



Asian American Psychologist

Newsletter of the Asian American Psychological Association

Summer 2011

President's Message

Gordon C. Nagayama Hall

Asian Americans and Pacific Islanders continue to be overlooked by those who make decisions on public policy. AAPA founder Stanley Sue recently brought attention to the fact that the National Research Council (NRC), in its rankings of the demographic diversity of graduate programs in research universities, excludes institutions' percentages of Asian Americans. On behalf of AAPA, I contacted the NRC for an explanation, which replied that Asian Americans are adequately represented or even overrepresented in some disciplines (e.g., engineering, some sciences) relative to their representation in the population. Stan and I crafted a response on behalf of AAPA, making the point that Asian Americans are underrepresented in many disciplines, including psychology. We encouraged a field-specific consideration of diversity by the NRC, contending that Asian Americans do bring diversity to many disciplines. Overgeneralizing the representation of Asian Americans from some disciplines to all disciplines undercuts much-needed efforts to recruit Asian Americans to fields in which we are underrepresented. In addition to Stan's and my letter to the NRC, American Psychological Association (APA) CEO Norman Anderson and Executive Director of the APA Public Interest Directorate Gwendolyn Puryear Keita wrote a letter from APA to the NRC in support of field-specific considerations of diversity, as did the National Latino Psychological Association and the Society of Indian Psychologists. The NRC situation is but one of many policy decisions in which AAPIs are overlooked.



Why do AAPIs continue to be overlooked by those who make decisions on public policy? One possibility is that those having the power to make such decisions are rarely AAPIs themselves. AAPI concerns apparently are not a priority for many policy makers, who may believe that AAPIs are too small as a group to warrant attention or do not have problems that are as serious as those of other groups. Yet, at 17.3 million people, the population of AAPIs exceeds the populations of New York, Chicago, and Los Angeles *combined*. Moreover, research by Andrea Romero and colleagues indicates that AAPIs experience discrimination as commonly as do other groups of color. Gilbert Gee's and David Takeuchi's work on the National Latino Asian American Study indicates that discrimination is the basis of health and mental health problems. We need to continue to communicate the needs of AAPIs via our research, advocate these needs with public policy makers, and even become policy makers ourselves for AAPI concerns to become a societal priority.

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I hope that many of you will attend the AAPA Convention at George Washington University in Washington, DC on August 3 to consider these policy issues and many others. The theme this year is Expanding Our Horizons: Giving Voice to Underrepresented AAPIs. The keynote speaker will be Deann Borshay Liem, Director of Mu Films in Berkeley, California whose mission is to produce and distribute documentaries and educational media about social, political and cultural issues with a focus on untold stories from underrepresented communities. Ms. Liem directed, produced, and wrote the new documentary, *In the Matter of Cha Jung Hee*, on her life as a Korean adoptee whose identity had been mysteriously switched.

Another special treat at our AAPA Awards Banquet will be entertainment by the East-West Street Band, an AAPI group that includes guitarist/vocalist/psychologist Jay Uomoto, who is Acting Deputy Director for Veterans Affairs in the Office of Rehabilitation Services in the U.S. Department of Veterans Affairs. Jay has been a friend since childhood and we were in the band MUSH (Mayeno-Uomoto-Sato-Hall) in high school and college. It's possible that I will join Jay and the band for a rendition of "Secret Asian Man" and we may even sing this in Japanese.

I also want to remind everyone that our AAPA membership recruitment drive continues. All new professional members can join for a **\$50** first-year rate. Also, the member who recruits the most new members will be awarded **\$500** at the AAPA Convention in DC. You can also sponsor new student and professional members, as well.

Our DC Convention will mark the end of my term as President and the beginning of the term of President-Elect Richard Lee and Vice President-Elect Anna Lau. Rich and Anna have established themselves as leaders in our field at a relatively young age. AAPA will benefit from their wisdom, energy, and leadership. During their term in 2012 we will celebrate AAPA's 40th anniversary. We are growing and maturing as a professional organization and this will be a great time to honor our history and to consider our future.

Finally, I want to thank everyone in AAPA for their support during my presidency and over the past 30 years during which I have been a member of AAPA. The sense of community and family in AAPA is unlike almost any other professional setting I have experienced.

The Institute for the Study and Promotion of Race and Culture 2011 Diversity Challenge: Intersections of Race or Culture and Gender or Sexual Orientation

Each year the Institute for the Study and Promotion of Race and Culture addresses a racial or cultural issue that could benefit from a pragmatic, scholarly, or grassroots focus through its Diversity Challenge conference. The theme of the 2011 conference is the examination of intersecting identities from multiple frameworks. The two-day conference held at Boston College includes panel discussion/symposia, workshops, structured discussions, a poster session, and individual presentations by invited experts and selected guests including educators, administrators, researchers, mental health professionals, and community organizations.

