

Asian American Health Initiative's

# Mental Health Toolkit 2

*Getting the Care You Need*



Asian American  
Health Initiative

Together To Build A Healthy Community



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## AAHI Contact Information

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# *A Letter from AAHI*

Dear Community Member:

Thank you for downloading the Asian American Health Initiative's Mental Health Toolkit 2, *Getting the Care You Need*. A part of Montgomery County's Department of Health and Human Services (MCDHHS), the Asian American Health Initiative (AAHI) was established in Fiscal Year 2005 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 to complete 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:* GETTING THE CARE YOU NEED

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:

- 8 Definitions of Wellness and how they are connected to mental health
- What is "recovery" from mental illness and 10 Principles of Recovery
- Therapy for mental health concerns and how it helps with recovery
- Different types of mental health professionals
- Treatment options for mental health problems

**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 6 to 14** discuss 10 Principles of Recovery. We recommend not omitting these slides since they are important to understanding recovery from mental illness in a holistic way, including the role of family, community, and culture.
- **Slides 15** includes a link to a resource on prevention and recovery from mental health concerns by the The Substance Abuse and Mental Health Services Administration (SAMHSA). We encourage you to share this link with your audience. This step-by-step resource is useful in developing a personalized "Recovery Plan" for yourself or a loved one.

### Tips on how to present about mental health:

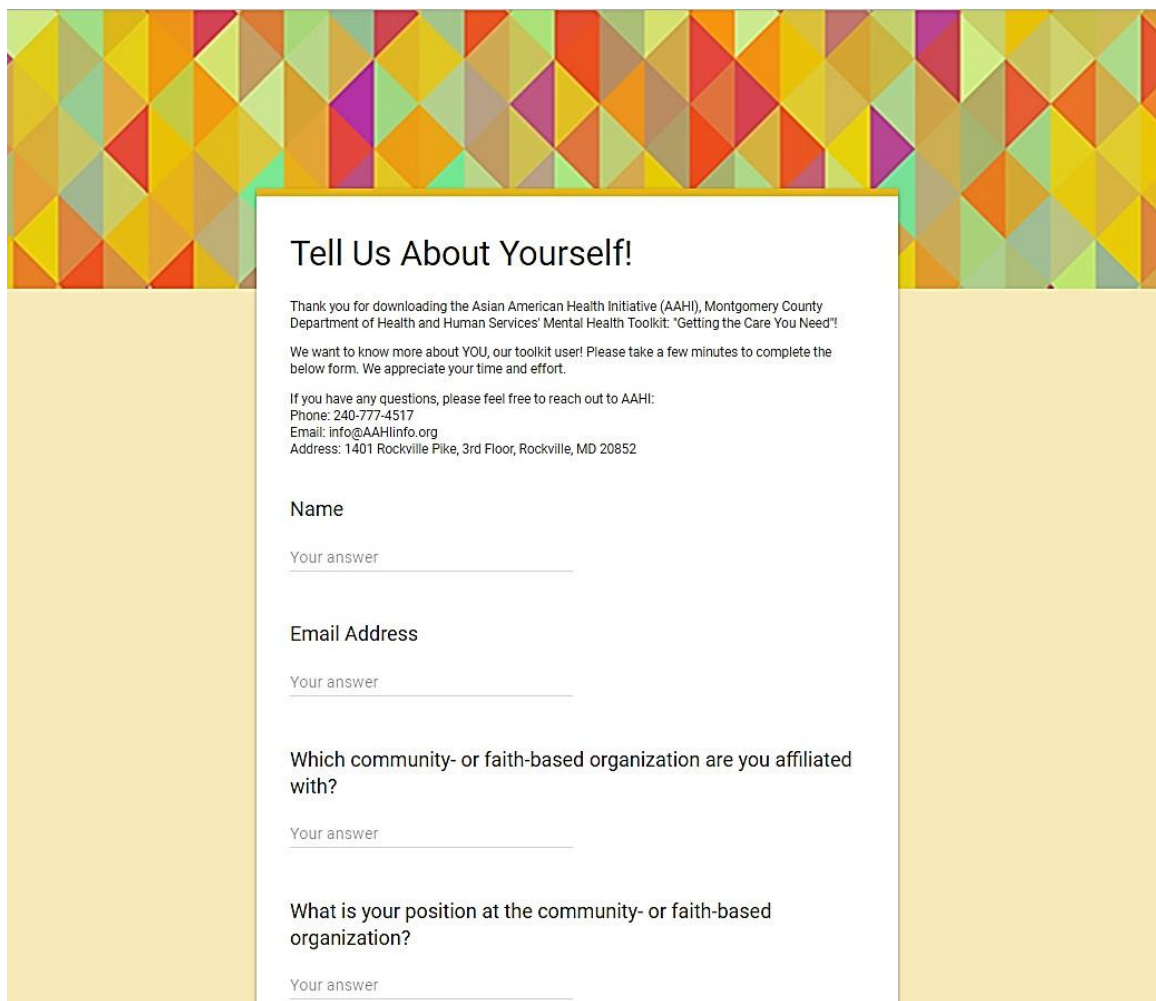
- Read over the slides a few times to familiarize yourself with the content. We recommend practicing a few times before you present a topic.
- Notes have been added to the bottom of some slides for you to engage the audience. They are meant to be used in a conversational way.
- It can be difficult to 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/19tqRK39GLwu0JnH2>



