

LITTLE TOKYO SERVICE CENTER
PRESENTS



A COMMUNITY CONFERENCE ON
MENTAL HEALTH AND WELLBEING

Japanese American National Museum
Saturday, September 16, 2023



Little Tokyo
Service Center

Thanks for joining

TOGETHER

with us...

**We're excited
to build a more
open and
understanding
community –
together.**

Little Tokyo Service Center (LTSC) welcomes you to Together: A Community Conference on Mental Health and Wellbeing. LTSC is a one-stop service center with multilingual assistance for those in need. With a staff of more than a dozen experienced social workers, LTSC assists seniors and low-income residents of Little Tokyo and surrounding areas, as well as people of all ages in the broader Southern California Japanese American community. Among other services, LTSC's Social Services Department:

- Allows those with mental health issues to receive culturally appropriate services and develop effective treatment plans.
- Facilitates open conversations about mental health among young adults in the AANHPI community.
- Helps survivors of domestic violence and their families start new violence-free lives.
- Assists the Japanese government to provide resources to Japanese nationals experiencing domestic violence so far from home.
- Assists non-English speaking clients in managing their health and accessing government benefit programs.

Over the past year, LTSC has built a network of experts, storytellers and community members who share their experiences in topics ranging from student stress to senior care and music therapy. We are so grateful to have many of these mental health advocates joining us today as we strive to build bridges in Asian American mental health.

We are dedicated to giving people a place or platform to openly discuss mental health and wellbeing, to normalize these conversations and strip away negative stigma. Thank you for being here with us today. We're excited to build a more open and understanding community—together.

With Gratitude,

**Little Tokyo Service Center's
Social Services Department**

DISCLAIMERS

and Etiquette

LTSC is grateful for your openness and willingness to join us today. To ensure that everyone feels safe and welcome, we included a few reminders:

- **Take care of yourself.** Sensitive topics including and related to mental illnesses will be discussed. If you feel the need to leave any room at any time, please feel free to do so. If you would like a private moment with a therapist to process, counselors will be on site for this purpose.
- **Respect others.** Please respect the confidentiality of others and keep any personal information shared here to yourself. What is said here stays here; what is learned here can leave here.
- **Share when ready.** Only share to the extent that you feel comfortable. Sometimes, the most important part of starting conversations is listening. Feel free to absorb without the pressure to contribute until you feel ready to do so.
- **Be aware of your language.** Please be mindful of the words you use. The words you use to write or speak about mental health are very important and can help reduce stigma around mental illness if carefully chosen. Focus on the person—not the condition.
- 日本語訳は12から15ページをご参照下さい。

Sometimes, the most important part of starting conversations is listening.

Focus on the person – not the condition.

SCHEDULE

September 16, 2023

*This session will have simultaneous language interpretation for Japanese speakers.

8:30 AM	Doors open and light breakfast	
9:15 AM	Introduction	Aratani Central Hall
9:30 AM	Opening Panel*	Aratani Central Hall
10:30 AM	Breakout Session 1	
	Discussion: What is Psychiatry?*	Tateuchi Democracy Forum (NCPD Side)
	Discussion: Demystifying Mental Health: Reframing Behaviors in Young Children	Araki Education Center
	Workshop: The Body is a Portal: Somatic Movement for Rest, Resilience and Awareness	Neiro Education Center
11:30 AM	Lunch	Aratani Central Hall
12:30 PM	Breakout Session 2	
	Workshop: Introduction to QPR	Tateuchi Democracy Forum (NCPD Side)
	Story: Healing Through Community and Storytelling	Araki Education Center
	Discussion: Wellbeing for the Japanese-Speaking Community (This discussion will be in Japanese only)	Neiro Education Center
	Workshop: Express Yourself with Collaging	Yuki Board Room (2nd Floor)
1:30 PM	Breakout Session 3	
	Story: It Goes On	Tateuchi Democracy Forum (NCPD Side)
	Discussion: Taking the First Step: Embracing Mental Health Through Therapy	Araki Education Center
	Discussion: Social isolation for Seniors*	Neiro Education Center
2:45 PM	Musical Performance	Aratani Central Hall
3:15 PM	Closing Words	Aratani Central Hall

All Day Quiet Room Location: Democracy Lab

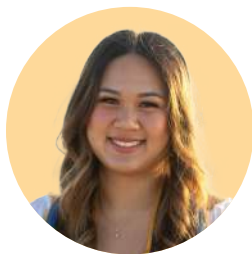
If at any time during the program you would like to step away, please feel free to step outside or visit our Quiet Room. This is designated space for attendees to use to take a break from the scheduled events.

