

**From:** AMGA <amga@amga.org>  
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**To:** Christian Sacdalan  
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## May 2021 Edition

May is Mental Health Month. Raising awareness and reducing the stigma surrounding mental health is important to our member groups as they seek to improve access to behavioral health services, as well as the quality and coordination of care for their patients.

Mental illness affects people across all demographics. However, minority communities face greater barriers to accessing high-quality psychiatric and mental health services. Many minorities feel as if they have no place to turn because of the stigma surrounding mental health, which is often more acute in their community's culture. Minorities are less likely to receive diagnosis and treatment for their mental illness, have less access to mental health services, and often receive poorer quality care.



In addition to the cultural stigma attached to mental health, there are other [reasons](#) why minorities are dealing with mental health issues in higher rates than White patients:

- Prejudice or discrimination from healthcare providers and/or companies
- Inability to find quality care if the first provider does not work out
- Lack of information about how to find the right services for mental health issues
- Lack of access to providers who speak their native language
- Lack of coverage or inability to afford the cost associated with mental health treatment

- Lack of resources when it comes to taking time off work, getting reliable transportation to treatment facilities, and accessing knowledgeable physicians who can guide them in the right direction

In addition, experiencing discrimination in one's life can also lead to mental health issues. The stories shared during the [health disparity panel](#) at the AMGA 2021 Annual Conference last month made it clear that discrimination of any kind within the healthcare delivery system – for instance, being told to “tough it out” or being ignored when sharing personal experiences – takes a toll on the mental health of patients. Working with our members to tackle both mental health disparities and provider biases are important areas of focus going forward.

## Resources of the Month

### DE&I Committee April Picks:

- [Anti-Asian Violence Resources](#)
- [Press Release](#): This Year's Theme for Asian American Pacific Islander Heritage Month
- [Mental Health Awareness Month Resources](#): This Year's Theme is “You are Not Alone”
- [Toolkit](#): Tools 2 Thrive Campaign

### Staff Submissions:

- [Article](#): How to Take Action Against Anti-Asian Racism at Work and in Your Personal Life
- [Article](#): Zoom CEO Eric Yuan and Hundreds of Asian American Business Leaders Pledge \$10 Million to AAPI Causes
- [Article](#): 12 Months of Trauma: More than 3,600 US Health Workers Died in Covid's First Year
- [TEDTalk](#): The Myth of Bringing Your Full Authentic Self to Work

Do you have a resource you want to see in the next edition of the *DE&I Digest*? Next month, we'll be recognizing **Pride Month**! Send resources to [DEICommittee@amga.org](mailto:DEICommittee@amga.org) for review by the DE&I Committee. Please ensure resources submitted are from reputable sources.

## Raise Your Cultural IQ!

### Did You Know?

In 1978, a joint congressional resolution established Asian/Pacific American Heritage Week. The first 10 days of May were chosen to coincide with two important milestones in Asian/Pacific American history: The arrival in the United States of the first Japanese immigrants (May 7, 1843) and contributions of Chinese workers to the building of the transcontinental railroad, completed May 10, 1869. In 1992, Congress expanded the observance to a month-long celebration. During Asian American and Pacific Islander (AAPI) Heritage Month, we honor the perseverance of those who courageously reached for their hopes and dreams in a new land, and we celebrate the important impact the AAPI community has made on our nation's progress.

[Learn More](#)

## Something to Celebrate!

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- [Senate Passes Bill to Combat Hate Crimes Against Asian Americans](#)
  - [30 Revolutionary Asians And Pacific Islanders to Celebrate for AAPI Heritage Month](#)
  - [5 Ways to Celebrate Mental Health Awareness Month](#)
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Questions? Comments? Suggestions? We'd love to hear from you! Email the DE&I Committee at [DEICommittee@amga.org](mailto:DEICommittee@amga.org). To see previous editions of the *DE&I Digest*, click [here](#).

**AMGA**  
One Prince Street  
Alexandria, VA 22314  
Phone: 703.838.0033 | Fax: 703.548.1890  
[Visit our website](#)

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