**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: "Getting the Care You Need"!

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](mailto: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:

*If you or someone you know is feeling especially bad or suicidal, get help right away.  
You can call a FREE 24-hour crisis center at: 1-800-273-TALK (8255)*

## 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, Suite 145, Rockville, MD 20850

240-777-1770

<http://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSACCBhavhealthsvcs-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](http://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](http://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](http://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](http://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](http://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

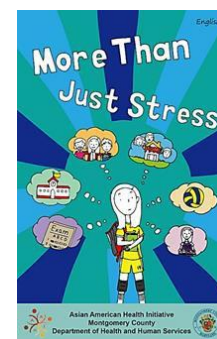
### National Alliance on Mental Illness (NAMI) of Montgomery County

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:*

# GETTING THE CARE YOU NEED

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

02

## Mental Health & Wellness

- Wellness is being in good physical, mental, and spiritual health. Because mental health and physical health are linked, problems in one area can impact the other.
- Improving your physical health can also benefit your mental health, and vice versa.
- Wellness is not the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life.



Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

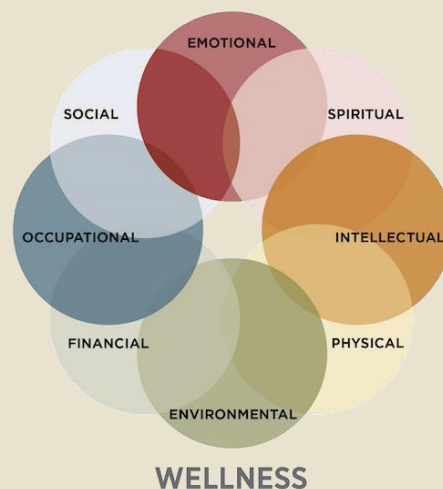
03

# Dimensions of Wellness

Wellness is continuously trying to have growth and balance for a positive and healthy life.

Wellness happens when we take care of our physical, mental, as well as spiritual well-being together.

Learning about these 8 dimensions can help you make better choices for your health.



Source: SAMHSA

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# Dimensions of Wellness

The Eight Dimensions of Wellness are:

1. **Emotional:** Coping effectively with life and creating satisfying relationships
2. **Environmental:** Occupying pleasant, stimulating environments that support well-being
3. **Financial:** Being satisfied with current and future financial situations
4. **Intellectual:** Recognizing creative abilities and finding ways to expand knowledge and skills
5. **Occupational:** Having personal satisfaction and enrichment from one's work
6. **Physical:** Recognizing the need for physical activity, healthy foods, and sleep
7. **Social:** Developing a sense of connection, belonging, and a support system
8. **Spiritual:** Expanding a sense of purpose and meaning in life