General information about the conference including pre-registration is available on the website, <http://www.bc.edu/schools/lsoe/isprc/dc2011.html>.

For all inquiries feel free to email isprc@bc.edu.

AAPA Elections: Professional Board Member Candidates

Dear friends and colleagues,

It's time for the annual AAPA elections! We have a wonderfully talented group of candidates this year. We have two candidates for Professional Board Member. Please review the candidate statements below and submit your ballot to me by e-mail (Christina_Lee@Brown.edu). Also, please note that your 2010 AAPA dues must be paid in order for your vote to count. **THE DEADLINE FOR VOTING IS WEDNESDAY, JUNE 22nd.**

Thanks so much for your consideration and vote,
Christina S. Lee

BALLOT:

AAPA Member Name: _____

Institution: _____

Signature: _____

Please select two candidates for the Board Member positions (2 openings)

Board Member, Professional: Grace Kim _____

Board Member, Professional: Richelle Concepcion _____

CANDIDATE STATEMENTS

Candidate Statement #1 for Board Member Position: Grace S. Kim, Ph.D.

I am excited by the potential opportunity to serve AAPA as a board member in 2011-2013. Currently, I am an assistant professor of psychology at Wheelock College in Boston, MA. My research focuses on identity negotiations of diverse Asian American populations, including transracial adoptees, transnational families, and immigrant youth.

Since becoming a member as a graduate student in 2001, AAPA has been a professional home for me. In AAPA, I have met and connected with wonderful colleagues and mentors, learned about the value of community, and continue to get inspired to do rigorous work and contribute toward social justice. I have been actively involved with AAPA in various ways, including participating in six convention planning committees -- as the student volunteer co-coordinator (2003-2004); as the program co-chair (2006-2007); and as the convention co-chair (2008-2009). I have also been a member of the early career task force (2007-) and DoW awards committee (2010). Most recently, I was an AAPA leadership fellow (2009-2010), and I am co-coordinating the AAPA leadership fellows program this year. Serving on the board will allow me to be involved in AAPA in a more in-depth way, as I utilize skills gained through my past and current leadership positions. As a board member, I hope to continue building AAPA as a supportive and vibrant community. In particular, I hope to support the needs of early career psychologists and create more connections with other professional organizations, such as the Association for Asian American Studies. Thank you for your kind consideration.

Candidate Statement #2 for Board Member Position: Richelle Concepcion, MPH, Psy.D.

I humbly submit my name for consideration as an AAPA Board Member. My commitment to serving AAPA began in 2007, as I volunteered to serve as the Southern California Representative to the Division of Women. In 2008, I was selected as a member of the inaugural cohort of the AAPA Leadership Fellow program and worked to advocate for a culturally sensitive information card for AAPIs who were seeking mental health services through their managed care programs. In 2010, I volunteered to serve as Convention Co-Chair, alongside Dr. Anneliese Singh and assisted in orchestrating a successful 25th Annual AAPA Convention in the San Diego area. This year, I continued on as Convention Co-Chair, working with Dr. Jocelyn Buhain in planning and overseeing the Washington, DC Convention and also contributed to the development of the Division for Filipino Americans.

It is my hope that if elected as Board Member, I can be both an advocate and an instrument in carrying out AAPA's mission. The opportunity to be a liaison to both national and international organizations is an exciting one as AAPA is headed in newer directions under the leadership of our incoming president. It would be a wonderful opportunity to be part of the chorus of voices which advocate for those who are unheard. I commit to lending my voice to others who cannot speak, to lend my ears to those who can't be heard, and to lend my hand to those who are down.

Asian American Suicide: The Death of Truth and the Truth about Death

Joel Wong, Ph.D.
Indiana University Bloomington

You may have heard these statistics:

- Asian Americans have higher suicide rates than the general U.S. population.
- Asian American college students have alarmingly high suicide rates (or higher suicide rates than all other racial/ethnic groups).
- Asian American women aged 15-24 have the highest suicide rates of all racial/ethnic groups.



These statistics are indeed disconcerting. There's only one problem – none of the above is true, or at least, there's no evidence supporting these assertions. In a recent research study on 89 websites that contained information on Asian American suicide, my students and I (Park, Kwok, Yan, & Wong, 2010) found that almost one in three websites contained inaccurate information about Asian American suicide rates. So what are the facts? According to the latest statistics available from the Center and Disease Control and Prevention, in 2007:

- Asian Pacific Islanders had lower rates of suicide (6.18 per 100,000) than the general U.S. population (11.47 per 100,000).
- Several studies have found that Asian American college students report higher rates of suicide ideation than White American students. However, among individuals aged 20-24, Asian Pacific Islanders had slightly lower suicide rates than Whites (I'm not aware of any published nationally representative data on Asian American college students' suicide rates).
- Among women aged 15-24, Asian Pacific Islanders had higher suicide rates than non-Hispanic Whites, but lower rates than American Indians/Alaskan Natives.

