coverage?](#)<sup>20</sup>
- [ACA's Impact on Young Adults](#)<sup>21</sup>
- Video: [Kalwis Lo's Story](#)<sup>22</sup>

### How does the ACA help AAPIs?

- Fact Sheet: [ACA and AAPIs](#)<sup>23</sup>
- Infographic: [ACA and AAPIs](#)<sup>24</sup>

### How can we raise awareness of the ACA and encourage more AAPIs to enroll?

- [HealthCare.gov](#) is the best source of information for the Marketplace. You have access to shop for plans, apply, and enroll online. The website has resources, videos, checklists, and live web chat available 24/7.
- **Toll-free call center:** Consumers can call 1-800-318-2596 to speak with a trained customer service representative 24/7 with assistance available in over 150 additional languages.
- **Consumer Assistance:** Consumers can get help with selecting health plans, enrolling, and other questions over the phone and in-person through [Consumer Assistance Programs](#)<sup>25</sup>. These programs and consumer assistance resources can be found via [HealthCare.gov](#) and at [localhelp.healthcare.gov](#).
- **Materials:** Brochures, fact sheets, infographics, videos, and more are available at [marketplace.cms.gov](#).
- The [Coverage to Care](#)<sup>26</sup> initiative provides resources to help consumers understand and use health coverage, the next step beyond enrollment.

### Check out our E3! Ambassadors Young Leaders Dialogues:

- [2014 Young Leaders Dialogue on Mental Health Google Hangout](#)<sup>27</sup>
- [2016 Young Leaders Dialogue on Mental Health Video Playlist](#)<sup>28</sup>

## Outreach Ideas

---

What now? Use these resources to educate, engage, and empower your campuses and communities around mental health, the Affordable Care Act, and the resources and services available to support positive mental health.

- Work with student organizations and campus and community health centers to discuss mental health and highlight health services and resources.
- Include resources and information about mental health, local services and treatment centers, and the ACA on student organization websites.
- Lead sessions about the ACA and ACA enrollment on campus.
- Write a blog or op-ed about your own personal story on mental health to start or sustain a conversation about mental health.
- Get involved in local health clinics. Translators are always in demand for assistance with clients!
- Get creative... the possibilities are endless!

---

<sup>20</sup> Centers for Medicare & Medicaid Services: <https://www.healthcare.gov/why-should-i-have-health-coverage/>

<sup>21</sup> Department of Health and Human Services: <http://www.hhs.gov/healthcare/facts-and-features/fact-sheets/aca-working-young-adults/index.html#>

<sup>22</sup> WHIAAPI: <https://www.whitehouse.gov/blog/2015/01/29/kalwis-lo-s-getcovered-story>

<sup>23</sup> Department of Health and Human Services: <http://www.hhs.gov/healthcare/facts/factsheets/2012/05/asian-americans05012012a.html>

<sup>24</sup> WHIAAPI: <http://www.ed.gov/edblogs/aapi/files/2013/03/ACA-Infographic.pdf>

<sup>25</sup> Centers for Medicare & Medicaid Services: <https://www.cms.gov/CCIIO/Resources/Files/Downloads/marketplace-ways-to-help.pdf>

<sup>26</sup> Centers for Medicare & Medicaid Services: <https://www.cms.gov/About-CMS/Agency-Information/OMH/OMH-Coverage2Care.html>

<sup>27</sup> WHIAAPI: [https://www.youtube.com/watch?v=DCj5\\_pWM0rk](https://www.youtube.com/watch?v=DCj5_pWM0rk)

<sup>28</sup> WHIAAPI: <https://www.youtube.com/playlist?list=PLP2myFogEmOHZrexsLKA7ASO3aepGJvrk>