OPENING PANEL:

9:30 AM – 10:15 AM Aratani Central Hall

Community Perspectives*

Led by marriage and family therapy student and Changing Tides Crew Member Linh Vo, this panel will explore the current state of mental health and wellbeing within the Asian American community. We will dive into the similarities and differences of how various generations, professions, and organizations approach mental health in an attempt to better understand strengths and weaknesses within the community. Once we find common ground, how can we work together to improve the conversation around mental health?



MODERATOR:

Linh Vo, MFT Student,
Changing Tides Crew Member
(she/her/hers)

Linh Vo is a current member of the Changing Tides Crew. She graduated from the University of California, Santa Barbara in 2022

and is now a graduate student at the University of Southern California's Master of Science in Marriage and Family Therapy program. She has been passionate about mental health since early on in her life and has plans to work with the AAPI community as a clinician in the future.



PANELISTS:

John Luo, MD (he/him/his)

Dr. John Luo is the Director of Psychiatric Residency Training at the University of California, Irvine (UCI) Department of Psychiatry & Human Behavior, as well as the Director of Emergency &

Consultation-Liaison Psychiatry at the UCI Medical Center. He received his medical degree from the University of Texas

Medical Branch at Galveston, conducted his residency training in psychiatry at the Harbor-UCLA Medical Center, and completed fellowships in medical informatics and medical education at the University of California, Davis, and the University of California, Los Angeles, respectively. Dr. Luo is an internationally recognized educator and expert on behavioral health informatics. He has presented at numerous conferences, has written books and articles on technology use in mental health, and has been recognized nationally for excellence in teaching.



PANELISTS:

Mia Yamamoto (she/her/hers)

Mia Yamamoto is a Los Angeles-based criminal defense attorney and civil rights activist. She is a transgender woman of Japanese American descent born in the Poston War Relocation Center

during World War II. In addition to extensive community involvement, Mia's professional resume includes work as a poverty lawyer for Legal Aid Foundation of Los Angeles, Los Angeles Deputy Public Defender, and California State Public Defender.



PANELISTS:

Ty Tanioka, Changing Tides
Crew Member (he/him/his)

Ty Tanioka has been a Crew Member for Changing Tides since its inception in 2018. He was born in Orange County, where he grew up involved in the Japanese

American community. Graduating from the University of California, Los Angeles, Ty now works in creative advertising at DIRECTV in Los Angeles. In his free time, he enjoys hosting dinner parties, taking hot yoga classes, and spending time with his nephew and niece.

*This session will have simultaneous language interpretation for Japanese speakers. See page 12 for course and speaker bio translations.

BREAKOUT SESSION 1:

Discussion: What is Psychiatry?*

Tateuchi Democracy Forum

In this session, participants will gain a better understanding of what psychiatry is and how psychiatrists can help people. It is important to understand the difference between the various mental health providers in terms of their training and scopes of practice. Attendees will also learn about the training that psychiatrists undergo and how that impacts the care patients receive.



John Luo, MD (he/him/his)

Dr. John Luo is the Director of Psychiatric Residency Training at the University of California, Irvine (UCI) Department of Psychiatry & Human Behavior, as well as the Director of Emergency & Consultation-Liaison Psychiatry

at the UCI Medical Center. He received his medical degree from the University of Texas Medical Branch at Galveston, conducted his residency training in psychiatry at the Harbor-UCLA Medical Center, and completed fellowships in medical informatics and medical education at the University of California, Davis, and the University of California, Los Angeles, respectively. Dr. Luo is an internationally recognized educator and expert on behavioral health informatics. He has presented at numerous conferences, has written books and articles on technology use in mental health, and has been recognized nationally for excellence in teaching.

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Discussion: Demystifying Mental Health: Reframing Behaviors in Young Children

Araki Education Center

Engage in an interactive discussion with Jenna Kobara, who works with young children and the families of those experiencing challenges with mental health. Learn about occupational therapy and specific strategies you can utilize to support the mental health of young children today. Come as a parent, as a caregiver, or as someone who works with or loves children!