I don't really know why there is so much misinformation about Asian American suicide rates on the Internet. Perhaps a series of recent high profile Asian American suicides (including the 2007 Virginia Tech shooting rampage/suicide) may have contributed to the overall impression that Asian Americans have alarmingly high suicide rates. I suspect that most people who report these statistics are well-intentioned in their desire to raise awareness about Asian Americans' mental health concerns.

Unfortunately, over-emphasizing the prevalence of Asian Americans' suicide may not only be potentially misleading but is also harmful. There is research evidence demonstrating that inappropriate mass media reports of suicides can lead to an increase in suicide rates. This phenomenon has been labeled "copycat suicides" or "suicide contagion" (Gould, Jamieson, & Romer, 2003). Here's how suicide contagion works -- when the mass media highlights the prevalence of suicide rates or reports on a recent suicide death, it may convey the unintended message that suicide is a normative option to consider. People who are in distress may be inspired to imitate the examples of suicides reported in the media, especially when detailed or sensational information about the suicides is provided. Here are some examples of inappropriate media reporting of suicide that may engender suicide contagion:

- Suggesting that suicide rates are alarmingly high (e.g., use of the term 'suicide epidemic').
- Providing detailed information about the suicide method.
- Glorifying suicide or implying that suicide provided a solution to a person's problems.

If you are communicating with a lay audience (e.g., through a public service announcement or a brochure), here are a few recommendations on what you can do to prevent media-related suicide contagion among Asian Americans:

- Report accurate information about Asian American suicide rates. A summary of the 2007 suicide rates for Asian Pacific Islanders stratified by age and gender can be found [here](#).
- Avoid reporting sensational and detailed information about the suicide of an Asian American (or of any individual).
- Provide information about how individuals in distress can seek professional help.
- Instead of highlighting the prevalence of suicide, highlight the benefits of professional help seeking for individuals in distress.
- Describe stories of Asian Americans who overcome despair without attempting suicide.
- Read these [guidelines](#) on responsible media reporting of suicide.

For more information about suicide-related outcomes among Asian Americans, you might want to check out this [website](#) developed by my students and me. Let's do our part to prevent suicide among Asian Americans!

Dr. Joel Wong is an Assistant Professor in the Counseling Psychology Program at Indiana University Bloomington. Dr. Wong has an active research program in the area of Asian Americans' suicide-related outcomes.

Announcement: Mentoring Program in the Midwest Regional Group of DoW!

Greetings! I wanted to let you know about our Mentoring Program in the Division of Women's Midwest Regional Chapter. Since our Midwest regional group met for the first time last October, the group is growing rapidly and we have had monthly meetings chaired and facilitated by Sue Bae at Argosy University, Chicago. We have a diverse group of members including mental health professionals such as psychologists, counselors, and professors and graduate students from many different programs around the area in Illinois. We have a group with many different interests which leads to various collaborations and discussions on research, professional development, and clinical training. One of the projects that we are working on is starting and maintaining a mentoring program where established professionals will be matched with interested early career or graduate students individually based on a set of criteria of background, interests, experience, and goals. The mentoring program started in spring and we now have 9 mentors and 11 mentees. Due to their similar interests, background, and experience, the mentoring relationships have been very rewarding and gratifying for both mentors and mentees so far. We anticipate expanding our mentoring program in the near future and plan on turning our mentoring program into an on-going research project soon. It has been wonderful for mentors and mentees to share their experiences in the larger group meetings to inspire others to consider different ways of providing and receiving support. If you are interested in joining our group including the mentoring program, please contact Sue Bae at sbae@argosy.edu. This summer, we will hold a potluck in Chicago and everyone is welcome!

Sue H. Bae, Ph.D.
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AAPA Support: In Good Times and Challenging Times

Nita Tewari, Ph.D.

Dear AAPA,

I want to thank so many of you for all of your support over the last 8 months. Many of you know that I was involved in a gas BBQ fire explosion last September and was in the Burn Intensive Care Unit for two weeks. I have been in physical therapy and psychological counseling for the pain and trauma I experienced during the initial months after my release from the hospital. I have recovered well, am no longer using a wheelchair or walker, am not in pain, have completed physical therapy, and am working my way back into a normal exercise routine.



As a psychologist, I love our profession and have gained newfound respect for psychologists who deal with drug addictions and trauma given my experiences. As one can imagine, the pain from 1st, 2nd, and 3rd degree burns is quite great and burn patients are heavily medicated. Although I was not psychologically dependent on the drugs I was given, it was unbelievable to feel how quickly the human body develops an addiction to pain meds and narcotics. I have a little more insight and empathy for patients experiencing drug withdrawals - not an easy process. In terms of dealing with trauma, I had all the protective factors I thought I needed to cope, but in the initial stages, nothing could prevent me from fearing gas or having nightmares of catching on fire. Therefore, I have a little more insight and empathy of those working through PTSD as well.

