

Asian American Health Initiative's
Mental Health Toolkit 1

Staying Well & Living Fully



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AAHI Contact Information

Asian American Health Initiative

Montgomery County Department of Health and Human Services

1401 Rockville Pike, 3rd Floor

Rockville, MD 20852

Tel: 240-777-4517

Fax: 240-777-4564

Website: AAHIinfo.org

Email: info@AAHIinfo.org



A Letter from AAHI

Dear Community Member:

Thank you for downloading the Asian American Health Initiative's Mental Health Toolkit 1, *Staying Well & Living Fully*. A part of Montgomery County's Department of Health and Human Services (MCDHHS), the Asian American Health Initiative (AAHI) was established in 2004 as the first health-focused agency for pan-Asians in Montgomery County, MD. Since its inception, AAHI has worked to eliminate health disparities that exist between Asian Americans and their non-Asian counterparts, including mental health. Please note that the term "Asian American(s)" in this toolkit refers to all people of Asian descent in the United States, including immigrants, refugees, and U.S.-born Asian Americans.

AAHI's mission is to identify the health care needs of Asian American communities, to develop culturally competent health care services, and to implement health education programs that are accessible and available to all Asian Americans in Montgomery County. In line with this mission, AAHI has developed a series of Mental Health Toolkits. The aim of AAHI's Mental Health Toolkits is to provide culturally competent, reliable information about mental health for community leaders and members to share with their respective communities in various settings. Through these toolkits, we hope to empower communities and help foster dialogue around mental health in Asian American communities.

AAHI's Mental Health Toolkits are available for download on our website and are intended to be used by any community leader or member interested in the topic; no medical, mental health, or social-work background is needed. Each toolkit contains a different presentation related to a mental health topic, which includes relevant facts and statistics. In addition, we have provided presentation tips and local mental health resources available in Montgomery County. Lastly, for AAHI to continue providing quality health resources and tools to the community, we need feedback! Though optional, we ask that you please take some time completing the evaluations included in the toolkit. We value your comments!

We hope that this toolkit will support your efforts in educating your community members about mental health. Please feel free to reach out to us if you would like further support in raising awareness around mental health in your community!

Sincerely,

Asian American Health Initiative
Montgomery County
Department of Health & Human Services



TIPS

On how to use this toolkit & PowerPoint

Mental Health: STAYING WELL & LIVING FULLY

Asian American Health Initiative
Montgomery County Department of Health and Human Services



**Recommended
time:
60 minutes
You can shorten
the presentation if
needed.**

Topics covered in this toolkit:

- Definitions of "health" and "wellness" and how they are connected to mental health
- The differences between "mental health" and "mental illness"
- General signs and symptoms of a mental illness
- Myths and facts about mental illness
- 10 tools to maintain mental wellness

NOTE: This toolkit is not intended to be used for diagnostic purposes. Please consult your doctor if you or someone you know experiences symptoms of mental illness mentioned in the toolkit.

Notes about the PowerPoint presentation:

- Some slides have underlined words. These are KEY words that are important to understand the concepts of health, wellness, and mental illness. Please point these out to your audience.
- **Slides 20 to 25** discuss mental health myths and facts. We recommend not omitting these slides since they are important to combating stigma surrounding mental illness.
- **Slides 27 to 37** give detailed examples of each of the "10 Tools to Maintain Mental Wellness." If you do not have enough time, you can choose to skip them in the presentation and instead print these slides to pass out as take-home handouts for your audience.

Tips on how to present about mental health:

