

Changing Tides

2022

Highlights and Impact

2022

CT Stream 2022 Updates

Initiative/Resource: The CT Stream initiative, which offers up to 10 free therapy sessions for individuals between the age of 16-29 years old, has completed its first full year in 2022. In the first, year, all of the individuals who had completed the feedback survey had expressed improvement in their mental health and overall satisfaction with the initiative;

Participation: 56 individuals completed all 10 sessions in 2022 and 9 started their sessions at the end of 2022 and are finishing up in 2023 (65 total individuals)

Mar 1, 2022

Changing Tides Podcast Season 2

Outreach/Advocacy: CT crew member, Matthew Yonemura, hosts the second season of the podcast and interviews a variety of AAPI guests to discuss their mental health journeys, with the goal of encouraging open conversations about mental health;

Released every other Tuesday, bringing on new guests every episode.

Audience: Averaging 80 listeners per episode on podcast streaming platforms and YouTube viewers

Mar 25, 2022

Big Island Eats Fundraiser

Outreach/Fundraiser: Local, small business, Big Island Eats, approached Changing Tides to host a fundraiser to benefit the Kevin Sasaki Memorial Fund with Changing Tides. This fund was established in memory of Kevin Sasaki, a young man who died by suicide, to benefit our different initiatives;

Attendance: Over 100 orders placed, \$500 was fundraised

Apr 7, 2022

Therapist Directory Expansion

Advocacy/Resource: A curated list of trusted therapists with experience serving the AAPI population. This directory is on the Changing Tides website and can be a resource for anyone seeking a culturally sensitive therapist;

Grew from 6 therapists to 22 therapists on this directory while always accepting new inquiries

Apr 14, 2022

CT Flow Peer Support Group

New Initiative: A weekly Zoom group led by a facilitator, while working alongside the participants to set mental health goals that the group would like to achieve from week to week;

Attendance: 20 participants in total

- Apr 23, 2022 **CSULB NSU 2022 Culture Festival: Hajimari**
Mental health outreach: CSULB's Nikkei Student Union hosted this cultural festival at JANM for college students to discover different organizations within the JA community and ways to get involved with them.
Attendance: ~250 college students
- May 17, 2022 **Keiro Speaker Series: A Mental Health Conversation**
Outreach/Advocacy: Keiro invites Changing Tides Outreach Coordinator, Matthew Yonemura, and his father, Jeffry Yonemura (LTSC Board Member and member of the Changing Tides intergenerational committee) to discuss their mental health journeys as part of their mental health Speaker Series
Attendance: 52 intergenerational viewers
- May 18, 2022 **Act to Change Community Reception: United We Heal**
Outreach/Advocacy: Act to Change, a nonprofit working to address bullying in the AAPI community, hosted their 4th annual Community Reception at JANM to honor community orgs uplifting the AAPI community and connect with community members. Changing Tides was invited to this event to have an info table for attendees upon entrance.
Attendance: ~500 attendees from middle schoolers to senior citizens
- May 20, 2022 **Boeing Addressing AAPI Hate Virtual Panel Discussion**
Outreach/Advocacy: Outreach Coordinator Matthew Yonemura was invited to speak on Boeing's panel discussion among nonprofit leaders in the AAPI community across the country to speak to Boeing employees about their work addressing the rise in AAPI hate and violence over the past year.
Attendance: 134 Boeing employees
- May 21, 2022 **AAPI Heritage Month Celebration 2022**
Outreach/Advocacy: The City of South Pasadena and the South Pasadena Chinese-American Club hosted their first annual AAPI Heritage Month Celebration at Garfield Park to pay tribute to the diverse cultures in the AAPI community. Changing Tides was invited to have an info booth, along with many other AAPI organizations, with AAPI entertainment, Food, and activity booths.
Attendance: ~500 attendees of all ages
- Jun 8, 2022 **Named Assemblymember Al Muratsuchi's Nonprofit Program of 2022**
Recognition/Advocacy: Members of the Changing Tides team were invited to Sacramento for the California Association of Nonprofits luncheon, where Changing Tides was recognized as Al Muratsuchi's Nonprofit Program of 2022, 1 of the 109 recognized that day.

- Jun 18, 2022 **Art Talk Series: Zine-Making**
Creative activity to relieve stress and promote well-being; Workshop beginning with a mental health professional speaking and art workshop led by JANM artist; Outreach activity at the Terasaki Budokan
 Attendance: 20 youth/young adults
- Jul 16, 2022 **Inaugural Ripple Effect: Walk for Suicide Prevention**
Advocacy/Fundraiser: Changing Tides hosted its inaugural Ripple Effect: Walk for Suicide Prevention at the Jack Rose Track on the CSULB campus, in which all proceeds were directed toward mental health programs, mental health outreach, and establishing a suicide prevention resource. Attendees were invited to walk the track for a certain amount of time in memory of those we have lost due to suicide or to acknowledge staggering suicide statistics specific to the AAPI community. Several AAPI-owned food vendors sold their products, and a number of mental health organizations were present to provide their resources to the attendees.
 Impact: 425 attendees of all ages, over \$110k fundraised
- Jul 30- Aug 27, 2022 **Changing Tides Café Series**
Mental health outreach: weekly groups facilitated on Saturday mornings. Participants grabbed a beverage and chatted about a topic related to mental health (i.e. communication and relationships, and much more). In this round of Cafes, we were able to offer them virtually over a Zoom call;
 Attendance: 35 participants over 5 weeks with many attending regularly
- Aug 19-20, 2022 **Sunset on the Plaza**
Mental health outreach: booth at JACCC during Nisei Week to share information about mental health stigma and Changing Tides. In collaboration with UPRISERS clothing brand, we also offered free Kindness Rock painting, as well as painting and taking home a watering can for a \$10 donation;
 Attendance: 2,000
- Sep 18, 2022 **San Gabriel Mental Wellness Expo**
Mental health outreach: booth at Grapvine Arbor in San Gabriel to share information about mental health stigma and Changing Tides. In collaboration with UPRISERS clothing brand, we also offered free Kindness Rock painting, as well as painting and taking home a watering can for a \$10 donation;
 Attendance: 500
- Oct 25, 2022 **Paramount Inclusion Week Session: Hope, Healing and Purpose: Preventing Suicide in Youth of Color**
Outreach/Advocacy: Outreach Coordinator Matthew Yonemura and committee member Bonnie Tang were invited to take part in this virtual panel for Paramount Global employees to learn about ways to end the epidemic of BIPOC youth suicide and learn to better communicate and connect about mental health;
 Attendance: Invited the 20,000 employees of Paramount, CBS, and ESPN

Nov 27, 2022

Upstream

Fundraiser: 4th Annual Fundraiser at home of Carolyn Elliott in PVE;
The event consists of live music, drinks, catered dinner and dessert, and is highlighted by speakers telling their personal stories with mental health;
Attendance: 143 youth, adults, seniors

Nov 30, 2022

JIB Fund Grantee Convening: Caring for Ourselves and Our Community

Outreach/Advocacy: Outreach Coordinator Matthew Yonemura and CT Crew member Katie Mitani were invited to speak on the convening's youth panel during this event. The day was intended for fellow nonprofit leaders to join in a day of discussion and healing from our peers working to increase access to mental health support.
Attendance: 150 attendees from various nonprofit organizations

Dec 10, 2022

Art Talk Series: Terrarium Workshop

Creative activity to relieve stress and promote well-being; Outreach activity at the Corridor Flow Coffee;
Attendance: 25 attendees of all ages