During this extremely trying time over the last 8 months, I was overwhelmed with the incredible support I received from my personal and professional communities. The support gave me hope, faith, and it is what I needed to push through the psychological and physical pain. I told many of my Southern California AAPA friends and colleagues that I didn't think I needed the thoughts, care, support, phone calls, emails or texts because "I was the strong one," because "I was the caretaker," or because "I was always the one giving or doing for others." Overnight, the tables turned and I needed it all. I learned so many lessons and am still learning as I continue to move forward. Existentially, I'm not sure I will ever know why this happened to me, but what I do know is that I have learned greater patience, appreciation, humility, and an understanding of what it is to need people on an emotional and physical level. For these lessons, I am grateful and thank AAPA from the bottom of my heart for the care, support, thoughts, flowers, and all the communication I received. I never imagined needing any of it, but I needed all of it.

Thank you for being my extended family over the last 20 years and during these last 8 months. I'll miss seeing many of you in person this year since I won't be attending AAPA in D.C.

*Sincerely,
Nita Tewari*

*Thank
You*

MEMORANDUM

To: Asian American Psychological Association
From: 2013 National Multicultural Conference & Summit (NMCS) Coordinators
Date: May 26, 2011
Re: Request for Elders Award Nominations

Dear Members of the Asian American Psychological Association:

The NMCS 2013 Coordinators are requesting nominations for the Elders Award. The selected nominees will be recognized during the Elders Recognition Ceremony at the Summit. This award celebrates those who have made a lifetime commitment and significant contributions to multicultural psychology through their roles as scholars, scientists, teachers, mentors, practitioners, and/or advocates for rights and just causes.

The Elder criteria include:

- A. a living individual who is at least 60 years of age; and
- B. demonstrate significant contributions in the field of multicultural psychology for at least 30 years.

We are requesting nominations from the members of your Executive Committee. To submit a formal nomination packet, please email the following items to **Michael Mobley** at **mi-chael.mobley@gse.rutgers.edu**:

- 1) *the attached nomination form,*
- 2) *the nominee's vita,*
- 3) *a 600-word biography about the nominee, and*
- 4) *a maximum of three letters of support.*

All nomination materials must be submitted by Friday, September 16, 2011.

We appreciate your input on the Elders Awards and look forward to receiving your nominations!

Sincerely,

2013 NMCS Coordinators

Michael Mobley (Awards & Ceremonies Coordinator, Division 17)

Debra Kawahara (Lead Coordinator, Division 45)

Kirstyn Yuk Sim Chun (Division 44)

Julii Green (Division 35)

Elders Honored at Prior National Multicultural Conference and Summits

1999

Martha Bernal, Ph.D.
Carolyn Payton, Ed.D.
Reiko True, Ph.D.

2001

Arthur L. McDonald, Ph.D.
K. Patrick Okura, M.A.
Amado Padilla, Ph.D.
Joseph L. White, Ph.D.

2003

None

2005

Donald R. Atkinson, Ph.D.
Oliva Espin, Ph.D.
Robert V. Guthrie, Ph.D.
Allen E. Ivey, Ed.D.
Reginald L. Jones, Ph.D.
Bernice Lott, Ph.D.
Felicisma C. Serafica, Ph.D.

2007

Asunción Miteria Austria, Ph.D.
Vivian S. Boyd, Ph.D.
J. Manuel Casas, Ph.D.
Stephen F. Morin, Ph.D.
Leticia Anne Peplau, Ph.D.
Henry Tomes, Ph.D.
Joseph E. Trimble, Ph.D.
Judith Worell, Ph.D.

2009

Florence Denmark, Ph.D.
Anderson J. Franklin, Ph.D.
Janet Helms, Ph.D.
Martha Mednick, Ph.D.
Charles Silverstein, Ph.D.
Derald Wing Sue, Ph.D.
Bonnie Ruth Strickland, Ph.D.

2011

Patricia Arredondo, Ph.D.
Carolyn Barcus, Ph.D.
Mary Tatum Howard, Ph.D.
Douglas C. Kimmel, Ph.D.
Gerald Mohatt, Ph.D.
Paul Bodholdt Pedersen, Ph.D.
Stanley Sue, Ph.D.
Richard Suinn, Ph.D.

2013



Nomination Form Located on Page 9



NATIONAL MULTICULTURAL CONFERENCE AND SUMMIT—2013

ELDERS NOMINATION FORM

At each NMCS, there is an Elders Recognition Ceremony in honor of elders for a lifetime of commitment and contribution to multiculturalism in psychology. The award celebrates those that have made significant contributions through their roles as scholars, scientists, teachers, mentors, practitioners, and/or advocates for rights and just causes.

