

WINTER 2006

INSIDE

- Komer 2
- AAFS Receives National Recognition 3
- Meet the President 4
- Dementia and Alzheimer's 5
- Community Outreach 7
- Partnership Focus: Continental 8
- Mental Health Frontier: Dr. Steven Schnee 9
- Events and Opportunities 10

12 Years of Growth and Services to the Community Celebrated

— By Dion Or

AAFS, adhering to tradition, commemorated the Mid-Autumn Harvest Moon Festival with its 7th Annual Golden Harvest Gala and headlined the Bravo Ballroom of Hotel Derek on the evening of October 18. Hosted by County Judge Robert and Mrs. Jet Eckels, the gala drew hundreds of distinguished guests, including U.S. Rep. Sheila Jackson Lee, and donors, including Wells Fargo, Continental Airlines, Tara Energy, Silver Eagle, CB&I, and CenterPoint Energy. "We are proud to participate in the process," said Kal Shah, director of Marketing of Tara Energy. "It gives us the opportunity to understand and listen to individuals who have experienced trauma and their healing journey. Your work is very impressive." The evening honored three extraordinary Houstonians and a corporate citizen. Continental Airlines and Dr. Steven Schnee received the *Golden Harvest Award*, and Dr. Fatima Mawji received the *Golden Lantern Award* for their leaderships and visions while Michael Chung received the *Outstanding Volunteer Award*. The well-attended gala was also marked by its silent auction, which raised



Seated, left to right: Honorees Michael Chung, Dr. Fatima Mawji and Dr. Steven Schnee; standing, left to right: Wendy Teoh, Amin Mawji, Jane Owen and Allen Owen.

25% more funds than last year, setting a record for the AAFS. "We appreciate your generous support for our mission," said Allen Owen, president of AAFS.

One fifth of Americans suffer from a mental disorder during any given year. One fifth of school-age children are also affected by these conditions. Yet, that number could be four times as high for Asian Americans. The gala, which serves as AAFS' only fund-raiser, brought in synergy to continue the work of AAFS. It also drew attention to the importance of recognizing the growing mental health service needs of the Asian American community, and acknowledging the persistent challenges that lie ahead.

Moving Forward



As the year draws to a close, the energy and excitement at AAFS do not show signs of slowing down. September brought much renewed energy with two new administrative staff who was handed the mandate from the Board Retreat that

occurred in August, and are charged with the responsibility of helping to bring AAFS to the next level. New prevention-oriented and family centered programs are being designed and implemented this fall to augment our existing programs.

The level of energy is palpable as we prepared for the 7th Golden Harvest Gala. Thanks to the infusion of new ideas from the gala co-chairs, board members and volunteers, the gala was a resounding success by all accounts. We forged new partnerships with the business community and worked with Lucho at the Uptown Park where AAFS hosted a pre-gala event. It allowed for in-depth discussions of the work and services that we provide. During the gala, the presentation of a four-minute video about AAFS and the two testimonials from our consumers really drove home the message and illustrated the challenges we continue to face everyday.

The kick-off reception for the *Stanley Sue Center for Cultural Competency* on Dec 1 signified our renewed commitment of one of our initial 5 goals—to recruit more linguistically and culturally competent students into the mental health field through scholarship, training and a resources library.

Plans are underway to relocate AAFS to southwest “Asia town” area to provide better access for our client population. The major impetus behind the move is the concept of co-locating next door to a medical clinic that also serves the same target population. We hope to alleviate some of the stigma attached to mental health care and facilitate better and easier access for a segment of the population that is hardest to reach.

I want to take this opportunity to thank all of our friends in the community, including our numerous collaborative partners on both local and national level who assist us in our work. Truly, our challenges are great, but slowly, step by step, walking alongside all of you, I hope we come closer to our mission and vision of helping the underserved population.

In this holiday season, I am indeed thankful and wish all of you a peaceful, joyous and healthy new season and new year.