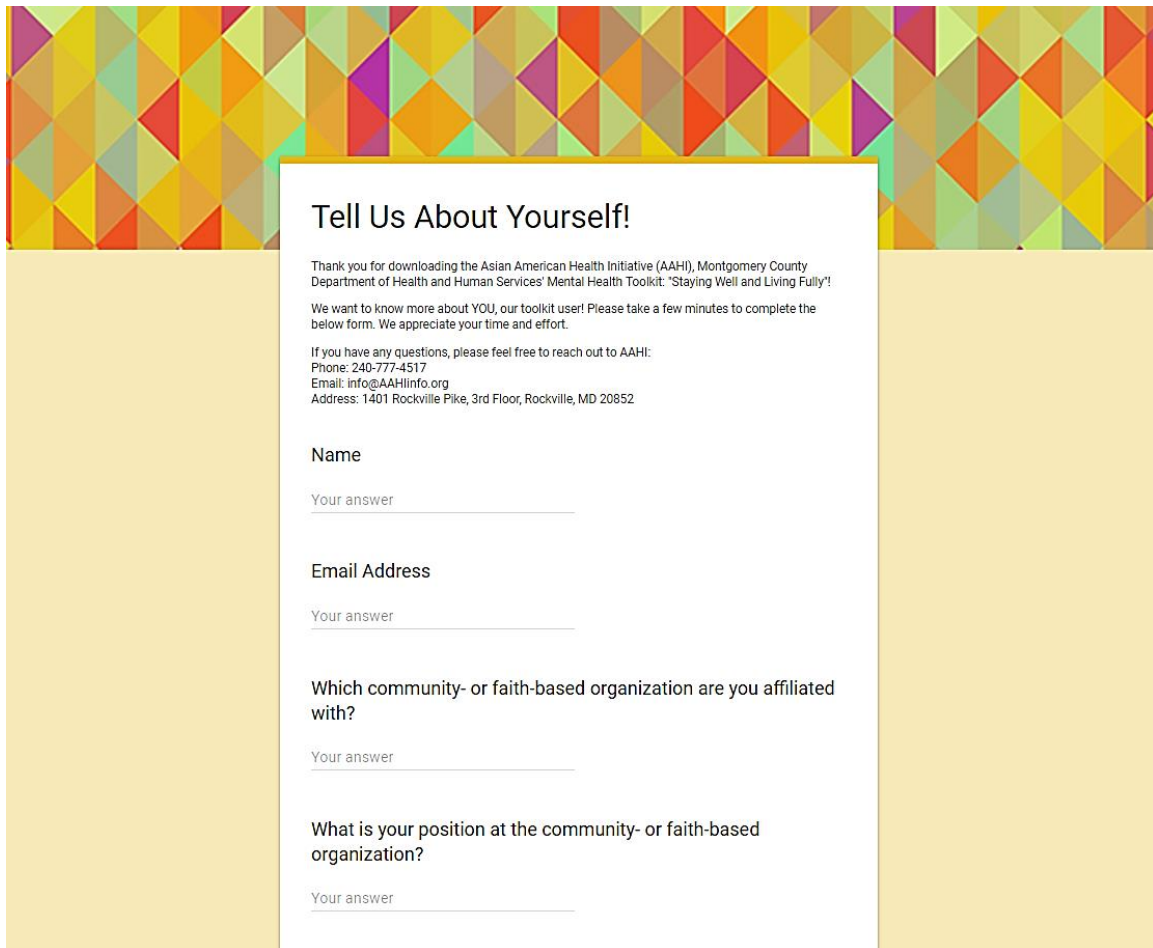
- Read over the slides a few times to familiarize yourself with the content. We recommend practicing a few times before you present a topic.
- Notes have been added to the bottom of some slides for you to engage the audience. They are meant to be used in a conversational way.
- It can be difficult to decide how to begin a presentation. You can start by stating your own interest in the topic.
- Avoid saying "when YOU are depressed." Instead, use "WE" or "SOMEONE" to relate to the audience.
- Talk to the audience casually as if you're having a one-on-one conversation with a friend. This will help you be authentic and keep your tone relatable and not robotic.
- If someone asks a question that you do not know how to answer, just simply say so. It's better to not give any information than the wrong information.
- This toolkit is meant to be for many sub-groups in the Asian American community. Feel free to discuss a situation that may be relatable to your community such as a tradition, a religious belief, or an expression in another language.
- While it is optional, we ask that you please include the "Evaluations" slide in your presentation and share your feedback with us!

Tell Us About Yourself!

We want to know who our Mental Health Toolkit users are! Please complete this quick online form telling us a little bit about you!

Please know that your information will stay private. We are interested in gathering this data to improve the toolkit and better suit the needs of our users.

Find the form here: <https://goo.gl/forms/4xQxFwFXvNf1xGL2>



Tell Us About Yourself!

Thank you for downloading the Asian American Health Initiative (AAHI), Montgomery County Department of Health and Human Services' Mental Health Toolkit: 'Staying Well and Living Fully'!

We want to know more about YOU, our toolkit user! Please take a few minutes to complete the below form. We appreciate your time and effort.