We are requesting nominations for Elders for the 2013 NMCS. In order to be considered for the honor, the nominee must be living, at least 60 years of age, and must have demonstrated significant contributions in the field of multicultural psychology for at least 30 years.

Name of Nominee: _____ **Nominee's Age:** _____

Nominee Contact Information (please include *all of the following*: U.S. mailing address, phone number, fax number (if available) and e-mail address):

Please indicate any timely considerations such as age, illness, and/or any other issue:

Please describe the impact of the nominee as a teacher, scholar, scientist, mentor, practitioner, and/or advocate in 1000 words or less.

Name of Nominator: _____

Nominator's E-mail Address: _____

Nominator's Phone Number: _____

***PLEASE RETURN THIS FORM, THE NOMINEE'S VITA, A 600-WORD BIOGRAPHY,
and 3 LETTERS OF SUPPORT BY SEPTEMBER 16, 2011
TO Michael Mobley at michael.mobley@gse.rutgers.edu***

All in the Asian American Family

Darcy S. F. Ing

Some politicians become emotional discussing their ideal of a wife, husband, and 2.5 children. They compare families from bygone eras with today's more complicated world of high divorce rates, gay parents, single parent homes, and blended families. I'm not sure what these legislators would make of the complex nature of many Asian families.

The vertical family structure of patriarchal lineage and hierarchal relationships is common in Asian families, but there is wide variation in cultural practice. Traditional Confucian teachings transfer authority downwards, from father to son, older to younger, and male to female. Despite modernization, many Asian countries still show a strong preference for sons, though there are some exceptions.

In isolated rural areas, where women are isolated from each other, they may become very close to their children. Over generations, the model might yield to a pattern of shared responsibility for children of both sexes. There are other variations as well. In contrast to Japanese, Chinese, and Korean society, the gender structure in the Philippines includes more bilateral kinship, and more equal gender status. Women are in high positions in many different areas of society.

More common is the extended nature of Asian families. Whether in combined or separate households, the multiple generations provide a sense of identity, continuity, and a network of support. Each individual's role is clearly defined, with specific role expectations, subordinate to the greater needs of the group. In return for group support, each member is expected to contribute to the group, comply with its values and norms, and uphold its public image.



In Hawaii, the extended family structure called *ohana* is ubiquitous. My father's Hakka Chinese family has lived in Hawaii for seven generations; my mother's Okinawan relatives for five. The small size of the island simplifies intergenerational involvement, helping to reinforce its importance. In addition, non-blood relatives are often accepted into families, extending *ohana* size and reach.

A less visible sense of family is found in Asian traditions of honoring the dead. Whether with the Chinese *Ching Ming*, Japanese *Obon*, Hindu *Shraddh*, or Korean *Ch'usok*, many Asian families hold ancestral memorial services, strengthening the sense of filial piety, belonging, stability, and respect for the generations. The result is family members with a strengthened sense of self.

The sense of stability provided by family structure is correlated with ethnic success. Asian Americans have the highest life expectancy, lowest rate of foster care placement, lowest rates of teen/unwanted pregnancy, lowest rate of divorce, and highest rate of families of children with two parents. However, Asian Americans are rarely mentioned when debate arises over the crisis over family structure.

Of course, Asian American families and individuals are not without their problems and hardships. Some of these have more obstacles than others, as described by authors Amy Tan and Jeanne Wakatsuki Houston. Like



all families, they must weather economic downturn, health and mental health challenges, domestic issues, substance use, and the myriad trials of modern life.

Some find compliance with unrelenting family demands too high a price to pay for connection. Others find differences in degrees of acculturation to be insurmountable barriers to communication. Like the world itself, many contemporary Asian families are at busy crossroads, where members must bridge different generations, cultures, languages, and stories.

For many years, I was one of those who found dealing with family demands and norms, complicated by various social issues, quite difficult. Decades later, I've found my own peace, and look forward to seeing people anyway. Perhaps it's like that quote by Mark Twain: "When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned in seven years."

More likely, it's like the old cartoon Super Chicken, "I knew the job was dangerous when I took it!" Still, I've learned to appreciate some of their differences, while clinical training and experience helps me deal with some of the more extreme individuals. The culture and values transmitted are much clearer to me now, as are the benefits of being in a large family.

The strength of connectedness and of knowing who you are and where you came from is invaluable. Our younger family members still value and enjoy these family ties, even if they chose a different lifestyle. We had 500 attendees at our 1996 reunion and expect even more in 2012. I look forward to greeting them, to the stronger sense of identity, to laughing about family commonalities and unique individuals, and to strengthening the sense of *ohana* among all of us. *Mahalo*.