Jenna Kobara, OTD, OTR/L, SWC (she/her/hers)

Jenna Kobara is an assistant professor of clinical occupational therapy at the University of Southern California (USC) University Center of Excellence in Developmental Disabilities

(UCEDD) based at Children's Hospital Los Angeles. At the UCEDD, she is an occupational therapist who works in mental health seeing individual clients, as well as working on interdisciplinary feeding therapy and early childhood assessment teams. Jenna received both her Master of Arts in occupational therapy and Doctor of Occupational Therapy from USC and has since garnered extensive experience working with children with developmental delays and physical disabilities. Jenna is passionate about working with children and their families and she is dedicated to providing therapy that is culturally fluid.

10:30 AM – 11:15 AM

Workshop: The Body is a Portal: Somatic Movement for Rest, Resilience and Awareness

Nerio Education Center

Please join spiritual and transformational coach and trauma-informed educator, Charlotte Nguyễn, as she guides us through a series of somatic movement practices. This class will draw on qigong, meditation, and somatic movement lineages that Charlotte has studied and practiced for the last 10 years. Here, you can listen to cues from your own body while being guided and supported. We will move between standing, seated, and lying down at a pace designed to make this class as accessible as possible. Let us reclaim our body's intelligence so we can live the fullness of our experience!



Charlotte Nguyễn, CMT-P
(she/her/hers)

Charlotte Nguyễn is a spiritual and transformational coach, activist, and healer, bridging the worlds of love, justice, and healing. She has a private practice and healing space for BIPOC, women, and

queer folks called Get Free!, which she dedicates to helping clients heal from oppression and cultivate truly liberated lives. For the past seven years, she has worked with thousands of people in the field of personal development, helping them cultivate lives full of trust, confidence, intimacy, connection, mindfulness, and compassion within themselves and all their relations.

BREAKOUT SESSION 2:

Workshop: Introduction to QPR

Tateuchi Democracy Forum

This session provides insight into Changing Tides' initiative program, CT Anchor, a free suicide prevention training in collaboration with the QPR Institute. QPR stands for Question, Persuade, and Refer, the three main steps in the QPR Gatekeeper training that CT Anchor provides. QPR facilitators Alexandria Pan and Katherine Boeckmann share an overview of what a QPR training looks like, the importance of this training, and how to take the training yourself!



Katherine Boeckmann
(she/her/hers)

Katherine Boeckmann is an associate marriage and family therapist with a passion for reducing the stigma surrounding mental health and suicide.

Katherine is a certified QPR

Suicide Prevention Gatekeeper Instructor and currently offers these trainings through the Changing Tides initiative program called CT Anchor. Having faced her own struggles, Katherine has developed a profound empathy for those who are in need of a safe space to heal. With that, she hopes to continue helping others find their inner resiliency to move forward through life's challenges.



Alexandria Pan (she/her/hers)

Alexandria is a therapist, program consultant, certified QPR Suicide Prevention instructor, and proud daughter of Cambodian refugees. With an unwavering passion for encouraging open discussions surrounding mental health and

suicide, Alexandria strives to foster a culture of hope for individuals silently grappling with mental health challenges. She has conducted research on mental health in Cambodia, coordinated suicide prevention peer programs, and led innovative initiatives using art to spark conversations around mental wellness. Alexandria strives to create positive change, inspire mental health dialogue, and break barriers to create a more compassionate society.

Story: Healing Through Community & Storytelling

Araki Education Center

Mike Ahn and Seol Lee will share their story about living with, and living with someone who has, a mental illness. They will address topics such as stigma around mental illness, especially in Asian culture, struggles families face in getting help, and finding hope in the community.



Mike Ahn and Seol Young Lee
(he/him/his and she/her/hers)

Diagnosed with paranoid schizophrenia at the age of 24, Mike Ahn is only too familiar with the stigma one faces when living with a mental illness. In the last five plus years, he and his wife, Seol

Lee, have been working on a graphic novel to tell their story. Now at the age of 50, Mike can say that the book is complete, and he has faith that it will bring hope to others and help reduce the stigma around mental illness.

12:30 PM – 1:15 PM

Discussion: Let's Live Well – Wellbeing for the Japanese-Speaking Community

This discussion will be in Japanese only

Nerio Education Center

What do you do when you are having a hard time? Who do you talk to? There are still places where you can connect and support each other in Japanese. Speakers will talk about reaching out and sharing in Japanese.