If you have any questions, please feel free to reach out to AAHI:
Phone: 240-777-4517
Email: info@AAHIinfo.org
Address: 1401 Rockville Pike, 3rd Floor, Rockville, MD 20852

Name

Your answer _____

Email Address

Your answer _____

Which community- or faith-based organization are you affiliated with?

Your answer _____

What is your position at the community- or faith-based organization?

Your answer _____

Mental Health Resources

Below is a list of some mental health resources for you and your community members:

Counseling or Therapy Related Resources

Montgomery County Crisis Center (FREE)

1301 Piccard Drive, 1st Floor Rockville, MD 20850

240-777-4000

301-738-2255 (Mental Health Hotline)

240-777-4673 (Abused Persons Program)

240-777-4357 (Sexual Assault Crisis Hotline)

<http://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html>

Provides crisis services 24 hours a day/365 days a year. These services are provided over the telephone (240-777-4000) or in person (no appointment needed). Mobile Crisis Outreach will respond anywhere within Montgomery County to provide emergency psychiatric evaluations. Full crisis assessments and treatment referrals are provided for all crises, both psychiatric and situational. In addition, the program has six crisis beds as an alternative to hospitalization for those who are uninsured.

Mental Health/Substance Abuse Screening and Referral (also known as ACCESS to Behavioral Health)

255 Rockville Pike. First Floor Rockville, MD 20850

240-777-1770

<http://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSACCBehavhealthsvcs-p239.html>

This program provides assessments and linkages for low-income persons of all ages living within Montgomery County who have no commercial insurance and who need services for major mental health and/or substance abuse problems.

EveryMind (FREE)

1000 Twinbrook Parkway Rockville, MD 20851

301-424-0656

301-738-2255 (Montgomery County Hotline)

<http://www.every-mind.org/>

Crisis Prevention & Intervention: Provides supportive listening, information and resource referrals, and crisis services (including suicide assessments) for individuals through telephone, text, and chat services. Available via text Monday through Thursday, 4:00 p.m. to 9:00 p.m. at 301-738-2255. Offers 24/7 online chat at www.crisischat.org and 24/7 phone assistance through the Montgomery County Hotline. Services are free and confidential.

Maryland Psychological Association (FREE)

10025 Gov. Warfield Parkway, Suite 102 Columbia, MD 21044-3308

301-596-3999 (Montgomery County, D.C., Laurel, Bowie, and some Columbia)

410-992-4258 (Baltimore Metropolitan)

www.marylandpsychology.org

Free psychologist referral service.

Pro Bono Counseling Project (FREE)

110 West Rd # 202, Towson, MD 21204

410-825-1001

1-877-323-5800 (Toll Free)

www.probonocounseling.org

Provides free mental health care to individuals, families and couples who live and/or work in Maryland who cannot receive care from any other source. The Project links clients with therapists for counseling - it does not provide medications or medication resources.

Domestic Violence

Asian Women's Self Help Association (ASHA)

P.O. Box 2084 Rockville, MD 20847
202-230-8152
FREE and confidential helpline: 1-888-417-2742
www.ashaforwomen.org

ASHA for Women is a 501(c) (3) nonprofit organization dedicated to providing support to South Asian women living in abusive marriages and homes. Created in 1989 by South Asians to circumvent many of the language, cultural, and social barriers that can stop many from seeking help, ASHA has helped hundreds of women and children move on to lead safer, happier lives.

Asian/Pacific Islander Domestic Violence Resource Project (DVRP)

PO Box 14268, Washington, DC 20044
202-464-4477
www.dvrp.org

Website available in the following languages: English, Japanese, Chinese, Hindi, Thai, and Vietnamese

The Asian/Pacific Islander Domestic Violence Resource Project's mission is to address and prevent domestic violence in Asian and Pacific Islander communities in the Washington, DC metropolitan area.

Free or Low-cost Resources for Learning About Mental Illness

National Alliance on Mental Illness (NAMI) of Montgomery County

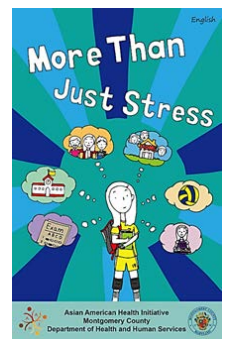
11718 Parklawn Dr, Rockville, MD 20852
301-949-5852
<http://www.nami.org/Find-Support/NAMI-Programs>

Courses and classes for those who want to learn more about mental illness, support a loved one, or advocate.