Asian Pacific American Network of Oregon (APANO): A Grassroot Movement Training Tomorrow's Leaders

Harpreet Bahia & Colin Kiley

Margaret Mead once said, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has,” speaking to the power of coming together to effect change. AAPA's recent focus on a lack of Asian American leaders had me, a graduate student and concerned citizen, thinking of Asian American rights-- about where social justice-focused people could go to receive the appropriate leadership training. One sure fire way is to join forces with established leaders who are already modeling, educating, advocating, and promoting leadership within our community!

One example is The Asian Pacific Network of Oregon (APANO), the leading statewide Pan-Asian, Pan-Pacific Islander social justice advocacy network in Oregon working on issues of health and educational equity through policy advocacy and civic engagement. APANO was initiated by Asian American community members fed up with the government's oversight on laws that affected our community. The organization works to educate community members from various backgrounds about how the government functions, i.e. how does a bill become a law; what is cultural competency, and provides support as members learn to advocate for their rights.



In 2011, APANO has been working on addressing health disparities for Asian and Pacific Islander American communities at the state legislative level. As health care reform is in full swing this legislative session, APANO has been fighting to push positive initiatives for health equity, bridging voices from community members to the ears of elected officials. The biggest initiative has been working around cultural competency in health care, with the belief that a health care system that is competent and that has the skill-sets and resources to deal with linguistic and cultural diversity is the optimal health care system. APANO envisions a system in which health care is accessible, affordable, high-quality, and easily navigable for all. Because of the rapid growth of Asian and Pacific Islander populations since the 2000 census and the influx of refugee and immigrant Asian and Pacific Islanders in Oregon, it was essential that APIs establish systems that address the needs of our communities.

On May 7th, 2011, APANO organized a *State of Cultural Competency Community Forum* in Portland to educate Asian and Pacific Islander community members on what culturally competent health care looks like. Over 90 people participated in a day full of workshops, speakers, films, food, discussion with politicians, and stories centered around what is ailing our communities in the health care system as we know it. Community members

were able to collectively identify and address the systemic problems faced by themselves, their families and friends when seeking health care. Common threads among stories were of lack of language access, cultural competency and the inability to navigate complicated systems. One particular Burmese community member gave a chilling reminder of the importance of culturally competent health care as he told the story of his wife's battle with cancer and an inability of the current health care system to communicate effectively with him and their family. The man eventually lost his wife to the disease but nothing was more saddening than seeing him as he spoke about a lack of connection with the busy doctors and the health care workers. These stories are all reminders of the changes that must still be made to create an inclusive health care system--not a system that excludes people based on language, culture, origin or ability to access care.

To follow up the educational forum, APANO organized a day at the state legislature on May 10th to fight for culturally competent health care. Over 60 Asian and Pacific Islander community members, high school students and other professionals crowded the offices of the elected officials at the state capitol building in Salem. Although the bill died on the House floor the following week due to a partisan lock-out, it signaled a great shift in civic engagement with Asian and Pacific Islander American communities in Oregon--communities that have historically been disengaged from the political process. It was a fantastic exhibition of the multigenerational, multiethnic communities present in Oregon, and the support for better quality healthcare for all. In addition to the mobilization of community members, dozens of organizations poured their support for this bill initiative ranging from workers' unions to health care associations, business leaders and even several pan-ethnic community groups. It was a great effort that touched numerous Oregonians who were mobilized to enact change for the benefit of all.

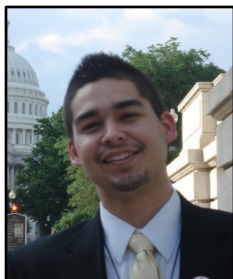
These are the two most recent examples of APANO's efforts, with more successes surely on the way! APANO is one example of an organization that may be able to provide the nurturance that Asian American youth and community members need to build their confidence toward leadership positions. For more information on addressing health disparities, visit the APANO website www.apano.org or connect with APIAHF at www.apiahf.org.

APANO is a grantee of APIAHF's *Health Through Action* partnership working on eliminating health disparities for Asian and Pacific Islander populations. Comments on this article can be sent to hbahia@uoregon.edu.



Harpreet Bahia is a doctoral student in the Counseling Psychology Department at the University of Oregon, a student member of AAPA, and community member for APANO.

Harpreet Bahia
Counseling, Arizona State University



Colin Kiley is a community organizer in Eugene, Oregon for APANO, the Asian Pacific American Network of Oregon. As a field organizer, Colin works to rally Asian and Pacific Islander community members and allies to educational awareness events, trainings and legislative days.

Colin Kiley
Anthropology, University of Oregon

Asian American Psychological Association 2011 Annual Convention

“Expanding Our Horizons: Giving Voice to Underrepresented AAPI’s” Wednesday, August 3, 2011 Washington D.C.