With warmest regards,

Kim Szeto

Every day, we receive numerous e-mails and phone calls from families and professionals seeking services. Here are the questions asked the most last three months:

1. Depression/Anxiety
2. Substance Abuse
3. Domestic Violence

AAFS Receives National Recognition and Secures More than \$200,000 Funds

Area Agency on Aging (AAA) announced in September that AAFS will continue to receive funds for the senior programs including the Alzheimer demonstration project. Earlier this fall, Health and Human Services (HHS) and Administration for Children and Families (ACF) also announced that through the Greater Houston Healthy Marriage Coalition AAFS has received more than \$100,000 in federal funds for the *Healthy Families First* programs for teens, couples and parents. AAFS is augmenting and strengthening its existing school-based programs, parenting classes, marriage education programs, marriage retreat, etc.

Although Substance Abuse Mental Health Services Administration (SAMHSA) has discontinued the funding for any and all programs nationally for Ecstasy, including AAFS' *Project X-cite*, AAFS will incorporate drug-prevention program into its current service and work hard to fulfill its mission of building stronger families by enhancing the mental health and social well-being of the communities through intervention (clinical programs) and prevention (youth, seniors, family support services, *Health Families First*, and educational/training programs).

Welcoming New Staff

AAFS is pleased to announce the appointments of Juri Lee, LPC, as the new deputy director and Dion Or, MSW, as the new associate director, both of whom began their journeys at AAFS after Labor Day this year.

Juri Lee was born in Seoul, South Korea, and grew up in Brazil and Houston, Texas. She received her Master's in psychology from Houston Baptist University and is a licensed professional counselor. She worked for MHMRA of Harris County for many years and also had a private practice. Lee is fluent in Korean and Spanish. Being exposed and raised in diverse cultural backgrounds, she is committed to AAFS' mission and vision. She also brings an extensive experience and advanced clinical knowledge in the field of mental health, and will play a critical role in helping AAFS to advance and develop new mental health services and programs.

A native of Hong Kong, Dion Or received her Master's in Social Work from University of Houston. Prior to joining AAFS, Or worked for

the Mayor's Office of International Affairs and Development where she helped to organize several successful international events and business missions including Trade Mission for County Judge Robert Eckels and Economic Development Mission for Mayor Bill White. Or brings a wealth of experience in organizational development and strategic planning to AAFS. In this newly created position, she will provide administrative oversight and be responsible for organizational development, including business planning and expansion for AAFS.

Adding a new dimension to our services, Quan Nguyen, MA, and Veronica Yoon, MA, have joined AAFS staff as program associates and will conduct workshops for the seniors in Vietnamese and Korean respectively. "I am excited to welcome the new staff," said Kim Szeto, executive director of AAFS. "The new administrative and program staff are exceptional professionals and will be a tremendous asset in taking AAFS into a new era as we are poised to move to the next level in our service provision."



A dedicated leader, a long term resident of Missouri city, Allen Owen is certainly no stranger to the growth and the development of AAFS, having seen it all from the perspective of the Mayor of Missouri City, a business leader and the president of the Board of AAFS.

Is AAFS the same today as when you became president in 2001?

Many of you know that as of January, 2005, we changed our name to Asian American Family Services. The new name not only reflects the broader scope of services we are providing, but also helps to facilitate the access of mental health and other support services.

How would you assess the achievements of AAFS during your tenure?

Clinical and mental health services continue to be the core components of our services. Last year, we began providing psychiatric care to the indigent Asian families who may not be able to access care anywhere else due to language and cultural barriers. We now have Ph.D. level psychologists on staff who can do psychological testing and assessment as well as psychotherapy.

Since we are all about building stronger families by enhancing their mental health, our prevention-oriented programs are family-centered. Our *Healthy Family First* programs aim specifically at relationship issues for teenagers, couples, marriage education and parenting classes. We continue to have school-based programs for high school youth, and have out-reached to the Vietnamese, Korean and Chinese seniors with weekly programs. We are proud to be the only AAA-funded mental health provider for the elderly in the city of Houston.

What are AAFS' specific expansion plans, and in what phases do you envision them being accomplished?

AAFS has grown more than 10 folds in the last 6 years since I began on the Board. We are poised to move up to the next level. We are planning to move to the Bellaire "Asia town" area

in the very near future. More services are planned, and chief among them is a therapeutic day center. The day treatment center will provide respite to the care-givers while providing a safe environment for those who need it. AAFS will continue to take a pro-active and leadership role in many community activities that truly impact the individuals and their families.