Asian American Health Initiative Mental Health Photonovels

Learn more about depression and how to seek help via AAHI's photonovels. These easy-to-read stories are available for free in English, Chinese, Korean, Vietnamese, and Hindi. Download them here:

<http://aahiinfo.org/resources/resource-library/>



Patient Navigator Program

301-760-7050

This is a free multilingual health and information telephone line that provides referrals for health resources and interpretation services in Chinese, Hindi, Korean, Vietnamese, and other Asian languages. Patient Navigator Program staff can also provide medical interpretation services for eligible clients who are receiving services at Montgomery Cares clinics and other Department of Health and Human Services' programs in Montgomery County.

Asian American Health Initiative Resource Brochure

Learn about other health and human services in Montgomery County, in addition to mental health services. This brochure is available in English and 15 Asian languages.

Download it here: <http://aahiinfo.org/resources/resource-library/>

Questions? Call the Asian American Health Initiative at 240-777-4517 or visit us at <http://aahiinfo.org/>

AAHI DISCLAIMER: The mental health organization contact information provided by the Asian American Health Initiative (AAHI) is a product of AAHI's internal research. It is the result of extensive web searches and is therefore subject to change. AAHI does not guarantee the currency, accuracy, relevance, or completeness of the provided information. Receiving this information from AAHI does not imply or equate to any personal connection to or endorsement of any services by AAHI. AAHI's intention and objective is to connect Asian Americans in Montgomery County with culturally competent health care, including mental health care, in order to eliminate health disparities that affect Asian Americans.

Presentation

This toolkit includes a PowerPoint presentation which can be downloaded [here](#).



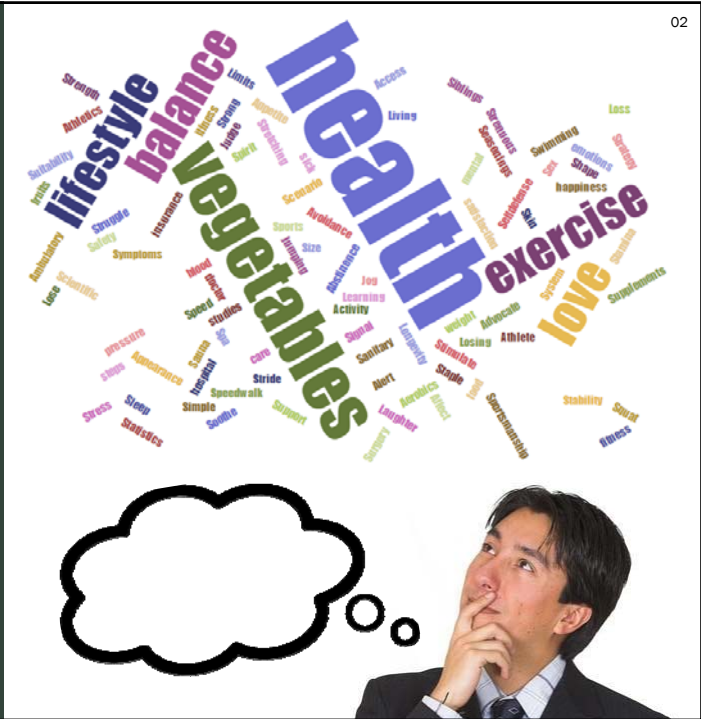
Following is a PDF version of the presentation, which can be printed as handouts for your audience.

Mental Health:
STAYING WELL & LIVING FULLY

Asian American Health Initiative
 Montgomery County Department of Health and Human Services

What comes to mind when you think of

Health?





03

Definition of Health

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

- World Health Organization

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05

Health is a *Continuum*

What does that mean?

It means:

- Our approach to health and wellness should not be based on what is wrong or what is right.
- Health is a constantly-changing state created by making smart choices and taking positive actions.
- We have to constantly try to improve and achieve positive health.



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WHAT IS WELLNESS?

07

Definition of Wellness

- Wellness is an active process of becoming aware of and making choices towards a more successful existence.
- It is the combination of body, mind and spirit and the ongoing development of one's own meaning in life.
- Wellness is multidimensional and holistic. It is our whole lifestyle. It includes our mental and spiritual well-being, and the environment.