Akiko Mimura-Lazare, LCSW
(she/her/hers)

Akiko Mimura-Lazare is a licensed clinical social worker and a Japanese-English bilingual staff member at the Little Tokyo Service Center. She works with adult clients with chronic

stress and mental health issues related to family and work situations. Akiko completed a master's program in social welfare at the University of California, Los Angeles.



Etsuko Okamoto-Gibbs, LMFT
(she/her/hers)

Etsuko Okamoto is a licensed Marriage and Family Therapist and works as a mental health therapist at the Little Tokyo Service Center. She has worked in both LA and Tokyo with

various populations in multiple settings. Etsuko received a Master's degree in Marital and Family Therapy from Loyola Marymount University.



Chiaki Ueki, (she/her/hers), NAMI South Bay, Japanese Speaking Support Group (JSSP), Group Facilitator and Family Member

Chiaki Ueki grew up in Japan and came to America in 1986 with her husband and

three children. In 1995, her oldest son was diagnosed with schizophrenia. Then, in April 2012, after gaining the support of the National Alliance on Mental Illness (NAMI) South Bay chairperson and its board members, Chiaki established the NAMI Japanese Speaking Support Group. She currently serves on the NAMI South Bay Board as the Japanese Speaking Support Group Leader.

See page 14 for course and speaker bio translations.

Workshop: Express Yourself with Collaging

Yuki Board Room

In this workshop, we will explore mindfulness and creative expression through analog (paper) collaging. Sheina will share their personal process and guide you through making a collage of your own!



Sheina Mai (she/they)

Sheina Mai is a Japanese American Los Angeles-based visual artist who focuses on analog collages and floral arrangements. Their work revolves around piecing together unlikely elements to form new identities.

BREAKOUT SESSION 3:

Story: It Goes On

Tateuchi Democracy Forum

Will Cho's story represents the steep fall from certainty and subsequent hunt for a new reality. With depression, suicidal ideation, and eating disorders at the forefront of his young adult life, he shines a spotlight on his untold experiences. Four years after the first mental health conference, he shares his new perspective on life and various coping strategies that keep him fighting.



William Cho (he/him/his)

Will Cho is a 26-year-old Korean American fitness professional and former eighth grade math teacher. Raised in California, he graduated at the top of his class from the University of California, Los Angeles, in business economics,

and now resides in Austin, Texas. After surviving years of eating disorders and depression, he has found new life through individualized coping mechanisms and time. Though some symptoms and repercussions of his mental health battle still linger, he's learning to live the life he deserves—the life we all deserve.

Discussion: Taking the First Step: Embracing Mental Health Through Therapy

Araki Education Center

Discover mental wellbeing tools and resources in this supportive and conversational workshop focused on the challenges of taking the first step towards therapy. Let's shatter stigma as a community, promoting open conversations about mental health. Participants will have the unique opportunity to engage with a licensed therapist, bringing their questions and gaining valuable insights for personal growth. Join us and be a part of this community space in which we embrace vulnerability, share experiences, and support one another on the journey to mental wellbeing.



Soo Jin Lee, LMFT (she/her/hers)

Soo Jin Lee is a licensed marriage and family therapist, the executive director of Yellow Chair Collective, and co-founder of Entwine Community. Soo Jin is passionate about providing mental and social health services to the

Asian and Asian American communities by bridging the gap in accessibility. Her therapy work helps those who struggle with intersectional identity issues come to accept and build compassion for themselves.

1:30 PM – 2:15 PM

DISCUSSION: Social Isolation for Seniors*

Nerio Education Center

Social isolation is a significant public health issue impacting quality of life, particularly for older adults. It can increase risk for physical and mental health conditions and has only been exacerbated by the COVID-19 pandemic. In this session, Keiro will share best practices for reducing social isolation and loneliness among older adults, including outreach, engagement, and activities.



Kent Marume (he/him/his)

Kent Marume is the program manager at Keiro, overseeing and implementing programs supporting older adults and their caregivers. These include the annual Caregiver Conference, Keiro no Hi Festival, quality of life classes, and the Nikkei

Senior Network. Prior to joining Keiro, he was the community engagement manager at the Japanese American Cultural & Community Center. He attended California State University, Fullerton, and received a Bachelor of Arts in Asian American studies and psychology.



