

Tarang:

A Community-Driven Movement for Asian American
Pacific Islander (AAPI) Mental Health

**GOVERNOR'S
INSTITUTE**



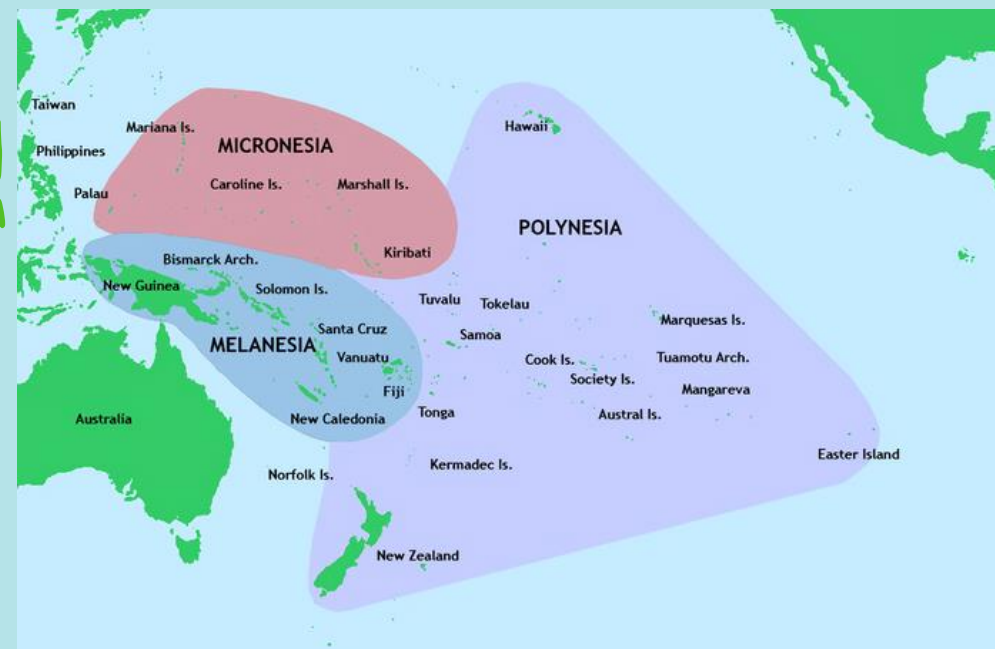
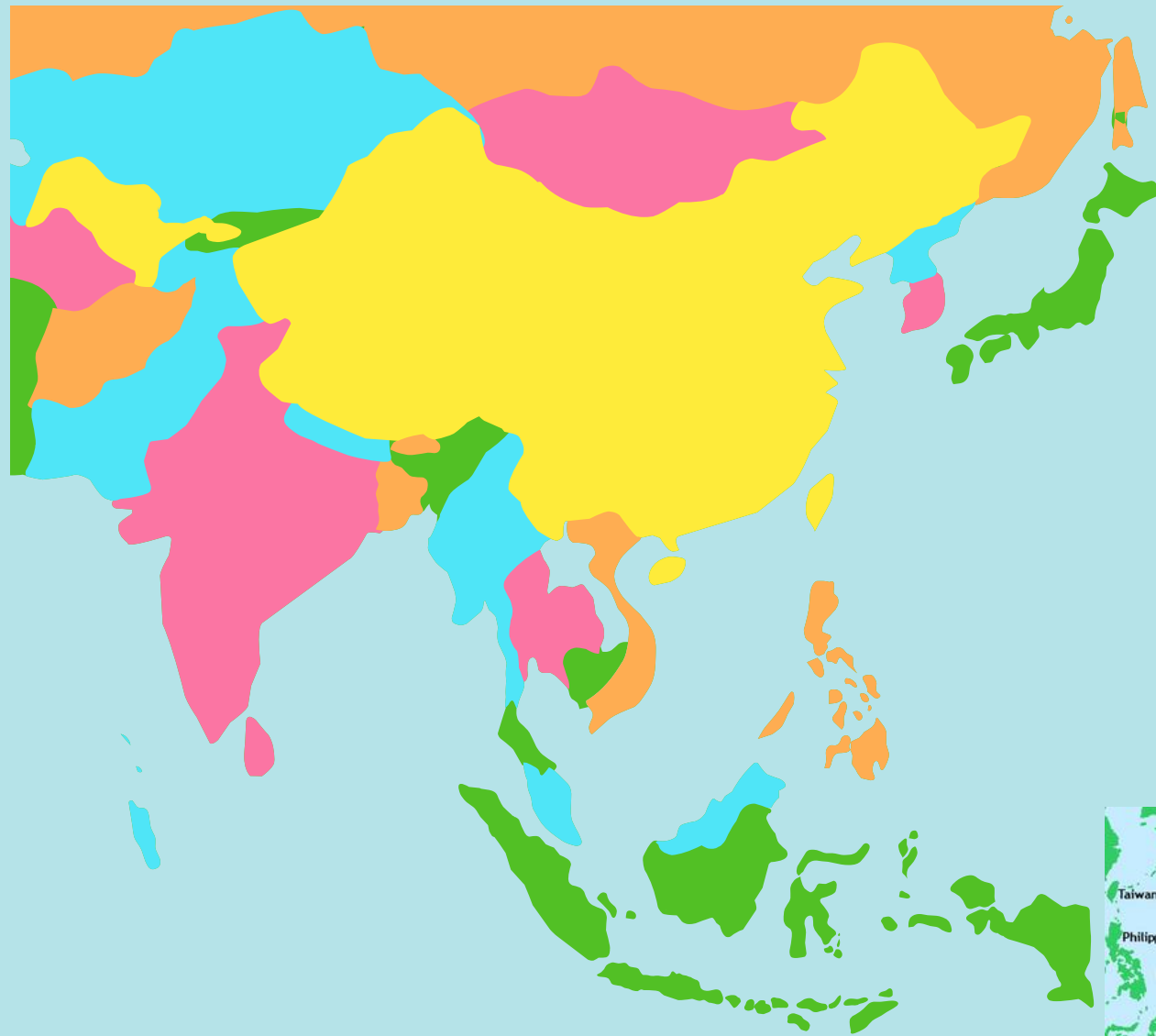
**NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities
and Substance Use Services