“AAFS is there to extend a helping hand when help is needed”

One year ago, we postponed our gala because Hurricane Katrina devastated the Gulf Coast, and AAFS jumped in from the very beginning to help the 15,000 or more Asian evacuees. This year, when a fire destroyed the homes of 12

families in one of the Vietnamese villages down near Hobby Airport, AAFS took the lead in coordinating the family and social services of the 50 people who were affected.

What do you see as AAFS' biggest challenge?

Mental illness is still considered a social stigma in this country, but even more of an unspoken subject among the Asian culture. The Asian culture does not really differentiate between mental and physical illness; emotional and mental conditions are often interpreted as a physical ailment, and a correct diagnosis is never made. For this reason, linguistically and culturally competent mental health therapy is so important.

As the Mayor of Missouri City and Vice President of Wells Fargo, what led you to be involved in AAFS?

I am proud to be affiliated with this unique and dynamic organization and play a role in its growth in the past few years. Our program and clinical staff reflect the multi-ethnic Asian community we serve.

Dementia and Alzheimer's Disease

– By Dr. Dung Ngo

Dementia is a general term that refers to the progressive decline in cognitive function due to damage or disease in the brain. Thus, dementia is a brain disorder that affects various aspects of a person's cognitive skills including memory, attention, language, visual spatial ability and executive skills (e.g., problem solving, planning and decision making). Symptoms of dementia can be classified as either reversible or irreversible depending upon the cause of the disease. Therefore, early detection of these symptoms is crucial to effective treatment and prognosis.

There are many different forms of dementia commonly found among older people. The most common is Dementia of Alzheimer's Type (AD). Researchers estimated that there are approximately 4.5 million people in the United States suffer from AD. The disease usually occurs after the age of 60 and the risk increases

significantly as one lives longer. For example, about 5% of people between the ages of 65-75 are at risk for developing AD. The risk, however, increases to about 50% among those who are 85 years of age and older. Although AD may be found among younger age groups, it is much less common. There are slightly more women with AD than men. However, the prevalence rates may be confounded by the fact that women generally live longer than men. Consequently, women are more susceptible to having AD. Although researchers are not quite sure what causes AD, they have determined that there is no one single factor, but several factors are associated with AD. In addition to age, scientists believe that family history of AD, genetic (e.g., apolipoprotein E) and degeneration of nerve cells in the brain (plaques and tangles) are other factors attributed to the cause of AD.

Dementia and Alzheimer's Disease among Asian Americans

Epidemiological data on dementia and other neurological diseases is seriously lacking for Asian Americans, despite there is evidence to believe that Asian Americans should have rates of dementia that are similar to Caucasians (Cummings & Lin, 2000). The paucity of data on dementia can largely be attributed to the absence of culturally and linguistically sensitive instruments to diagnose cognitive disorders among this population. There are undoubtedly additional issues regarding cultural beliefs in help-seeking behavior that reduce health-care utilization (Ngo, 2004).

Given the availability and continued development of newer treatments for Alzheimer's disease, the importance of accurate and early diagnosis is crucial. That is particularly true in patient populations who, because of cultural limitations in current assessment techniques, cannot be properly assessed with regard to whether they have dementia or with regard to determining the type of dementia present. For instance, there are currently more than 1.2 million Vietnamese Americans, with the majority born and educated in Vietnam who do not speak English fluently. Approximately 10% of this population are over the age of 60 and therefore are at risk for developing dementia. Currently, no cognitive assessment instruments are available for use with Vietnamese Americans; moreover, the normative data available for use in Caucasian and other Asian American populations are not culturally applicable to the Vietnamese. As such, the need for culturally sensitive neuropsychological instruments with appropriate normative data is imperative.

Alzheimer's disease is an insidious disease. It begins slowly and continues to degenerate with time to affect the patient's cognitive function, personality, motor skills and behavior. Early symptoms of AD may be mild general forgetfulness such as misplacing things and trouble remembering recent events, conversations, or names of familiar people or objects. These changes may be bothersome; yet, they do not cause much distress to the patients or their family members. Thus, these mild difficulties are often mistaken with normal aging process and cause a delay in diagnosis and treatment. As the disease progresses, memory and other cognitive problems begin to interfere with the person's ability to carry out activities of daily living, including performing self-care needs. Eventually, the person with AD will become debilitated and unable to live independently. The course of the disease varied from one patient to another. Generally, AD patients live from 8-10 years after they are diagnosed; however, some people may live with the disease for as many as 20 years.