Kevin Onishi, MHA (he/him/his)

Kevin Onishi is the chief operating officer at Keiro, where he oversees day-to-day operational functions of the organization. Prior to this role, he served as the associate executive director at Nikkei Senior Gardens and as the director of programs at

Keiro. Kevin holds a Bachelor of Arts in public health policy from the University of California, Irvine, and a master's degree in healthcare administration from Colorado State University.

*This session will have simultaneous language interpretation for Japanese speakers. **See page 15** for course and speaker bio translations.

CLOSING PERFORMANCE

2:45 PM – 3:15 PM

Aratani Central Hall

Musical Performance



Emma Lin, (she/her/hers)

Emma Lin (she/her) is a musician and aspiring mental health clinician who grew up in the Southeast. She credits her mental health journey and her experiences

using music as a healing modality to her pursuit of a master's degree in counseling at the California State University, Fullerton. After graduating, she hopes to become a Licensed Marriage and Family Therapist and continue to incorporate music and other expressive arts into her work with individuals (and herself!).

QUIET ROOM

All day

Democracy Lab

If you would like to relax and spend some time in a quiet space, please feel free to stop by the Quiet Room. We will have puzzles, coloring pages, and other relaxing activities here all day.

オープニング・パネル

コミュニティの視点

家族療法の学生であり、Changing TidesクルーメンバーのLinh Vo氏が率いるこのパネルでは、アジア系アメリカ人コミュニティ内のメンタルヘルス・健康の現状を探ります。コミュニティ内の長所と短所をよりよく理解するためにさまざまな世代、職業、組織がメンタルヘルスにどのようにアプローチするか類似点と相違点を極めます。共通点を見つけたらメンタルヘルスに関する会話を改善するためにどのように力を合わせて行くのか？



モデレーター

Linh Vo, 家族療法学
生、Changing Tidesクルー
メンバー

Linh Vo氏は、Changing Tidesクルーの現在のメンバーです。2022年にカリフォルニア大学サンタバーバラ校を卒業し、現在は南カリフォルニア大学の家族療法理学修士プログラムの大学院生です。若い頃からメンタルヘルスに情熱を注いでおり、将来的には臨床医としてAAPIコミュニティと共に仕事をする計画でいます。



パネリスト

John Luo, 医師

John Luo氏は、カリフォルニア大学アーバイン校の精神医学・人間行動学部の精神科研修のディレクター及びUCIメディカルセンターの緊急・相談リエゾン精神医学のディレクターであります。ガルベスタンのテキサス大学医学部で医学の学位を取得し、ハーバー

UCLAメディカルセンターで精神医学の研修をし、カリフォルニア大学デービス校とカリフォルニア大学ロサンゼルス校でそれぞれ医療情報学と医学教育のフェローシップを修了しました。Luo氏は、行動健康情報学の国際的に認められた教育者及び専門家です。先生は数多くの会議で発表し、メンタルヘルスにおけるテクノロジーの活用に関する本や記事を執筆し、教育の卓越性で全国的に認められています。



パネリスト

Mia Yamamoto

Mia Yamamoto氏は、ロサンゼルスを拠点とする刑事事件弁護士であり、人権活動家です。第二次世界大戦中にポ

ストン戦争収容所で生まれた日系アメリカ人のトランスジェンダー女性です。コミュニティへの広範な関与に加えて、Yamamoto氏の履歴書には、Legal Aid Foundation of Los Angeles、ロサンゼルス副公費弁護士、およびカリフォルニア州公費弁護士の貧困弁護士としての仕事が含まれています。



パネリスト

Ty Tanioka, Changing
Tidesクルーメンバー

Ty Tanioka氏は、2018年のChanging Tides発足以来、クルーメンバーを務めています。オレンジ郡で生まれ、日系アメリカ人コミュニティと関わりながら育ちました。カリフォルニア大学ロサンゼルス校を卒業し、現在はロサンゼルスDIRECTVでクリエイティブ広告の仕事に就いています。余暇には、ディナーパーティーを主催したり、ホットヨガのクラスを受講したり、甥や姪と過ごしたりして楽しんでいます。

ブレイクアウト・セッション1

議題: 精神医療とは何か?

