

Consortium on Asian American Mental Health Training Presents:

31st Annual Asian American Mental Health Training Conference

Asian American Adolescents & Adults:

A Closer Look at Mood, Psychotic,
and Substance Use Disorders



Wednesday, October 1, 2025 | 8AM – 4PM

Almanson Court

700 S. Almanson St. Alhambra, CA 91801

(Map & Directions, Parking is Free)



Consortium on Asian American
Mental Health Training

Conference Objective

This year's Asian American Mental Health Training Conference brings together five speakers who will address the theme of **"Asian American Adolescents & Adults: A Closer Look at Mood, Psychotic, and Substance Use Disorders."** Each expert has decades of experience in mental health services and research across these disorders. They will share perspectives and strategies which have been effective in supporting Asian American clients to gain better treatment outcomes and well-being. The presentations are wide-ranging, and they are intended to address the complexities of serving adolescents and adults who have been affected by these disorders. This one-day training conference is designed for mental health professionals and students/trainees to acquire knowledge and skills to help our Asian American consumers and their family members. Specifically, the conference will enable participants to:

1. Be equipped with the knowledge and skills to recognize mood symptoms and stress in Asian youth, distinguish between risk and resilience factors for psychiatric disorders, implement effective intervention strategies, and competently evaluate and treat youth in diverse mental health settings.
2. Explain the epidemiology and local context of co-occurring mental health and substance use in Asian American youth, identify relevant risk and protective factors, apply culturally responsive, evidence-based strategies to enhance treatment engagement and address these issues within youth and their family systems.
3. Describe the role of family processes during bipolar disorder and apply evidence-based strategies from family-focused therapy (FFT) to support adolescents and adults with bipolar disorder.
4. Engage families in the treatment of bipolar disorder by applying evidence-based psychosocial interventions, LEAP communication techniques, and culturally competent psychoeducation strategies, while recognizing the impact of family dynamics on patient outcomes and promoting collaborative, effective care.

Registration Type	Fees
<i>Regular</i>	\$80
<i>Student/Trainee</i> (George Hong Scholarship: Apply Here)	\$50

[Register here](#) or visit **2025asian.eventbrite.com***

***Registration Deadline: 9/19/25 or when capacity is reached (seats are limited).**

For any questions, please contact conference@asianamericanmentalhealth.org

Conference Agenda

8:00 – 8:30 AM	Registration & Continental Breakfast
8:30 – 8:40 AM	Introduction & Overview: Silvia Yan, PhD (Conference Chair)
8:40 – 10:10 AM	Session 1 Speaker: Manpreet Kaur Singh, MD MS* <i>“Building the Foundations for Flourishing Among Asian Youth”</i>
10:10 – 10:20 AM	Break
10:20 – 11:50 AM	Session 2 Speaker: Rachel Castaneda, PhD, MPH* <i>“Beyond the Diagnosis: Addressing Substance Use in Asian American Adolescents through Cultural, Family, and Trauma-Informed Perspectives”</i>
11:50 – 12:50 PM	Lunch
12:50 – 2:20 PM	Session 3 Speakers: David J. Miklowitz, PhD & Manal Khan, MD* <i>“Family-focused Therapy</i> <i>- In the Outpatient Care of Bipolar Disorder</i> <i>- A Cultural Adaptation”</i>
2:20 – 2:30 PM	Break
2:30 – 4:00 PM	Session 4 Speaker: Descartes Li, MD* <i>“Expanding Our Scope: Addressing Family Needs in Adult Psychiatric Settings”</i>

* Azusa Pacific University's Department of Psychology is an approved provider of continuing education for LMFTs, LPCCs, LEPs, and LCSWs, as required by the California Board of Behavioral Sciences, and is also authorized to provide continuing education for CAODCs, SUDRCs, and SUDCCs (CADTP, #160); CATCs (CAADE, #CP40 993 AC 0925); and RADTs I/II, CADCs-CASS, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP-EI, #2N-17-276-0126). The Department of Psychology is additionally approved by the California Psychological Association (CPA) to provide continuing professional education for psychologists (AZU001). Furthermore, the School of Nursing offers continuing education for nurses, providing contact hours that meet the continuing education requirements for license renewal with the California Board of Registered Nursing (BRN).