Source: SAMHSA

## Mental Illness affects all 8 dimensions of wellness



- **Emotional:** persistent feelings of sadness
- **Environmental:** staying at home, changes in desire to go outside and mingle
- **Financial:** losing your job or having higher healthcare costs
- **Intellectual:** losing interest in usual activities, not participating in discussions
- **Occupational:** low concentration at work
- **Physical:** body aches, sleep disturbances, weight changes
- **Social:** distancing yourself from friends and family
- **Spiritual:** losing meaning and joy in life

## TAKING STEPS TOWARDS RECOVERY

07

# Recovering from Mental Illness

## What is Recovery?

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.” (MentalHealth.gov)

Recovery from mental illness is possible! The first step towards recovery is realizing that you have an illness and you want to get better:

- Understand your signs and symptoms
- Get help!
- Know your treatment options
- Develop a solid Recovery Plan



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## What is a “Recovery Plan”?

Fighting mental illness takes more than thinking and talking about all the things you can do to get better – it takes **action**. Setting some goals and working hard to reach them will be the key to your recovery.

- A Recovery Plan can be written down, but it doesn't have to be.
- It often involves seeking help from a mental health professional and includes all aspects of dimensions of wellness.
- It is basically your “map” to overcome mental health challenges according to your needs and strengths.



Source: MentalHealth.gov

# Why Develop a “Recovery Plan”?

## Recovery plans:

- Enable you to identify goals for achieving wellness
- Specify what you can do to reach those goals
- Include daily activities as well as long term goals
- Track any changes in your mental health problem
- Identify situations or other stressful events that can make you feel worse, and help you learn how to manage them



Source: MentalHealth.gov

# 10 Principles of Recovery

The Substance Abuse and Mental Health Services Administration (SAMHSA) has developed guiding principles that are crucial in the process of recovery:

## 1. Recovery emerges from hope:

- The belief that recovery is real and people do overcome mental health challenges
- Motivates us and strongly drives the recovery process

## 2. Recovery is person-driven:

- Individuals are responsible to define and design their own path to recovery
- Taking charge of our own recovery plan empowers us to have confidence in the process of our recovery



Source: SAMHSA

# 10 Principles of Recovery

## 3. Recovery occurs via many pathways:

- Unique individual needs, goals, strengths, experiences and culture all affect recovery
- It could include a combination of therapy, medicine, support from family and peers, faith-based approaches, alternative therapies, etc.
- Recovery is not a straight line and people often experience setbacks, which is a natural part of recovery



Source: SAMHSA

## 4. Recovery is holistic:

- Recovery includes an individual's whole life, including mind, body, spirit, and community
- Self-care practices, employment, transportation, education, and treatment options are all part of recovery
- Various forms of services and supports available should be combined according to the needs of the individual

# 10 Principles of Recovery

## 5. Recovery is supported through relationships and social networks:

- The presence and involvement of people such as family members, friends, peers, and faith groups
- These support groups believe in the person's ability to recover
- Offer hope, support, and a vital sense of belong

## 5. Recovery is supported by addressing trauma:

- Recovery treatments should address trauma (such as physical or sexual abuse, domestic violence, war, disaster, and others)
- Support should foster physical and emotional safety and trust as well as promote choice, empowerment, and collaboration



Source: SAMHSA



# 10 Principles of Recovery

## 7. Recovery involves individual, family, and community strengths and responsibility:

- Individuals should be trusted to take charge of their own recovery with support from family and loved ones
- Communities have responsibilities to create accepting and inclusive environments for recovery of individuals



## 8. Recovery is based on respect:

- Communities and families should respect the rights of people affected by mental health issues and substance abuse problems
- Eliminate any discrimination in the systems
- Self acceptance and a positive sense of identity are crucial for individuals in recovery and requires great courage

Source: SAMHSA

# 10 Principles of Recovery

## 9. Recovery is supported by peers and allies:

- Sharing experiences with support groups or peer groups gives a sense of belonging
- Helps develop supporting relationships
- Provides important resources to assist along the journeys of recovery and wellness