This program is supported and funded by the North Carolina Department of Health and Human Services Division of Mental Health, Developmental Disabilities, and Substance Use Services.

Hi! I'm Pooja

- Indian American, raised in North Carolina
- Background in Public Health
- Career in Mental Health Advocacy, Policy, and Political Strategy
- 7 years recovery with a mental illness
- Suicide loss survivor

What does AAPI mean?



In NC: 450,000 people

30% Indian

15% Chinese

12% Vietnamese

12% Filipino

11.7% Other

**(Cambodian, Hmong, Korean, Japanese,
Pacific Islander)**

The state of AAPI Mental Health

- Suicide is the leading cause of death for Asians, ages 15 to 24
- Asian Americans are as likely to show symptoms of anxiety, depression, and substance use disorder as the general public
- Our rates of hospitalization due to psychiatric injury (suicide attempt/self harm) are equivalent to the general public

and yet

- Asian American adults are half as likely to get mental health treatment compared to the general population.
- Asian adults are 27% less likely to report having any mental illness in the past year, compared to the total population.

So where is the disconnect?

Lack of culturally responsive resources?



Stigma?



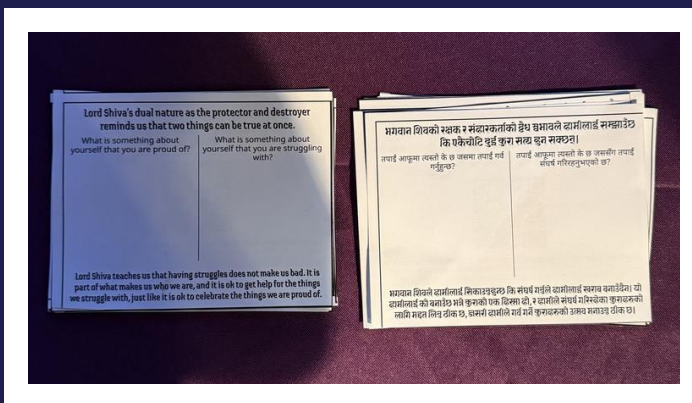
It comes down to a lack of
SAFETY

Tarang envisions a world where all communities are supportive places for people navigating challenges around mental health, substance use, and suicide.