It is important to note that progressive cognitive decline is not a normal part of the aging process. Therefore, early, accurate diagnosis of AD is crucial in helping patients and their families plan for the future, as well as to improve patient's care and reduce caregivers' stress. Furthermore, early detection of the disease will also offer the best chance to treat the symptoms of the disease in the early stage. There is no absolute way to diagnose AD when the person is still living. The only definitive way to diagnose AD is to do an autopsy. However, at specialized clinics, doctors can diagnose AD correctly up to 90% by performing various medical tests, collecting family history, taking picture of the brain (neuroimaging) and conducting neuropsychological assessment. Currently, there is no cure for AD. However, a

number of FDA approved drugs (e.g., Aricept, Exelon, Reminyl, and Namenda) have been found to help improve memory functioning and slow down the progression of the disease. Scientists across the U.S. and around the world are working tirelessly to understand more about AD each day.

The Baylor College of Medicine is working on developing and validating a neuropsychological battery for dementia among Vietnamese Americans. The goal of this project is to improve the understanding, awareness and accurate diagnosis of dementia, as well as to open access to treatment for Alzheimer's disease, amongst Vietnamese Americans. The standardized battery in Vietnamese language will be essential for diagnosticians across the country and will be useful in community education for increasing understanding about the assessment and symptoms of dementia. It will also provide Vietnamese Americans with improved access to appropriate health care resources. The project will provide a benchmark for cross-cultural clinical practice and study of various forms of brain disorders within the Vietnamese American community in the near future.

In Belief

Can caffeine protect against Alzheimer's?

The human research seems to suggest that caffeine might shield the brain from subtle problems with forgetfulness — a possible early sign of Alzheimer's.

A study of more than 600 men published in this August *European Journal of Clinical Nutrition* suggests that coffee drinkers may be protected from mild memory and thinking problems that come with old age.

Source: USA Today

Asians Speak Up in Volume and Join the Voice for Recovery

– By Tina Dau

AAFS collected over 700 signatures from the community as we joined the voices for recovery. From September 23-28, *Stories from the Heart* traveling exhibit touched and inspired people in the greater Houston area through the heartfelt stories.

Lost, a story of Thai parents that lost their 21-year-old son to smoking, and *Hope*, a story of 17-year-old Vietnamese male that recovered from drug addiction, allowed people to relate and recall similar stories of a friend, family member, neighbor and even themselves. With the support of County Judge, Robert Eckels, Mayor Bill White, City Councilmembers MJ Khan and Shelly Sekula Gibbs, State Rep.

Hubert Vo and Martha Wong, AAFS' *Recovery Month* effort to increase awareness of substance abuse among the Asian

population was a tremendous success. The traveling exhibit is part of a national initiative—National Alcohol and Drug Addiction Recovery Month, which is supported by the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services.



The signatures represent people's voices acknowledging drug recovery is within reach and pledging their support to help others recover or stay away from drugs.

Legal Needs for Older Adults

– By Sing Chan

Older adults, especially those with low income and savings, can be a vulnerable population. Issues associated with health and health care are primary concerns of older adults and their families. Yet, many older individuals are unaware of choices available to them when these issues arise.

In 2005, the Elder Law Committee of Houston Bar Association published *Elder Law Handbook*, which was translated into Chinese by the Law Offices of Lai and Associates later this year. This fall, AAFS' senior workshops addressed legal issues surrounding the procedures of setting up living wills, durable power of attorney for health care, guardianship and the legal effects of their decisions in terms of their rights and designating possible beneficiaries. The workshop—*Wills, Durable Power of Attorney for Health Care and*

Guardianship—was part of AAFS' senior outreach programs, and uniquely brought together the Elder Law Committee of Houston Bar Association and other legal agencies, including Law Offices of Lai and Associates, to increase awareness of legal rights among the elderly. Hosted at the Bellerive Apartments, Rainbow Village Senior Housing and Chinese Culture Center, the workshops featured attorney Andy Lai and helped the Chinese elderly to understand the differences and procedure for accessing the legal system.