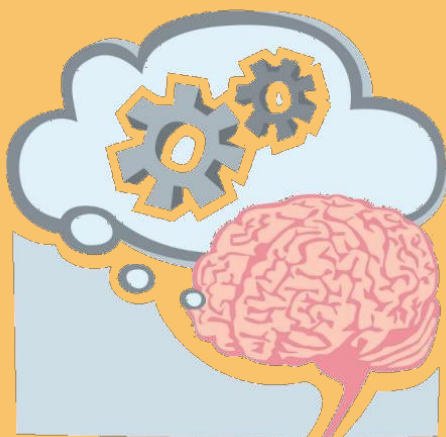


## 10. Recovery is culturally-based and influenced:

- Our cultures and cultural backgrounds, including values, traditions, and beliefs, are important in our journey and unique pathway to recovery
- Services should be respectful, sensitive and responsive to an individual's culture.

Source: SAMHSA

## Developing Your Personal Recovery Plan



SAMHSA has a step-by-step and easy-to-follow resource available for helping us develop a personalized “Recovery Plan.” Find it at:

<http://store.samhsa.gov/shin/content/SMA-3720/SMA-3720.pdf>

Use this resource to learn howto:

- Develop a “Wellness Toolbox” for yourself
- Develop a daily maintenance plan
- Deal with situations that stress you
- Understand early warning signs
- Handle situations when things are breaking down or getting worse
- Plan for a crisis
- Use your Recovery Plan

## TYPES OF MENTAL HEALTH PROFESSIONALS

## Types of Mental Health Professionals

- **Psychiatrist** – A doctor with special training in the diagnosis and treatment of mental and emotional illnesses. A psychiatrist can prescribe medication, but they often do not offer therapy for patients.
- **Psychologist** – A psychologist with a PhD degree in psychology. Psychologists are trained to make diagnoses and provide individual and group therapy.



Source: National Alliance on Mental Illness (NAMI)

## Types of Mental Health Professionals

- **Psychiatric or Mental Health Nurse Practitioner** – provide assessment, diagnosis and therapy for mental health conditions or substance use disorders. In some states, they are also qualified to prescribe and monitor medications.
- **Primary Care Physicians** – Primary care physicians and pediatricians can prescribe medication, but you might consider visiting someone who specializes in mental health care. Primary care and mental health professionals should work together to determine an individual's best treatment plan.



Source: NAMI

## Types of Mental Health Professionals

- **Social Worker** – A specialist who is dedicated to helping people through case management in and outside of hospital settings. These can include finding a therapist, coping with substance abuse, housing situations, unemployment, domestic violence or child abuse.
- **Licensed Professional Counselor** – A counselor with a master’s degree who can diagnose and provide individual and group therapy.



Source: NAMI

## Types of Mental Health Professionals

- **Peer Specialist**– Someone who has personally experienced a mental health or substance use conditions and now helps others by recognizing and developing strengths, and setting goals. Many peer support programs require several hours of training.
- **Licensed Marital and Family Therapist** – A counselor with a master’s degree, with special education and training in relationships and family therapy. They can help couples or families navigate difficult situations.

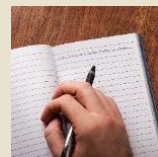


Source: NAMI

# TREATMENT OPTIONS FOR MENTAL ILLNESS

## Treatment Options for Mental Illnesses

- **Psychotherapy:** talking therapy with a social worker or mental health counselor
- **Medications:** antidepressants or mood stabilizers
- **Exercise:** walking, yoga, stretching, running
- **Complimentary/Alternative therapies:** acupuncture, meditation, nutrition, homeopathy
- **Self-management:** self-care strategies and education that promote wellness
- **Mind/body/spirit approaches:** deep breathing, mindfulness, faith and prayer



Sources:  
Mental Health America  
NAMI  
SAMHSA

# Therapy: How it Works

“**Psychotherapy**” (sometimes called talk-therapy) is a name for techniques that counselors use in therapy sessions to help us identify unhealthy emotions, thoughts, and actions.