Tarang creates this world by partnering with communities to directly address the culture of silence and shame around these topics.

How We Work

Build connections with established community organizations and tying cultural practices to awareness and education to build openness around these topics



How We Work

Provide accessible education to the community and connect them to available resources



Substance Use 101 Saturday, March 7
11:00 AM - 12:30 PM EST
Free via Zoom

What is substance use? Can Asian Americans and Pacific Islanders have a substance use disorder? How can I help my loved one if they're struggling? We'll answer these questions and more in our virtual webinar. The information will be presented in simple English, and designed for anyone to be able to join and learn with us!



Julie Morizawa
Japanese-American
19 years in Recovery



Presented By:
Dr. Shuchin Shukla
Addiction Medicine Physician



Saisha Joshi, CPSS
Nepali and Indian American
3 years in Recovery

Registration Required:
tinyurl.com/TarangMarSU101

Presented by Tarang with support from:



How We Work

Empower
community
members to be part
of the solution



Brief Peer Support Training

Online Courses

The objective of this training is to teach skills and best practices to anyone and everyone who would like to better support other members of their community. Upon completion, learners will feel comfortable supporting friends and peers within their communities, encouraging mutual support, and reaching out to those who may need someone to check in on them.

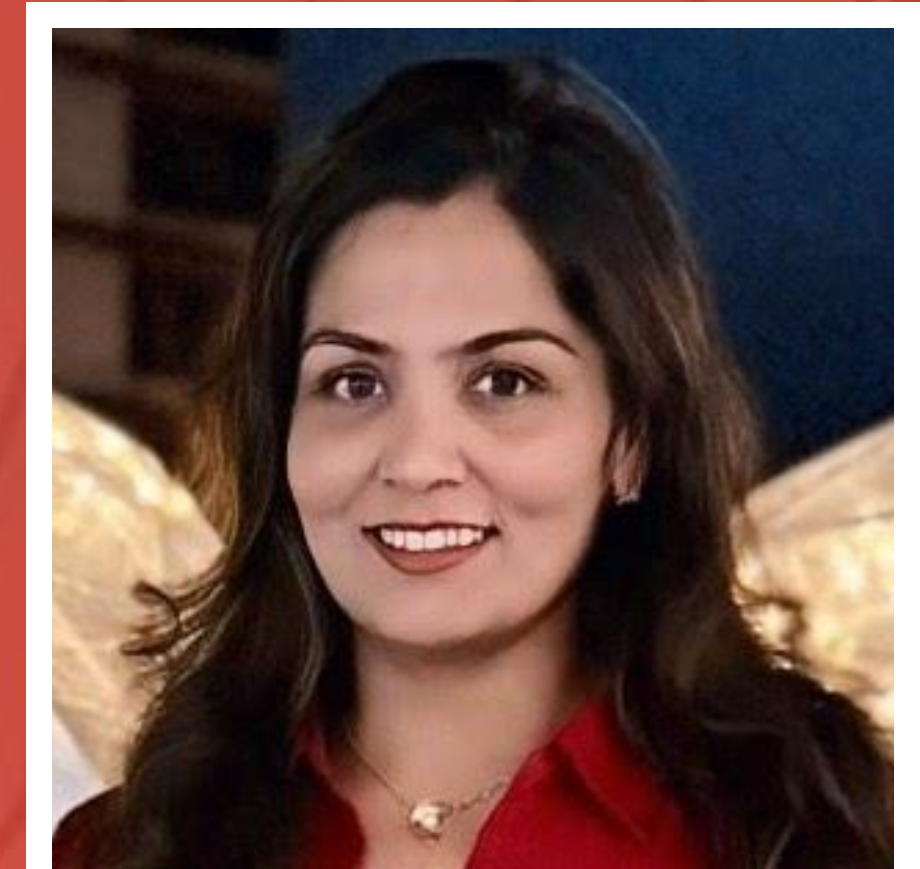
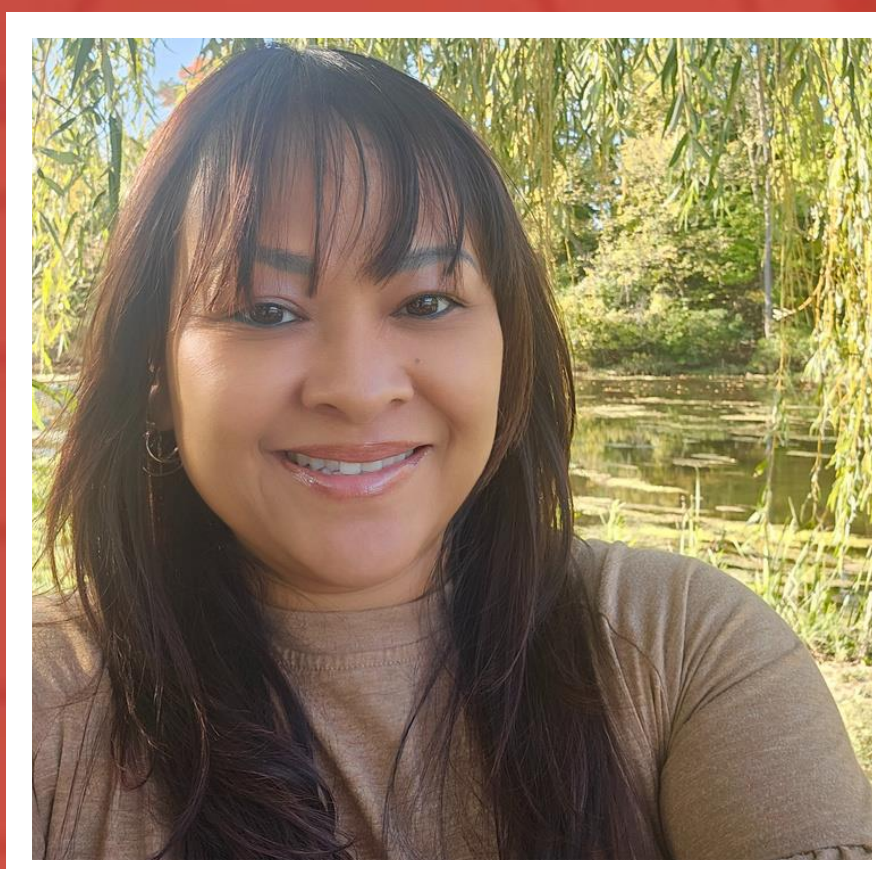
This training may be completed in about 45 minutes. This course was developed by the UNC-CH Peer Support Core for the campus community at the University of North Carolina at Chapel Hill. The mission of the UNC-CH Peer Support Core is to promote high quality, diverse, and sustainable peer support for students, staff, and faculty that provides a social base for coping, and institutional coping with challenges.

Objectives - By the end of this module, you will be able to... :

1. Provide peer support



By starting with the community, we can transform cultures to be safe places for conversations and support around mental health, substance use, and suicide, across our state and beyond.



Krystal Zhang

Serving the Chinese
community in the Triangle

Kaovny Jonas

Serving the Cambodian
community in the Charlotte
Metro area

Jagannath Subedi

Serving the Nepali
community in the Triad

Chani Jain

Serving the Nepali
community in the Triangle

Upcoming Events

- Holi Celebration of Feelings
- Mental Health Fair
- Honoring our Ancestors, Honoring our Grief

And so much more!

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pooja.mehta@dhhs.nc.gov



**Scan the QR code for
our upcoming events,
resources, and to stay
in touch!**