

29th Annual Asian American Mental Health Training Conference

Asian American Mental Health
in Our Post-Pandemic World:
Challenges and Opportunities



Wednesday, October 11, 2023 - All Day

The California Endowment, Los Angeles



This year marks the return of our Annual Asian American Mental Health Training Conference to an in-person format with the theme of “Asian American Mental Health in our Post-Pandemic World: Challenges and Opportunities. AAPI individuals and the collective community have emerged from the direct and indirect impact of the pandemic and our speakers will address the help needed to heal ourselves as providers and support our AAPI client in their ongoing mental health journeys. This one-day training conference is designed for mental health professionals and students/trainees, to acquire knowledge and skills on helping Asian American consumers and their family members in tackling these challenges and maximizing the opportunities. Specifically, the conference will enable participants to: (1) gain knowledge of evidence-based clinical strategies, orthodox and adapted treatment approaches, and indigenous treatments that are effective for Asian American clients in our post-pandemic world, (2) understand the challenges to providing culturally competent and culturally informed mental health care for Asian Americans clients, and (3) recognize the impact of the pandemic on our AAPI youth and elderly, the changes in the collective clinical presentation, and emerging perspectives and treatment for our younger and elderly clients since the pandemic.

08:00 - 08:30 AM	Registration & Continental Breakfast
08:30 - 09:00 AM	Introduction & Overview: Silvia Yan, PhD (Conference Chair) Lisa H. Wong, PsyD (Director of LACDMH)
09:00 - 10:30 AM	Nolan Zane, PhD “Psychological Problems and Issues of Asian American Clients”
10:30 - 10:45 AM	Break
10:45 - 12:15 PM	Brandon Ito, MD, MPH “Mental Health of Asian American Youth: COVID, Crisis and Chronosystems”
12:15 - 01:15 PM	Lunch
01:15 - 02:45 PM	Benjamin K. Woo, MD “The Alpine Street to Optimal Aging”
02:45 - 03:00 PM	Break
03:00 - 04:30 PM	Nolan Zane, PhD “Approaches to Culturally Informed Evidence-based Mental Health Treatments for Asian Americans”
04:30 - 05:00 PM	Evaluation

6 credits of CEU/CE

Los Angeles County - Department of Mental Health is approved by the American Psychological Association to sponsor continuing education. Los Angeles County Department of Mental Health maintains responsibility for the program and its contents.

Venue Information The California Endowment, Los Angeles
1000 N. Alameda St, Los Angeles, CA 90012 (Free Parking)

Registration Fees (Registration link will be available soon*)

Regular	\$100
LAC DMH/LAC DMH Contracted/CalWORKs	\$40
Student/Trainee	\$50

Continental breakfast and lunch will be provided

*For updated information, please visit conference website
<http://asianamericanmentalhealth.org>

Plenary Speaker



“Psychological Problems and
Issues of Asian American Clients”

“Approaches to Culturally
Informed Evidence-based
Mental Health Treatments for
Asian Americans”

Nolan Zane, PhD

Nolan Zane, Ph.D., is Professor Emeritus of Psychology and Asian American Studies at the University of California, Davis and was Director of the Asian American Center on Disparities Research. The center was the only nationwide research center that focuses on the mental health issues of Asian American populations and communities. The center received the 2015 Richard M. Suinn Minority Achievement Award in recognition of its outstanding work in recruiting, training, and mentoring undergraduate and graduate students of color. Professor Zane chaired the Department of Asian American Studies both at UC Santa Barbara and at UC Davis. He received his bachelor's degree from Stanford University and his doctorate in clinical psychology from the University of Washington. His research focuses on the development and evaluation of culturally based sociobehavioral interventions for ethnic minority clientele, ethnocultural moderators of change in psychotherapy, and the determinants of addictive behaviors among Asian Americans.

Session Speaker



“Mental Health of
Asian American Youth:
COVID, Crisis and Chronosystems”

Brandon Ito, MD, MPH

Brandon Ito, MD, MPH completed his undergraduate degree in Human Development with dual minor studies in Psychology and Healthcare & Social Issues from the University of California, San Diego. He completed his medical training at the University of California, Irvine School of Medicine and is a member of the Gold Humanism Honor Society. He received a masters degree in public health (MPH) from the Harvard University School of Public Health with a concentration in Family and Community Health. Dr. Ito completed adult psychiatry training at the University of California, San Francisco with specialization in LGBT mental health and global health. Dr. Ito completed his Child & Adolescent Psychiatry fellowship at New York University and Bellevue Hospital, where he served as Chief Fellow. He is the immediate past President of the Southern California Society of Child & Adolescent Psychiatry.

Dr. Ito is passionate about medical education and teaching, LGBTQ mental health, and reducing health care disparities in vulnerable populations. Dr. Ito is a designated UCLA Health LGBTQ Champion, behavioral health provider in the UCLA Gender Health Program, and faculty in the UCLA LGBTQ Primary Care Fellowship. Additional clinical roles include supervising attending in the UCLA Child & Adult Neurodevelopmental Clinic (CAN) and inpatient hospital attending on the child and adolescent psychiatry service at the Ronald Reagan Neuropsychiatric Hospital. His educational roles include Psychiatry Core Clerkship Chair and Educator for Excellence at the David Geffen School of Medicine, Co-Director of the Klingenstein Third Generation Foundation Medical Student Program, Faculty Supervisor for the DGSOM Psychiatry Interest Group and Director of Justice, Equity, Diversity & Inclusion at the Tarjan Center at UCLA

Session Speaker

“The Alpine Street
to Optimal Aging”

Benjamin Woo, MD



Benjamin K.P. Woo, M.D., has spoken on over 100 radio shows on the only Cantonese radio station in Los Angeles, KMRB AM1430, addressing health and mental health issues for older adults. He is Professor of Clinical Psychiatry and Asian American Studies at UCLA. He has published many articles addressing mental health care disparities among Chinese Americans. He was a recipient of the Award for Advancing Minority Mental Health from the American Psychiatric Association Foundation.