- There are many kinds of psychotherapy including cognitive-behavioral, interpersonal, and other kinds of talk therapy.
- Psychotherapy can be offered one-on-one or in a group therapy setting.
- Psychotherapy alone is sometimes the best treatment. Other times, psychotherapy can be combined with medications and other interventions.
- Depending on your situation, therapy can be short or longer-term.



Source: SAMHSA, National Institute of Mental Health

# Therapy: Finding the Right Match for You

You have a right to feel safe and respected in therapy. If you're going to be talking to someone about your most personal thoughts, you want to feel comfortable. You can think about what traits might make you feel more comfortable with a therapist.

For example, would you prefer to see:

- a man or a woman
- someone older or younger
- someone from your cultural background
- someone with a style that's more formal or friendly



Source: Mental Health America



# Therapy: Confidentiality

“Confidential” means having another's trust or confidence.

- In therapy, confidentiality is taken very seriously. This means, your therapist does not share your private information with anyone, including anything you talk to him or her about during your sessions.
- **Health Insurance Portability and Accountability Act** prevents a mental health professional from sharing any of your information. **Please note that there are exceptions to this rule, such as when a client's life is in danger.**
- If you're concerned, you can ask your therapist about confidentiality.



Source: U.S. Department of Health and Human Services

# Therapy: Different Sessions

## Intake Session

- 50-60 minutes
- Your therapist will have you complete and sign forms
- This first visit is more of a **"getting to know you"** session and will help your therapist get an idea of your life and what you are struggling with
- Your therapist will discuss diagnosis and treatment planning for your presenting problem(s)

## Treatment Session

- 50 minutes
- This is the first session of therapy or counseling
- Discuss and collaborate on your goals for treatment
- Begin therapy using techniques that are for your specific needs



Sources:  
American Psychological Association  
Mental Health America  
NAMI

# Therapy & Your Recovery Plan

## Therapy can help you:

- 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 the past
- build relationship skills
- figure out your goals
- strengthen your self-confidence
- cope with symptoms
- handle strong emotions like fear, grief, or anger
- enhance your problem-solving skills



Source: Mental Health America

# Medication

- Medications are available as a treatment option for many mental illnesses. Each type of medicine works in a slightly different way by altering some of the chemicals in the brain.
- After starting a medicine, it may take some time before a person feels relief from most of their symptoms.
- It is important to consult with your doctor before stopping any medication as it can cause serious health problems.



Source: SAMHSA

# Complementary & Alternative Medicines (CAM)

- About 38% of Americans (4 in 10) use health care approaches outside of mainstream Western, or conventional, medicine.
- Examples of complimentary and alternative therapies include: acupuncture, guided imagery, chiropractic treatments, yoga, homeopathy, aromatherapy, relaxation, herbal remedies, massages, and many others.



Source: National Center for Complementary and Integrative Health (NCCIH)

## Complementary vs. Alternative: What's the Difference?

- If a non-mainstream practice is used **together with** conventional medicine, it's considered "complementary."
- If a non-mainstream practice is **used in place of** conventional medicine, it's considered "alternative."

Source: NCCIH



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## Finding a Community: Support Groups

- People suffering from mental illness tend to isolate themselves, and to think they are the only ones feeling like this.
- A support group can be a good place to feel connected with others. Experts agree that hearing from and sharing with others who have similar experiences can be extremely helpful for those facing mental health challenges.



Source: NAMI

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## Finding a Community: Support Groups

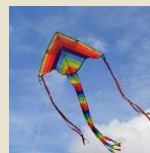
- Support groups are not just for patients. They can also be for the loved ones of the patients.
- Among their many benefits, support groups can help family members learn more about their loved ones' illness and treatment, identify symptoms earlier, and confront the stigma surrounding mental illness.
- They can also provide an environment for sharing concerns when living with a person with mental health concerns.



Source: NAMI

# Self-help

- Read positive stories of recovery and people living productive lives with mental illness.
- Create: painting, music, photography, crafts, collage, dance, etc. Art helps us process negative feelings better.
- Care for a pet! Animals reduce anxiety and stress.
- Stay positive by practicing **gratitude** – tell your loved ones they are important to you and keep a gratitude journal.
- Connect with people who share your values, such as a spiritual or religious community. This often helps us feel supported.