The conference will be held on Wednesday August 3, 2011 at the Marvin Center at George Washington University (800 21st St NW, Washington, DC 20052). Immediately following the convention, please join us at China Garden Restaurant (1100 Wilson Boulevard, Arlington, VA 22209), which is one convenient Metro stop away from GWU. The banquet will begin at 6:45pm.

Registration Fees and Important Dates:

Early registration ends on June 29, 2011 and regular online registration ends on July 20, 2011. Registration is capped at 200, so register early!

AAPA Early Bird Meet and Greet (7:30am)

Start your conference day out with good food and good company! Come mingle with current, past, and emerging leaders of AAPA in a relaxed environment. The AAPA breakfast is an excellent networking opportunity for students and early career professionals before the convention begins. Come meet and greet to discuss your academic and career goals.

AAPA Lunch

We are convening discussion groups during the lunch hour to provide members with more opportunities to network, connect, and discuss common interests and experiences. The discussion groups include divisions (Division on Students, Division on Women, Division on South Asian Americans, and Division of Filipino Americans), task forces (Social Justice, Practice, and Early Career), and the Asian American Journal of Psychology (with the editorial team). Box lunches are available for purchase for those who are attending the discussion groups and would like a lunch or for those who prefer not to go out for lunch. Please purchase a box lunch by Wednesday, July 20, 2011 if you would like a box lunch and please register and complete the Lunch Questions on the registration form if you are interested in attending one of the discussion groups. Vegetarian lunch options are available.

AAPA Mentor and Mentee Reception

The AAPA Mentor-Mentee Reception allows students, young professionals, and more established faculty and mental health professionals to connect in a social hour setting. Students will be matched with professional members around various areas of interest or development, based on preferences indicated in the Reception Registration Form. If you are interested in attending this reception as either a mentor or mentee, please register and complete the Mentor-Mentee Reception Registration Form. If you have any questions, please contact Nicole Rider (nicole.rider@gmail.com) or Michelle Wang (ywang2.michelle@gmail.com).

Volunteer Opportunities

Students who are interested in volunteering should send an e-mail to the AAPA Volunteer Committee Co-Chairs at aapa.conferencevolunteer@gmail.com.

Volunteers will be assigned to different functions of the conference such as helping with the Book Drive, registering attendees, and assisting with A/V equipment. If you volunteer for a shift, we will do our best to ensure that you will be able to present at and attend other sessions you are interested in. Student volunteers will be selected on a first come, first serve basis. The deadline to let us know if you can volunteer is July 6, 2011. Please look for a confirmation e-mail from us to see if you are selected prior to registering for the banquet. Selected student volunteers will receive a complimentary banquet ticket!

To Register, Please go to:

<http://www.eventbrite.com/event/1717542215>



See you in Washington!

AAPA Finance Officer Report: Spring Quarter 2011

Krista M. Chronister

I am happy to report that AAPA continues to thrive fiscally! As of September 10, 2009, we have \$45,568.38 in a savings account and \$21,102.66 in a checking account with E*Trade Bank, for a total of \$66,671.04.

As our annual convention approaches, I encourage members to (a) sponsor a new AAPA member or (b) consider making a tax-deductible donation to AAPA. We are a non-profit organization staffed completely by dedicated volunteers whom you elect. We strive to offer quality programming, opportunities for mentoring and networking throughout the year as well as at our annual convention, and innovative and relevant research published in our AAPA journal, the Asian American Journal of Psychology.



Any profits we generate are applied toward student awards, scholarships, and convention programming. Donations of any amount are always appreciated and are tax deductible! We accept donations for the AAPA General Fund, Dissertation Grant, Best Poster Award, Student Travel Award, and Division on Women Fund. If you have any questions about these funds or would like more information on how the money is used in each fund, please contact me.

I am always happy to hear from AAPA members. You may contact me at kmg@uoregon.edu or (541) 683-6265 for donations, questions, concerns, or suggestions for improvement.

Sincerely,

Krista M. Chronister, Ph.D.

Finance Officer, Asian American Psychological Association

AAPA Membership Column

Meifen Wei

Thanks to those of you who have renewed your 2011 AAPA membership or registered as a new AAPA member. For those of you who have yet to renew, **there is still time to join AAPA** and enjoy the benefits of receiving our AAJP journal and getting a discount on the AAPA convention registration fee.

Thus far, we have a total membership of 358 individuals and organizations. Please see the table below for a breakdown of the numbers by membership category.



Member Category	5/31/2011
Professional	129
Early Career	21
New Professional (first year)	14
Student	172
Lifetime	17
Retiree	4
Organization	1
Total	358



Please help us recruit new members to join our AAPA community

1. Go to the website: www.aapaonline.org
2. There are two options of applying for or renewing your 2011 AAPA membership.

Thank you for your continued support of AAPA!

