8:30 – 9:00 Registration

9:00 – 9:30 Welcome

9:30 – 10:30 Plenary Session 1: The Consumer Voice
From the Ground Up: Inspirational Consumer Stories to Inform Integrated Care Research
It can be argued that the most important voice is that of persons with lived experience and this powerful plenary will highlight just that. By hearing the stories of each panelist and understanding their experiences, providers, researchers and policy makers can better do their work in a way that truly meets the mental health and health needs of the community.

- Dr. Pata Suyemoto, The Breaking Silences Project, Author, Activist, Boston, MA
- Can Truong, Director, National AAPI Empowerment Network, Consumer Advocate, Stockbridge, MA
- Dr. Mai Nguyen, Founder CEO and Lead Physician, Karuna Healthcare Consultant, Inc., Westminster, CA
- Laura Le, BA

10:30 – 10:45 Break

10:45 – 11:45 Breakout Sessions 1
Reclaiming Mindfulness in Enhancing the Mental and Physical Health of Asian Americans
Mindfulness is increasingly promoted in countries around the world as a clinical intervention as well as in schools and other community settings for enhancing cognitive skills, self-regulation of affect and behavior, and improving interpersonal skills. There is a need to explore whether the current westernized forms of mindfulness are relevant for Asian. The presentation will explore these issues in depth and discuss the benefits and challenges of incorporating mindfulness for Asian Americans.

- Labsang Rapgay Ph.D, Adjunct Assistant Professor and Research Psychologist in the Department of Psychiatry, UCLA, Los Angeles, CA
The Community CARES, a Model of Trauma Informed Integrated Care Delivered by Cross-cultural Teams.
The Khmer Health Advocates is a leading expert in the area of trauma informed care. KHA will present findings of their work to manage chronic health and mental health problems using their CARES model that measures both risk and resiliency. KHA has successfully implemented a cross-cultural team that includes a psychiatrist, advanced practice nurse, Khmer speaking family therapist, community health worker and pharmacists to provide whole health care to the Cambodian community.

- Theanvy Kuoch, L.P.C. Executive Director Khmer Health Advocates, Inc. Hartford, CT
- Richard A. Miller, MD. Physician, Khmer Health Advocates, Inc.
- Thomas Buckley, Reg. Pharm, Associate Clinical Professor U of Connecticut, School of Pharmacy
- Mary Scully APRN, Clinical Director, Khmer Health Advocates, Inc.

Addressing Culture in Health Research
- Nolan Zane Ph.D. Professor of Psychology and Asian American Studies, Director, Asian American Center on Disparities Research, Davis, Ca

11:45 – 1:00 Lunch

1:00 – 2:00 Plenary Sessions 2: Engaging communities in research

Community-Based Participatory Research on Integrated Care for Asian Americans: Challenges and Opportunities

Community-based participatory research (CBPR) has been advocated as a framework that can advance community-relevant scholarship with traditionally marginalized populations, promote health and mental health equity, and reduce research-practice-policy divides. This presentation will describe CBPR efforts to study a reverse co-location integrated care and wellness program in an Asian American-specific behavioral health clinic.

- Kris (Pui Kwan) Ma, M.A. DePaul University, Department of Psychology Chicago, IL
- Anne Saw, PhD Assistant Professor Clinical-Community Psychology, DePaul University, Department of Psychology, Chicago, IL
- Catherine Powell, MA, Wellness and Safety Supervisor, Asian Community Mental Health Services, Oakland, CA
- Joyce Lim, Clinical Director, Asian Community Mental Health Services Oakland, CA

2:00 – 2:15 Break

2:15 – 3:15 Breakout 2

Integrated Care for AAPIs: The Experiences and Wisdom of Traditional Care Providers in their Communities

This presentation will provide significant insight into the experience of traditional healers and culturally-specific mental health practitioners towards developing an effective integrated care model for serving underrepresented AAPIs. This presentation will present examples of traditional healing practices and culturally collaborative services that have positive outcomes for AAPIs in different contexts.