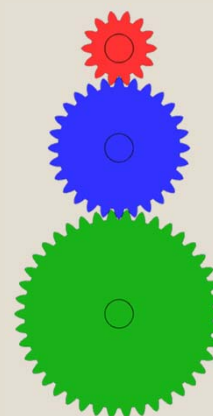
Sources:
National Wellness Institute
Substance Abuse and Mental Health Services
Administration (SAMHSA)

08

Mind-Body-Spirit Connection

A healthy mind helps create a healthy body. This means all aspects of our health are in harmony.

- There is constant communication occurring between our mind and our body.
- Our brains can translate our thoughts and feelings into signals that are sent through our body and cause a physical reaction.
- If you are stressed or mentally distraught, you can feel physically sick too. Your mental health affects your physical health, and vice versa.
- Ignoring the connection between our mind, body, and spirit can lead to both physical & mental health problems.



Source: SAMHSA

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WHAT IS MENTAL HEALTH?

10

Mental Health

A state of well-being in which a person:

- realizes his or her own abilities,
- can cope with normal stresses of life,
- can work productively and fruitfully, and
- is able to make a contribution to his or her community.



Source: Centers for Disease Control and Prevention (CDC)

Mental Illness

“Collectively all diagnosable **mental disorders or health conditions** that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning.”

Source: Centers for Disease Control and Prevention (CDC)



Let's Understand the Difference

Mental Health

When we talk about mental health, we're talking about our mental well-being: our emotions, our thoughts and feelings, our ability to solve problems and overcome difficulties, our social connections, and our understanding of the world around us.

Mental Illness

A mental illness is an illness that affects the way people think, feel, behave, or interact with others. There are many different mental illnesses, and they have different symptoms that impact peoples' lives in different ways.



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Signs and Symptoms of Mental Illness



Experiencing one or more of the following feelings or behaviors can be an early warning sign of a mental health problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual



Source: MentalHealth.gov

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Signs and Symptoms of Mental Illness (cont.)



- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

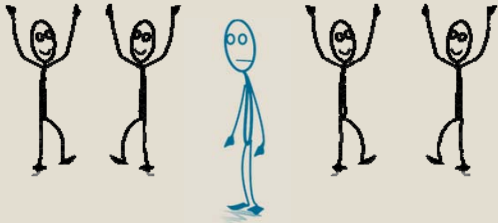
Source: MentalHealth.gov

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Mental Health issues are very common!

Statistics

1 in 5 adults have a mental health condition. That's over 40 million Americans.



(Source: National Alliance on Mental Illness)

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Asian Americans and Mental Health

- Asian American are **three times less likely to seek help** for their emotional or mental health concerns than White Americans (American Psychological Association).
- **Suicide** is the 10th leading cause of death for Asian Americans (The Office of Minority Health).
- Asian American women ages 15-24 and 65 and older have **the highest suicide** rates among women across all racial/ethnic groups (Center for Disease Control and Prevention).






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Model Minority Myth

From a distance

- Asian Americans are:
 - *Wealthy*
 - *Acculturated*
 - *Educated*
 - *Healthy*


Up Close

- Asian Americans are a very diverse group
- There is no single Asian American story!
- Most face barriers such as:
 - *Limited English proficiency*
 - *Level of acculturation*
 - *Educational attainment*
 - *Socioeconomic status*
 - *Employment opportunities*
 - *Insurance status*
 - *Lack of transportation*
 - *Perceived discrimination*

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Harms of Model Minority Myth

- Generalizing all Asian Americans to be the same prevents us from understanding of the needs of specific Asian American communities
- Asian Americans may feel pressured to ascribe to this stereotype



This can hinder health care help-seeking behavior, especially for mental health issues.

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MENTAL HEALTH MYTHS & FACTS

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Mental Health Myths & Facts

<h3>Myth</h3> <p>Children don't experience mental health problems.</p> 	<h3>Fact</h3> <p>50% of all mental health disorders show first signs before a person turns 14 years old, and 75% of mental health disorders begin before age 24.</p> <p>Unfortunately, less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need.</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Source: MentalHealth.gov

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Mental Health Myths & Facts

Myth

People with mental health problems are **crazy** and **violent**.



Fact

Having a mental illness does not mean you are crazy – it is just an illness. People with severe mental illnesses are in fact over 10 times more likely to be victims of violent crime than the general population.

You probably know someone with a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

Source: MentalHealth.gov

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Mental Health Myths & Facts

Myth

Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.



