Vantage Point from a Community Based Organization

Sonnara Sen

Therapist, ASW

Center for Empowering Refugees and Immigrants (CERI)





Barriers during the Pandemic



Data – Not reflective of AANHPI community as a whole



Language – Unable to reach ethnic communities with written or spoken language



Accommodations – Most AANHPI households consists of multiple generations



Technology – Negative impact on health, mental health, schooling

Attitudes and Stigma with Mental Health

Generational differences with seeking help

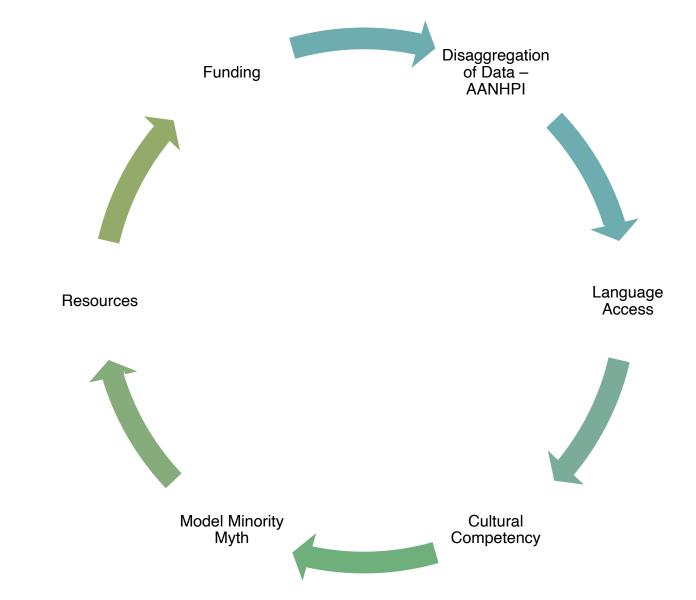
Seeing a need for more mental health access for youth

Culturally appropriate care

Funding and costs

Intergenerational trauma

Barriers to Mental Health Care



Collaboration