Since 2003, AAFS has developed a close partnership with the Area Agency on Aging and actively served Asian seniors in the greater Houston area through individual counseling, group therapy, workshop, case management and *Project HOPE* in Chinese, Korean, Indian and Vietnamese. For more information, contact 713-339-3688.

Healthy Family

– By Kim Szeto

As we look towards a more holistic approach to the needs of our target population, more prevention-oriented and family-centered programs are being designed and implemented. Building upon the credo that healthy individuals are the foundation for healthy families, new family programs are augmenting current programs that are geared toward youth and seniors. For the past 6 years, AAFS' youth programs have built a strong presence at the high schools at Alief ISD. A new grant from the Administration for Children and Families (ACF) dealing with teens and their relationship with peers, family members, and the community will be integrated and conducted alongside our existing youth programs. This is the first of a 5-year funding cycle, and AAFS looks forward to tracking positive outcome with this grant.

In the vein of building stronger, healthier families, AAFS will also begin conducting marriage education classes in Vietnamese, Chinese, and possibly in Korean as well. Couples will spend 12 hours over four weekends to build better communication skills and other skills needed for a healthy marriage. The classes are slated for the month of April 2007. A marriage retreat weekend is also planned. 40 Asian couples will have an opportunity to join other couples of diverse ethnic backgrounds, including African American and Hispanics in this historic gathering of the "minority" groups.

AAFS is excited at these collaborative programs in which we can share and learn from one another.

Unity in Diversity, Strength of Intercultural Families

– Veronica Yoon

Intercultural relationships are not a new phenomenon and the ratio of intercultural families is accelerating in this highly industrialized and internationalized country. Data from the U.S. Census Bureau shows that children from multiethnic families are the fastest-growing segment of the U.S. population among children. According to the 2000 Census, among Asian American ethnic group, 30% of the Japanese American families are in combination with one or more other races and Asian groups. By the year 2020, almost 20% of all Asian Americans will be multiracial and that figure will climb to 36% by the year 2050.

Facing with this huge wave of intercultural or cross-cultural

relationships at the very private level, one may feel uncomfortable for this major trend or may have fear. We cannot deny that cultural exchange leads to cultural enrichment and one cannot live in one's own unique ethnic enclave. This world is moving into a global culture and global civilization as an evolving creature. Intercultural families undermine the prejudice and racism at the family level. They not only broaden their own cultural horizons, but also spearhead the social change and begin to have ripple effect in society as a whole by becoming advocates for fairness and equal treatment (David Douglas, 2004). Our children will play major roles as peacemakers of the future and bridge-makers across the racial divide.



AAFS shares a long history with Continental Airlines. For the past seven years, Continental Airlines' generosity has enabled AAFS to fulfill its mission of enhancing the mental health and social well-being of the Asian American community in the U.S. and throughout the world with staff and volunteer travel, donated cargo benefits and air travel contributions. "Continental has been pleased to donate airline tickets to AAFS to help support the organization's conferences and assist with its professional development by sponsoring staff traveling to conferences and meetings across the country," says Leslie Taylor, director of State and Civic Affairs of Continental Airlines.

An admired business leader and community partner, Continental Airlines has been a long-time supporter of a variety of charitable and arts organizations, believing it is essential for a global corporation to be socially responsible. While this has become increasingly important in modern times, Continental's philosophy has always been to demonstrate excellent corporate citizenship in its interactions with its employees, the community and the environment. To that end, Continental Airlines works closely with many organizations including AAFS, and is committed to helping communities to be healthy vibrant places in which to raise families.

Continental Airlines' whole-hearted belief in its mission of providing air travel assistance to facilitate AAFS' goals has developed into a much deeper partnership with AAFS. Continental continues to become one of the leading sponsors of the *Golden Harvest Gala*, the only fundraising event for AAFS, making it possible for AAFS to continue to leverage its mission and service initiative to directly impact and positively transform the community by engaging Continental employees, community and civic leaders in the gala and in the work of AAFS'. "The gala was very moving and thought provoking, particularly when the second speaker who lost her husband told us about her story. Her video demonstrated the love between the two, and I could feel the loss she suffered. We also learned a lot from the last speaker as she gave excellent advice on how to live life to the fullest," says Mary Ellen

McDonough, planning manager of Asia Pacific Sales of Continental Airlines.