Fact

Mental health problems have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems

Source: MentalHealth.gov

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Mental Health Myths & Facts

Myth

People with mental health needs cannot tolerate the stress of holding down a job.



Fact

People with mental health problems are just as productive as other employees.

Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

Source: MentalHealth.gov

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Mental Health Myths & Facts

Myth

Therapy and self-help are a waste of time. Why bother when you can just take a pill?



Fact

Treatment for mental health problems varies depending on the individual and could include medication, therapy, or both.

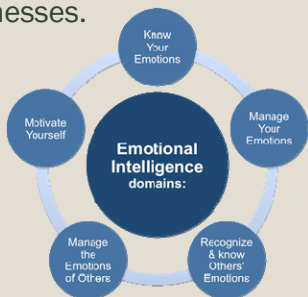
A good therapist can help us cope with feelings and symptoms, and change behavior patterns that may contribute to our illness. Talk therapy is not just “talking about your problems,” it is also working toward solutions.

Source: MentalHealth.gov

Mental Health Myths & Facts

Myth

Prevention doesn't work. It is impossible to prevent mental illnesses.



Fact

There are many ways to stay mentally healthy or keep mental illness symptoms under control.

Prevention of mental, emotional, and behavioral disorders focuses on **addressing known risk factors** such as exposure to trauma that can affect the chances that children, youth, and young adults will develop mental health problems.

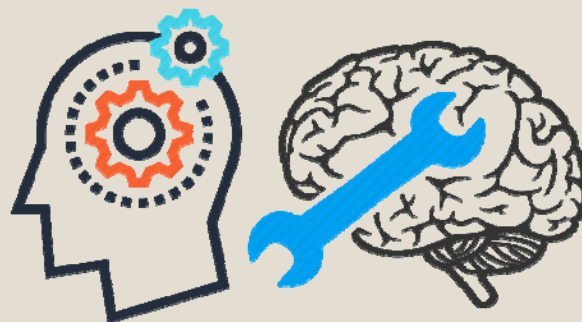
Source: MentalHealth.gov

HOW TO PRACTICE MENTAL WELLNESS

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10 Tools to Maintain Mental Wellness

1. Connect with others
2. Stay positive
3. Get physically active
4. Help others
5. Get enough sleep
6. Create joy and satisfaction
7. Eat well
8. Take care of your spirit
9. Deal better with hard times
10. Get professional help if you need it



Suggested by Mental Health America

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1. Connect with Others



Experts say that people with positive social connections are happier, have better health, and live longer than those who lack strong connections!

Connection has many forms and they all help us bust stress and boost well-being:

- A heart-to-heart talk with a friend
- A laugh-out-loud e-mail from a co-worker
- A joke with someone who gets it
- Your co-worker offers congrats
- Your spouse hugs you hello

Make friends by considering the following:

- Enroll in a class that intrigues you
- Join a book group, hiking club, or other group
- Find a community of individuals with whom you have shared beliefs and/or culture

Source: Mental Health America

2. Stay Positive



29

Doctors and researchers say that pessimism hurts: it can drag down our moods, our actions and even our health.

Foster Optimism

- Try to focus on skills you've learned from a negative situation
- Try writing about a positive future. It helps you absorb ideas better than just thinking.

Practice gratitude:

- Keep a gratitude journal – write in it everyday
- Share good news with others – spread the joy

Avoid negative thinking

- Focus on your achievements instead of insecurities
- Imagine what you would tell a friend if they were in your situation

Source: Mental Health America

3. Get Physically Active



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Exercise helps us stay both physically and mentally well. It helps the mood by: decreasing stress, anger and tension and reducing anxiety and depression.

You don't have to join a gym to be active! If you're busy, you can try to fit in 20 to 30 minutes of exercise during your daily routine by:

- **Really running errands:** Walk a bit faster or further in the parking lot when you stop at the store.
- **Playing: Race the kids.** Shoot some hoops. Remember, you don't have to be good to get fit.
- **Scrubbing:** Instead of a few wipes here and there, clean energetically for 10 minutes.
- **Dancing:** Pull down the shades and let loose; if it's fun, you're more likely to do it.
- **Watching TV:** Yes, watching TV--while walking in place, doing leg lifts or punching the air.