2011 AAPA Membership Application Form

Please check one: ☐ New Member ☐ Renewing ☐ Renewing, but new category (e.g., Student to Early Career)

If you were referred by an AAPA member, please list person: _____

A. All Members -- Please complete the following:

Name: _____ E-mail: _____

Mailing address: _____ City _____

State _____ Zip _____ Phone: _____ Gender: _____

Highest degree earned: _____ Year degree earned: _____

Institution from which this degree was earned: _____

Ethnicity: _____ Languages (other than English): _____

Research/Practice Interests (5-6 words): _____

Areas in psychology in which you received or will receive your degree (e.g., clinical, I/O, social, etc) _____

I permit AAPA to release my contact information (name, address, email) and/or research interests:

To professional organizations? _____ YES _____ NO

In AAPA member directories (e.g., print or on the website)? _____ YES _____ NO

To prospective employers? _____ YES _____ NO

B. Professional & Retiree/Emeritus Members -- Please complete these items:

Institutional/Organizational affiliation (if employed, current; if retired, previous and year retired): _____

Position Title (current/previous): _____

C. Student Members only -- Please complete these items:

School where you are enrolled: _____

Degree objective (e.g., Ph.D., Psy.D., MA., M.S.W.) : _____

Expected graduation date: _____

Please Note: Membership in AAPA runs January 1 – December 31 yearly, regardless of when membership dues are received. However, dues received after September 30 will be applied to the following year's membership. You can register online (for new or renewed membership) at our website, www.aapaonline.org. If you wish to mail in your membership application form and payment to our central office (see address below), please allow 6-8 weeks for processing. Checks not honored by your financial institution will be subject to a \$25.00 fee.

Please make your check payable to AAPA and send this entire form with your payment to:

Asian American Psychological Association
5025 North Central Avenue PMB #527
Phoenix, AZ 85012

Description of Membership Statuses

Professional Members - Persons with a master's or doctorate degree in psychology, mental health, health, or related fields and/or professionals whose work and interests are consistent with the purposes of the Association.

Early Career members - Professional members who are within 2 years of receiving their terminal degree and who hold positions as post-doctoral interns, post-doctoral fellows, assistant professors, or comparable level positions. Members can remain in this status for a maximum of two years.

Retiree/Emeritus members - Professional members who are retired from their positions. These persons must have been a member of AAPA for at least 5 years before paying dues at this level. Retiree/emergitus members pay dues at one-half the rate as professional members.

Student members - Undergraduate or graduate students in psychology, counseling, mental health, or related fields. *Student members of AAPA also automatically become members of the Division on Students with no additional fee.* Six dollars in dues support the Student Division, while the remaining dues support AAPA.

Associate Organization members - Include, but are not limited to, organizations interested in the purposes and objectives of the Association.

DUES & DONATIONS		AMOUNT	ENCLOSED
A. General Membership (1year)	Professional Member	\$70.00	\$
	New Professional Member (1 st year)	\$50.00	\$
	Retiree/Emeritus Member	\$20.00	\$
	Early Career Professional Member	\$50.00	\$
	Student Member	\$35.00	\$
	Associate Organization Member	\$70.00	\$
B. Division on Women ¹	Professional Member	\$15.00	\$
	Student Member	\$6.00	\$
C. Division on South Asian Americans ¹	Professional Member	\$15.00	\$
	Early Career Professional	\$10.00	\$
	Student Member	\$6.00	\$
D. Division on Filipinos ¹	Professional Member	\$15.00	\$
	Early Career Professional	\$10.00	\$
	Student Member	\$6.00	\$
E. Donations ²	General Fund	\$25 \$35 \$50	\$
	Dissertation Grant	\$25 \$35 \$50	\$
	Best Poster Award	\$25 \$35 \$50	\$
	Student Travel Award	\$25 \$35 \$50	\$
	Division on Women	\$25 \$35 \$50	\$
	Division on South Asian Americans	\$25 \$35 \$50	\$
	Division on Filipinos	\$25 \$35 \$50	\$
TOTAL AMOUNT ENCLOSED			\$

¹Membership in the Division on Women, Division on South Asian Americans, or Division on Filipinos is optional, but you must be a member of AAPA to join DoW, DoSAA, or DoF.

²AAPA is a tax-exempt organization under IRS code section 501c (3) and all donations to AAPA are tax deductible. As a nonprofit, AAPA and its Divisions accept donations to help finance activities. Please consider donating.



**Asian American
Psychological Association**
(602) 230-4257
www.aapaonline.org

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**ASIAN AMERICAN
PSYCHOLOGIST
Advertising Policy**

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:

Tigerson.Young@gov.bc.ca

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).