In addition to the overall partnership that affects across the globe, Continental also supports an array of additional initiatives. Last year, when thousands of Hurricane Katrina evacuees were stranded in Houston, Continental responded to the natural disaster by giving away tickets to enable families to reunite in different parts of the county. In recognition of its efforts of planting seeds of leadership, generosity and caring for the community resulting in a bountiful harvest for families, AAFS is grateful and proud to honor Continental with the 2006 Golden Harvest Award. "Continental looks

forward to continuing to serve as a corporate partner and supporter of AAFS and its initiatives," says Leslie Taylor.

Together with Continental Express and Continental Connection, Continental carries approximately 61 million passengers per year, and has more than 3,200 daily departures throughout the Americas, Europe and Asia, serving 151 domestic and 137 international destinations. AAFS' success is due in great part to the committed individuals and the many leading corporations such as Continental Airlines. Building on this successful collaboration, the partnership between Continental Airlines and AAFS continues to redefine what a corporation and a nonprofit organization can do together for the greater community.



For his efforts as a champion of cultural competency in the provision of mental health services, and in recognition of his efforts in planting seeds of leadership, generosity, compassion and caring for the community resulting in a bountiful harvest for families, AAFS is grateful and proud to honor one of its Advisory Council members, Steven B. Schnee, Ph.D., with the 2006 Golden Harvest Award.

Dr. Steven Schnee, a native of New York City, grew up in a small town in northern New Jersey, and graduated from Rutgers University in New Brunswick, New Jersey, with a B.A. in psychology. He began his post graduate education at Oklahoma State University as part of the Community Mental Health curriculum track. Seeking a more applied, clinical training program, Steve transferred into the Ph.D. Clinical Psychology Program at Texas Tech University in Lubbock where he received his doctoral degree in clinical psychology in 1972. He is currently serving as the executive director of the Mental Health Mental Retardation Authority of Harris County, one of the largest of such institutions in the country.

"Hooked" by Texas, it's people and mix of cultures, Dr. Schnee sought a position with the developing Community Mental Health and Mental Retardation Centers. In Texas, the founding state legislation created the "marriage" of mental health and mental retardation, different from other states in the U.S. Under the newly formed Texas Department of Mental Health and Mental Retardation, the State of Texas created the "vehicle" for local communities or alliances of communities (counties) to form together as the community providers of public mental health and mental retardation services.

Dr. Schnee accepted a position of staff psychologist with the newly formed Bell County MH MR Center and was promoted to clinical director after a couple of years. He assisted the Center in applying and being selected for several federal expansion grants, including one

which enabled the Center to grow from a single to a multi-county MH MR Center, serving the surrounding counties. His leadership ability was recognized early on in his career, and in two short years, he was selected by the Board of Trustees to be the executive director of the regional MHMR Center called Central Counties Center for MHMR Services. He served in that capacity until the late summer of 1987. Dr. Schnee then became the first non-physician superintendent of the San Antonio State Hospital (S.A.S.H.). During his tenure at S.A.S.H., he successfully resolved issues related to R.A.J. class-action lawsuit against TDMHMR and its JCAHO certification. As the superintendent, Dr. Schnee worked with TDMHMR to substantially expand community mental health services throughout this large, rural area of South Texas as well as successfully transform the northern counties into the community catchment area of the closer Kerrville State Hospital. He was involved in bringing a highly successful multi-cultural approach to the services being provided by S.A.S.H. and initiating both the Consumer Advisory Council and Family Information Center at the hospital.

Dr. Schnee has two wonderful adult sons, two super daughters-in-law, a grand-daughter, and a grand-son on the way. His lovely, significant other is Evelyn Velasquez. He loves to travel, see wonderful places with historical, architectural, artistic, cultural meaning and meet different people. When he is not reading work-related materials, a good mystery, science fiction, or spy novel is just the thing.