# Treatment: *find what works for YOU*

Treatment does not look the same for everyone. Different people benefit from different treatment options, and may need to try a combination of various options at once.



**My key:**

- Psychotherapy
- Medication
- Acupuncture



**Your key:**

- Counseling
- Exercise
- Meditation

**There is no one key. What works for me may not work for you!**

Source: Mayo Clinic



## Asian Americans & Recovery

- Asian Americans show the longest delays in seeking professional mental health care when compared to other ethnic groups (National data from a research study: Leong & Lau, 2001)
- Asian Americans are more likely to drop out of treatment after first contact with a mental health provider or to end mental health care before it has had time to show effect. (National data, National Alliance on Mental Illness)
- Remember: any treatment needs time to work. Staying **consistent** is the key to recovery!



## What To Do When Depression Resists Treatment?

- Depression is highly treatable with treatments such as therapy, medicine, and lifestyle changes. But it may not always be **easily** treated.
- For many people, depression may continue despite treatment. They may have **treatment-resistant depression** or **TRD**. This happens when medicine only partly relieves their symptoms or does not help at all.
- Remember: **Staying consistent is the key to recovery!**



Source: Mental Health America



# Recovery: Stick To It!

## Remember:

- If treatment doesn't work right away, don't give up.
- If you're taking medicine, don't stop taking it on your own. Talk to your doctor first.
- Work closely with your doctor to find the best treatment for you. You may need to try different treatments to find what works for you.
- Recovery is possible! Stay hopeful and persistent.



Source: Mental Health America

## 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

- Substance Abuse and Mental Health Services Administration (SAMHSA)
- National Institute on Mental Health (NIMH)
- National Alliance on Mental Illness (NAMI)
- Mental Health American (MHA)
- National Center for Complementary and Integrative Health (NCCIH)
- Mayo Clinic

For more toolkits like this, visit the AAHI website:

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

## Contact Us

### Asian American Health Initiative

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# Instructions for Evaluations

At AAHI, we strive to provide the most relevant and pertinent 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](mailto: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 2: Getting the Care You Need*

### **Participant Evaluation Form**

Date of the Presentation: \_\_\_\_\_ Location of the Presentation: \_\_\_\_\_

	Agree	Somewhat Agree	Undecided	Somewhat Disagree	Disagree
<b>CONTENT</b>					
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
<b>KNOWLEDGE</b>					
As a result of this presentation:					
I understand the different Dimensions of Wellness.	5	4	3	2	1
I know more about what "Recovery" is.	5	4	3	2	1
I feel more knowledgeable about different types of mental health professionals.	5	4	3	2	1
I know more about treatment options for mental health concerns.	5	4	3	2	1
<b>CONFIDENCE</b>					
I feel more confident about seeking help for a mental health concern, if needed.	5	4	3	2	1
I feel more confident in my ability to take charge of my own recovery plan, if needed.	5	4	3	2	1
<b>FUTURE</b>					
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:

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## *Mental Health Toolkit 2: Getting the Care You Need*

### **Presenter Evaluation Form**

Date of the Presentation: \_\_\_\_\_ Location of the Presentation: \_\_\_\_\_

	Agree	Somewhat Agree	Undecided	Somewhat Disagree	Disagree
<b>CONTENT</b>					
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
<b>Please rate the following:</b>	<b>Excellent</b>	<b>Good</b>	<b>Average</b>	<b>Fair</b>	<b>Poor</b>
Overall ease of use of "Getting the Care You Need" toolkit	5	4	3	2	1
PowerPoint content for "Getting the Care You Need"	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
<b>PRESENTER INFORMATION</b>	<b>Please write your answers clearly:</b>				
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"/> Classroom		<input type="checkbox"/> Community gathering <input type="checkbox"/> Other (specify): _____		
How many people attended the presentation?					
Did you face any challenges while presenting? If so, what?					

Additional Comments:

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*Thank you*

for downloading the  
Asian American Health Initiative's  
Mental Health Toolkit 2!

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

Please visit our [webpage](#) for more toolkits like this.



Together To Build A Healthy Community