Committee Members

Freda K. Cheung, PhD
Retired, LA Biomed

Stephen Cheung, PsyD
Azusa Pacific University

Jason Huang, PhD
LAC Department of
Mental Health

Sam Keo, PsyD
Retired, LACDMH

Youngsook Kim-Sasaki, RN, MSN
Retired, LACDMH

Lynette Lau, PhD
Harbor-UCLA Medical Center

Ira Lesser, MD
Harbor-UCLA Medical Center

Silvia Yan, PhD
Conference Committee Chair
SSG - Asian Pacific Counseling &
Treatment Centers

Plenary Speaker



**Manpreet Kaur
Singh, MD MS**

*Robert H. Putnam Endowed Chair in
Bipolar Research and Treatment
Interim Vice Chair of Research
Department of Psychiatry and
Behavioral Sciences
University of California,
Davis School of Medicine*

“Building the Foundations for Flourishing Among Asian Youth”

This workshop is designed to help you:

1. Describe how mood symptoms and stress present in Asian youth.
2. Differentiate risk factors that predispose youth toward developing psychiatric disorders and resilience factors that protect them.
3. Identify effective strategies to intervene for youth vulnerable to stress and psychiatric disorders.
4. Demonstrate competency to evaluate and treat youth presenting to various mental health settings.

Plenary Speaker



Rachel Castaneda, PhD, MPH

*Professor, Department of Psychology
School of Behavioral and Applied
Sciences
Azusa Pacific University*

“Beyond the Diagnosis: Addressing Substance Use in Asian American Adolescents through Cultural, Family, and Trauma-Informed Perspectives”

Upon completion of this training, participants should be able to:

1. Explain epidemiological data and local context of the scope of co-occurring mental health and substance use in Asian American Youth.
2. Identify risk and protective factors that contribute to co-occurring mental health and substance use in Asian American Youth.
3. Describe the culturally responsive practices to address co-occurring mental health and substance use among Asian American youth and family systems
4. Discuss empirical strategies associated with treatment engagement among Asian American youth and family systems to address co-occurring mental health and substance use needs.

Plenary Speakers



David J. Miklowitz, PhD

*Distinguished Professor of Psychiatry
Director, Child/Adolescent Mood Disorders Prog
UCLA Semel Inst. for Neuroscience & Behavior
David Geffen School of Medicine at UCLA*



Manal Khan, MD

*Assistant Clinical Professor of Psychiatry
Associate Program Director, Child &
Adolescent Psychiatry Fellowship
Director, Fellow's Psychotherapy Clinic
Dept of Psychiatry & Biobehavioral Sciences
David Geffen School of Medicine at UCLA*

**“Family-focused Therapy
- In the Outpatient Care of Bipolar Disorder
- A Cultural Adaptation”**

By the end of the session participants should be able to:

1. Describe family processes associated with the longitudinal course of bipolar disorder
2. Discuss clinical strategies and techniques of family-focused therapy (FFT) for adolescents and adults with bipolar disorder and their family members.
3. Review evidence for clinical efficacy of FFT in adults and adolescents with bipolar disorder
4. Understand a cultural adaptation of FFT

Plenary Speaker



Descartes Li, MD

*Professor of Clinical Psychiatry
Dept of Psychiatry
Weill Institute for Neurosciences and
Behavioral Sciences
University of California, San
Francisco and the
Weill Institute for Neurosciences*

“Expanding Our Scope: Addressing Family Needs in Adult Psychiatric Settings”

Upon completion of this training, participants can be expected to:

1. Describe the importance of family involvement in the treatment and management of bipolar disorder, including how family dynamics can impact patient outcomes.
2. Apply key principles from evidence-based psychosocial interventions used in the psychiatric setting, such as Cognitive Behavioral Therapy (CBT), Interpersonal and Social Rhythm Therapy (IPSRT), Family Focused Therapy (FFT), and Psychoeducation (PE).
3. Apply LEAP Communication Techniques to Enhance Family Engagement: (Listen, Empathize, Agree, Partner) communication techniques to effectively engage and support families in the psychiatric setting, fostering better collaboration and adherence to treatment plans(LEAP-Outline).
4. Develop and implement psychoeducation strategies for families, helping them understand bipolar disorder, the importance of medication adherence, and ways to recognize early symptoms and intervene early.
5. Recognize and address cultural factors that influence family dynamics and patient care, incorporating culturally competent approaches into family interventions to ensure inclusive and effective treatment.