BOARD OF DIRECTORS

The Honorable Allen Owen
President

Munir Ibrahim
Vice President

Tuan Nguyen, Ph.D.
Treasurer

Beng Ho, Ph.D.
Secretary

Monit Cheung, Ph.D. LCSW
Jack Chuang, Ph.D.
Tom Griffin
Regenia Hicks, Ph.D.
Meera Kapur
Joseph-Mykal Hung Le
Trang Shawn Nguyen
Charlotte O'Sullivan
Luis Suarez
Jenny Yi, Ph.D.
Shaukat Zakaria

Patrick Leung, Ph.D.
President Emeritus

Rogene Gee Calvert
Immediate Past President

ADVISORY COUNCIL

Rogene Gee Calvert, Chair
John Burruss, M.D.
Theresa Chang, Esq.
Suehing Chang
Bernadette Chiu
Pauline Clansy, Ed.D.
State Rep. Garnet Coleman
Mariam Issa
Councilmember MJ Khan
Patrick Leung, Ph.D.
Norma Ngo, Psy.D.
Rick Parrott, Ph.D.
Steven Schnee, Ph.D.
Councilmember Shelley Sekula-Gibbs, M.D.
Timothy Sharma, M.D.
Daniel Tan, M.D.
Dorothy Wong, Ph.D.
Martha Wong, Ed.D.

2006

December

1 Stanley Sue Center for Cultural Competency Kickoff Reception

Time: 2:30 p.m. – 4:00 p.m.

Venue: Westin Galleria Hotel, 24th Floor

Join the Asian American Family Services for a special evening and meet Dr. Stanley Sue as we officially kickoff the establishment of the Stanley Sue Center for Cultural Competency.

Staley Sue, Ph.D., Distinguished Professor of Psychology and Asian American Studies at University of California, Davis, is a renowned clinical psychologist whose research interests include ethnic and cross-cultural influences on behavior. Specifically, his focus is on mental health and personality issues as they pertain to ethnic communities, especially Asian Americans. Dr. Sue has studied the effects of ethnic match between therapists and clients, prevalence of psychopathology among ethnic populations, and cross-cultural validity of assessment instruments.

The Stanley Sue Center for Cultural Competency, dedicated to the promotion of cultural competency, will serve as a community resource and provide training opportunities for mental health professionals. The Center will award scholarships to recruit and encourage linguistically and culturally competent students to become exceptional mental health professionals and to serve our community upon completion of training. For more information, contact Kim Szeto or Dion Or at 713-339-3688.

Job Opportunity: Clinical Director

AAFS is conducting a national search for clinical director. Applications are due by Jan 15, 2007 or until position is filled. Compensation and benefits are highly competitive for the qualified candidate. Please call 713-339-3688 for details.

Healthy Minds, Healthy Lives Newsletter is published quarterly. It aims to serve as a community resource to provide updates about mental health issues and treatment as well as information about the activities of AAFS and its volunteers. To subscribe or to be added to the mailing list, contact dionor@aafstexas.org

Executive Director, Kim Szeto

Editor & Associate Director, Dion Or

Clinical Staff

Deputy Director Juri Lee, LPC (Korean & Spanish)
Clinician Alice Tam Lee, LPC, LMFT (Cantonese & Mandarin)
Clinician Dung Ngo, Ph.D. (Vietnamese)
Clinician Trinh Le, Ph.D. (Vietnamese)
Clinician (Intern) Nha T. Nguyen (Vietnamese)
Clinician (Intern) Yuanyuan Feng (Mandarin)
Clinician (Intern) Jungying Tsai (Mandarin)

Program Staff

Program Associate Kwok Sing Chan (Cantonese & Mandarin)
Program Associate Veronica Yoon, MA (Korean)
Program Associate Quan Nguyen, MA (Vietnamese)
Case Manager Alex Chenne (Cantonese, Mandarin, Vietnamese & French)
IT Consultant Theo Vora (Thai)
Senior Aide Betty Hsieh (Mandarin)

6220 Westpark, Suite 228, Houston, TX 77057 713.339.3688 Tel 713.339.3699 Fax www.aafstexas.org
The views expressed in the Newsletter do not necessarily represent the views or policies of AAFS.