Source: Mental Health America

4. Help Others



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Studies have shown that those who consistently help other people experience less depression, greater calm, fewer pains, and better health. They may even live longer!

Some ideas for helping others:

- **Speak another language**.... perhaps work with immigrants.
- **Cook**... for a homeless shelter.
- **Call**... a friend who may not be doing very well.
- **Read**... consider volunteering at a school or tutoring program.
- **Work outdoors**... try volunteering to clean up a local park.
- **Promote health**... try a local hospital or clinic.

Source: Mental Health America

5. Get Enough Sleep



32

Stress may be causing you to lose sleep. Research shows that disturbed sleep patterns can lead to increased stress and anxiety and may even lead to depression.

Tips for better sleep:

- **Set a regular bedtime**: because our bodies crave a routine!
- **De-caffeinate yourself**... Don't drink coffee, black teas, or sodas after 3 PM
- **Destress yourself**: relax by taking a warm bath or meditating right before bed
- **Exercise**: try something light such as stretching and avoid intense exercise right before bed
- **Keep your bed for sleeping only**: do not work on homework or reports in your bed!

Source: Mental Health America

6. Create Joy & Satisfaction



33

Experts say good feelings can boost your ability to bounce back from stress, solve problems, think flexibly, and even fight disease.

Ways to create joy and happiness

- **Laugh more!** It decreases pain, promotes muscle relaxation and can reduce anxiety.
- **Find a leisure activity:** it boosts energy and increases creativity.
- **Be creative!** Painting, making music, and other forms of art have a therapeutic effect on us
- **Practice mindfulness:** focusing on an experience fully - how the sun feels on your face - can block negative thoughts
- **Share with others:** telling a friend about your positive experiences can help you relive them!

Source: Mental Health America

7. Eat Well



34

Most of us know that our bodies need a balanced diet. But have you thought about the brain? Our brain needs a healthy supply of carbohydrates, fats and proteins, or it can't perform functions that affect our mood and thinking. Nutrients that may play a role in combating depression include:

- **Vitamin B-12 and folate.** Good sources of B-12 are fish like salmon and trout and fortified breakfast cereals. Folate is found in dark leafy vegetables, almonds, dairy and fortified whole-grain breakfast cereals.
- **Omega-3 fatty acids.** The best sources of omega-3 fatty acids are fatty fish like salmon, catfish and trout. Other sources include ground flaxseeds, walnuts and omega-3 fortified eggs.
- **Vitamin D:** Best sources of Vitamin D are sunlight, fatty fish such as salmon and tuna, foods fortified with Vitamin D such as milk, and dietary supplements.

Source: Mental Health America

8. Take Care of Your Spirit



35

We all practice spirituality differently: some find it in God, some within themselves, in other people, in nature, art or kindness.

Whatever you focus on, spirituality offers many possible benefits, including better mood, less anxiety and depression, and even fewer aches and illnesses!

- Connect with yourself – keep a journal
- Reflect on your values
- Meditate or pray
- Be open to new experiences

Source: Mental Health America

9. Deal Better with Hard Times



36

At some point in our lives, most of us will face times that are extra stressful or that even shake us to our core. At those times, having strong coping strategies can make a huge difference.

Ways to deal better:

- **Write it out!** Set aside 15 minutes a day for a few days to write about the event and how you felt
- **Set aside "worry" time each day.** Then whenever a negative thought intrudes, tell yourself to wait until the set time. You may feel better by then.
- **Don't be afraid to ask for advice.** No one knows everything.
- **Get emotional support.** Crying, sharing your frustrations or otherwise venting can release tension, relieve stress and help you move on.

Source: Mental Health America

10. Get Professional Help if You Need it



37

At some point in our lives, most of us will face times that are extra stressful or that even shake us to our core.

If you or someone you know is feeling especially bad or suicidal, get help right away. You can call a 24-hour crisis center at:

1-800-273-TALK (8255)

A mental health professional can help you:

- come up with plans for solving problems
- feel stronger in the face of challenges
- change behaviors that hold you back
- look at ways of thinking that affect how you feel
- heal pains from your past
- figure out your goals
- build self-confidence

Source: Mental Health America

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We value your feedback! PLEASE SUBMIT EVALUATIONS

Please fill out the presenter and audience evaluation forms. Your feedback will help us improve this toolkit.

THANK YOU!