このセッションでは、精神医療に対する理解をより深め、精神科医がどのように患者を支援するかなどについて学びます。さまざまなメンタルヘルス提供者の訓練や業務範囲の違いを理解することが大切です。参加者はまた、精神科医受ける訓練についてと、それが患者のケアにどのような影響を与えるかについても学ぶことができます。



John Luo, 医師

John Luo氏は、カリフォルニア大学アーバイン校の精神医学・人間行動学部の精神科研修のディレクター及びUCIメディカルセンターの緊急・相談リエゾン精神医学のディレク

ターであります。ガルベスタンのテキサス大学医学部で医学の学位を取得し、ハーバーUCLAメディカルセンターで精神医学の研修をし、カリフォルニア大学デービス校とカリフォルニア大学ロサンゼルス校でそれぞれ医療情報学と医学教育のフェローシップを修了しました。Luo氏は、行動健康情報学の国際的に認められた教育者及び専門家です。先生は数多くの会議で発表し、メンタルヘルスにおけるテクノロジーの活用に関する本や記事を執筆し、教育の卓越性で全国的に認められています。

ブレイクアウト・セッション2

議題:リビングウェル(より良く生きる)への道

人生いろいろあります。それを周りの人と分かち合うことで、自分自身をより大切にして生きている人たちがいます。辛い時はどうされますか?誰とお話されますか?日本語で、わかり合い、支え合える場所があります。講演者は、助けを求める大切さについてお話します。



三村-ラザール晶子(臨床心理ソーシャルワーカー)

リトル東京サービスセンター勤務。日本語・英語バリンガルのカリフォルニア州公認臨床心理ソーシャルワーカー。家族問題や仕事からくるストレス、

心の疲れ、精神疾患を持つ方を中心にメンタルヘルスサービスを提供。UCLA社会福祉修士号取得。



岡本悦子(マリッジ・アンド・ファミリーセラピスト)

メンタルヘルスセラピストとしてリトル東京サービスセンターに勤務。ロサンゼルス、東京にて様々な研修、心理治療、臨床経験を重ねる。ロヨラメリー

マウント大学の夫婦家族療法修士課程修了。



植木ちあき(NAMIサウスベイ支部日本語サポートグループ)

日本で育ち、1986年に夫と3人の子供と渡米。95年に長男が統合失調症と診断され、2012年4月に精

神障害者を支援する非営利団体NAMI(National Alliance on Mental Illness)のサウスベイ支部の協力得て、同傘下に日本語グループを発足。現在は、サポートグループのファシリテーターとして分かち合い、日本語での情報提供、日本語での支援を主に行なっている。

ブレイアウト・セッション3

議題: 社会的孤立と高齢者

社会的孤立は特に高齢者の生活の質に影響を与える重大な公衆衛生問題です。それは身体的及び精神的健康状態のリスクを高める可能性があり、新型コロナウイルスのパンデミックによってさらに悪化しています。KEIROはアウトリーチ活動などを通して高齢者の社会的孤立と孤独を軽減するために効果的な方法を共有します。



Kent Marume

Marume氏は、KEIROにて高齢者とその介護者をサポートするプログラムを統括し、実施しています。これらには一年に一回行われる介護者会議、敬老の日フェスティバル、生活向

上のためのクラス、日系シニアネットワークなどが含まれます。KEIROに入社する以前は、JACCCにてコミュニティーエンゲージメントマネジャーを務めていました。彼はカリフォルニア州立大学フラートン校にてアジア系アメリカ人研究と心理学の学士号を取得しました。



Kevin Onishi, MHA

Onishi氏は、KEIROのCOO（最高執行責任者）であり、組織の日常業務を統括しています。現在の役職に就く以前は、日系シニアガーデンズにてアソシエイトエグゼクティブディレ

クター、またKEIROのプログラムディレクターを務めました。彼はカリフォルニア州立大学アーバイン校にて公衆衛生政策の学士号を取得、コロラド州立大学で医療管理の修士号を取得しました。

Thanks for being here
TOGETHER

And a very special thanks to our sponsors:

**The Atlas Kardia
Foundation**



**Kambara
Family Fund**



**Kanai
Foundation**

**Ron & Naomi
Kageyama**

**Dick and
Pauline Kaku**

Keiro

**Consulate
General of
Japan in
Los Angeles**