- Matthew R. Mock, PhD, Professor of Counseling Psychology, John F. Kennedy U. Pleasant Hill, CA
- Jenny Chang, MA, LMFT, Family therapist, Sacramento, CA
**Integrated Care in Behavioral Health Settings**
This panel will provide examples of innovative and successful models of integrated care that have been implemented at the Asian Pacific Family Center in Rosemead, CA and the Asian Counseling Referral Services in Seattle, WA. Their programs weave together culture, language, traditional healing practices and creative activities that draw on the strengths of the community and focus on the whole person. They will also talk about challenges of collecting data and doing research in developing new best practices models of care that are culturally responsive to the AAPI communities.

- Terry Gock, Ph.D, Executive Director Asian Pacific Family Center, Rosemead, CA
- Yoon Joo Han, MSW, Behavioral Health Dir. Asian Counseling and Referral Service Seattle, WA

**Bridging the Gap between Primary Care and Mental Health**
Situated in the heart of New York’s Chinatown, the Bridge Program at Charles B Wang Health Clinic was a leader in developing integrated models of care that looked at culturally and linguistically appropriate mental/physical health services for Asian Americans. This presentation will provide an overview of lessons learned, effective strategies to coordinate care across disciplines, outcomes and future goals to improve research in the area of integrated care for AAPIs.

- Chen, Mouchuan Teddy, LCSW, Ph.D, Director of Mental Health Bridge Program, Charles B Wang Health Clinic, New York, New York

**Integrated Care, Cardiovascular Disease and the Filipino Community**
Kalusugan Coalition, Inc. (KC) is a multidisciplinary collaboration dedicated to creating a unified voice to improve the health of the Filipino community in the New York metropolitan area through network and resource development, educational activities, research, health service delivery, and advocacy. The presentation will provide an overview of a community-based participatory research and community health worker model in the Filipino community targeting cardiovascular diseases.

- Lily Divino, LCSW, MPH, Kalusugan Coalition, Inc. New York, NY.

3:15 – 3:30 Break
3:30 – 4:15 World Café
   Small roundtable group discussions to ask questions, share ideas, learn from each other and talk about issues they heard through the plenary and breakout sessions. Participants will have a chance to say what they think are critical issues in providing services, doing research or developing policies.

4:15 – 4:30 Wrap up and adjourn
8:30 – 9:00   Coffee

9:00 – 9:30   Feedback from the World Cafe

9:30 – 10:15 Creating the research agenda
This is the time to bring together the thoughts and recommendations based on the first day’s discussions. What research questions do we still need to ask, how do we know we’ve been successful, how do we do things differently to insure we conduct research that truly identifies best practices models of integrated care for AAPIs. How do we build the case so we can collect data that is meaningful to us.

10:15 - 11:15 Plenary 3: The importance of policy
Journey back ten years of diverse population mental health care planning in the integrated health care environment
This plenary presentation is a Massachusetts story of rhetoric and actions, practices and programs, policy and research, data and outcomes, mental health and overall health care planning to eliminate behavioral health disparities in status and care. The story is an integrated part of the state and national context of Behavioral Health is Essential to Health (SAMHSA), Integrated Care for Asian American, Native Hawaiian, Pacific Islander Communities-A Blueprint for Actions (NAAPIMHA), Massachusetts Health Care Reform (Chapter 224), Four Quadrant Clinical Integration Model (National Council of Community Behavioral Healthcare) and Triple Aim (Institute for Health Care Improvement).

  o Ed Wang, PsyD., Asst. Prof of Psychology, Dept. of Psychiatry, Harvard Medical School, Director of Policy and Planning for the Chester M. Pierce, MD Division of Global Psychiatry, Boston, MA

11:15 – 12:00 Creating a policy agenda – putting it all together
As healthcare takes center stage in this changing and uncertain political climate, it is critical to understand the importance of policies. This is an opportunity to create a policy agenda that can help drive what gets funded, who receives services, and what those services look like. Recommendations made from the Friday morning sessions will be shared with federal partners, community members, providers and policy makers.

12:00 Wrap up and Adjourn