Asian American Health Initiative

Montgomery County Department of Health and Human Services

References:

- Center for Disease Control and Prevention (CDC)
- U.S. Department of Health and Human Services (HHS)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- National Institute on Mental Health (NIMH)
- National Alliance on Mental Illness (NAMI)
- Mental Health America (MHA)
- American Psychological Association
- The Office of Minority Health


For more resources like this, visit the AAHI website: <http://aahiinfo.org/resources/resource-library/>


Contact Us

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www.AAHIinfo.org | info@AAHIinfo.org

 www.healthymoco.blogspot.com

 Search: Asian American Health Initiative

 Tweet @AAHI_Info

Instructions for Evaluations

At AAHI, we strive to provide the most relevant, pertinent, and timely information to fit the needs of our community members. To do that, we need YOUR feedback! We request that you please complete the included evaluation forms when using this presentation. Though optional, evaluations are important because they let us know how we can improve future toolkits, what enhancements need to be made to current toolkits, and how we can better serve your needs. We truly value your comments. If you choose to complete and submit evaluations, please find instructions below:

Using the Evaluations:

Below are instructions on how to complete both types of evaluations.

Participant Evaluation Form

After each presentation, we ask that you pass out the evaluation form titled, *Participant Evaluation Form*, to each attendee. Please collect the evaluation forms and submit them to AAHI.

Presenter Evaluation Form

After the first time you use this presentation, please complete the evaluation form titled *Presenter Evaluation Form* and submit it back to AAHI.

Submitting the Evaluations:

Evaluations can be submitted to AAHI by email, mail, or fax.

Email:

Please scan and email evaluations to
info@AAHIinfo.org

Mail:

Please mail evaluations to
Asian American Health
Initiative, MCDHHS
1401 Rockville Pike
Third Floor
Rockville, MD 20852

Fax:

Please fax evaluations to
240-777-4564



Mental Health Toolkit 1: Staying Well & Living Fully

Participant Evaluation Form

Date of the presentation: _____ Location of the Presentation: _____

	Agree	Somewhat Agree	Undecided	Somewhat Disagree	Disagree
CONTENT					
The content of the presentation was clear and easy to understand.	5	4	3	2	1
The information provided in the presentation was useful to me.	5	4	3	2	1
KNOWLEDGE: As a result of this presentation:					
I understand the difference between mental health and mental illness.	5	4	3	2	1
I know more about signs and symptoms of mental illness.	5	4	3	2	1
I feel more knowledgeable about myths surrounding mental illness.	5	4	3	2	1
I know more about steps I can take to stay mentally well.	5	4	3	2	1
CONFIDENCE					
I feel more confident in recognizing signs of mental illness in someone.	5	4	3	2	1
I feel more confident in taking steps to improve my own mental wellness.	5	4	3	2	1
FUTURE					
I would participate in another program on a similar topic in the future.	5	4	3	2	1
What mental health topics are you interested in learning more about?					

Additional Comments:

Mental Health Toolkit 1: Staying Well & Living Fully

Presenter Evaluation Form

Date of the presentation: _____ Location of the Presentation: _____

	Agree	Somewhat Agree	Undecided	Somewhat Disagree	Disagree
CONTENT					
The content of the presentation was clear and easy to present	5	4	3	2	1
The information provided in the presentation was culturally appropriate for the Asian American community	5	4	3	2	1
Please rate the following:	Excellent	Good	Average	Fair	Poor
Overall ease of use of “Staying Well & Living Fully” toolkit	5	4	3	2	1
PowerPoint content for “Staying Well & Living Fully”	5	4	3	2	1
Tip sheet for the presenter	5	4	3	2	1
Mental Health resources sheet	5	4	3	2	1
Length of presentation for this toolkit	5	4	3	2	1
PRESENTER INFORMATION	Please write your answers clearly:				
What organization do you represent, and if applicable, what is your position at this organization?					
In what setting did you present this information?	<input type="checkbox"/> Health Fair		<input type="checkbox"/> Community gathering		
	<input type="checkbox"/> Classroom		<input type="checkbox"/> Other (specify): _____		
How many people attended the presentation?					
Did you face any challenges while presenting? If so, what?					

Additional Comments:



Thank you

for downloading the
Asian American Health Initiative's
Mental Health Toolkit 1!

To download the PowerPoint version of the
presentation, click [here](#).

Please visit our [webpage](#) for more mental health
resources.



Together To Build A Healthy Community

