



# The Commonwealth of Massachusetts

## Asian American and Pacific Islanders Commission

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**Executive Director**

Yasmin Padamsee  
Forbes

One Ashburton  
Place  
12th Floor  
Boston, MA 02108  
aapicommission.org

### Meeting Notes

**Monthly AAPIC Program & Research Subcommittee Meetings**

Meeting Link: Join Zoom Meeting

<https://us06web.zoom.us/j/6603360175>

Meeting ID: 660 336 0175

Monday, July 8 · 3:00 – 4:00pm

The meeting will be held via teleconference in compliance with the

Governor's Executive Order on the Open Meeting Law

\*Meetings occur on the first Wednesday of every month

	Program & Research Subcommittee Team Members	<b>AAPIC</b> Commissioner Saatvik Ahluwalia (Chair) Commissioner Dr. Ekta Srinivasa Commissioner Amy Goh Commissioner Karen Chen Commissioner Moana Bentin Commissioner Dr. Richard Chu Commissioner Jennifer Rubin Commissioner Dr. Marilyn Park Yasmin Padamsee Forbes Shubhechha Dhaurali
	Aim	Spearhead our community engagement and research efforts, ensuring we stay connected and informed about the community's needs. The tag, "Engage & Insight," highlights our commitment to engaging with our community and gaining insights through research.
	Focus Areas	<ol style="list-style-type: none"><li>1. Health, Education</li><li>2. Youth Council</li><li>3. Pacific Islanders</li><li>4. Western Mass</li><li>5. Listening Sessions</li><li>6. Tracking impact of programs</li><li>7. Conducting Surveys</li></ol>



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**In Attendance:** Commissioner Saatvik Ahluwalia (Chair), Commissioner Dr. Ekta Srinivasa, Commissioner Amy Goh, Commissioner Moana Bentin, Commissioner Jennifer Rubin, Commissioner Dr. Marilyn Park, Yasmin Padamsee Forbes, Shubhechha Dhaurali

### Agenda & Notes

1. Community Health Equity Survey Results
  - a. Results:  AAPIC\_CHES\_Request\_DRAFT.xlsx
  - b.  CHES AAPIC Data Summary
  - c. Will be summarizing via charts for next meeting -  
 AAPI Community Health Equity Survey Results
2. Listening Sessions & Public Hearings - emailed Yasmin to add to next Commission meeting agenda - August
  - a.  Bhutanese Listening Session MBMMxAAPIC 2024 Full Report
  - b.  Afghan Listening Session MMBMxAAPIC Full Event Report 2...
  - c. Goal: Look at these two reports, find a common thread and see if we can hold a hearing regarding these issues- email out to subcommittee members to review and comment
    - i. Housing Costs
    - ii. Mental Health
- d. HHS Meeting
  - i. Hope for public community hearings to be **outcome-based**  
- Commissioner Saatvik Ahluwalia
    1. Yasmin: Mental health is a good starting point for the 1st hearing, bringing up points w/ Health & Human services dept.
    2. Add Burmese, Elder AAPI listening session data in a compact file as well
    3. Commissioner Ekta Srinivasa - mental health is a topic in the federal level which makes it common to many groups- include testimonies from LS of community members in the HHS meeting
    4. Commissioner Marilyn Park- Bhutanese suicide rate = incredibly powerful and significant data point - wonders if we can include and ask about how accessible 988 (mental health crisis #) is to refugees (Commissioner Amy Goh echoes Commissioner Park's points in Zoom chat)
    5. Commissioner Moana Bentin - what is the



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Commission's role, what do we need?

- a. Commissioner Ekta Srinivasa - suggest interventions to HHS webinar event
- b. Ask what providers did in their home country's to treat and aid in mental health - get understanding of origin of the health issues - brainstorm
- c. Commissioner Saatvik Ahluwalia - past experience in Texas - hosted an event in collaboration with HHS Communications Director - outcome of this was translated mental health resources - encouraged and held **state gov accountable** for health info for AAPI - hope to invite leaders who create info and hope to make it culturally competent for AAPI community members - how HHS can market to make resources accessible in AAPI communities
- d. Dedicated HHS, SAMSA meeting on July 30th - what can AAPIC provide these orgs before the **Meeting 7/30 date - brainstorming session is 12:30 PM 07/09**
  - i. What to share?
- e. Commissioner Park - what info are we using to bring forward the issues in mental health in AAPI? If just listening sessions, just two communities of focus
  - i. Are we advocating for trauma focused mental health needs?
  - ii. What issues are we focusing on with AAPI and mental health?
    1. Suicide risk?
    2. Intergenerational trauma?
- f. ED Yasmin - currently we have the LS data, but we can also ask Commissioners to bring in personal + professional experiences in regards to mental health - format with HHS meeting is still unclear
- g. Commissioner Park - not able to attend HHS



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meeting - request to **ask HHS on if they have data on refugees utilizing 988 number**

### e. Public Hearings

- i. Commissioner Saatvik Ahluwalia - hearing on mental health AAPI - creating a hearing based on mental health - leveraging LS qualitative data to determine who we want to invite to public hearing, and asking leaders q's, getting more clarity on endorsements/advocacy
- ii. Format of a Hearing:
  - 1. Presentation of Data
    - a. AAPI National Mental Health in AAPI
    - b. Commission's LS Data
  - 2. Open it up for what interventions and programs target these problems ?
- iii. Commissioner Goh - look at bills in MA looking at mental health
- iv. Commissioner Ekta Srinivasa - bill on workplace violence to prevent workplace bullying
- v. Next step for hearing:
  - 1. Bringing up in next Commission monthly meeting
  - 2. HHS webinar - process in meeting with HHS
    - a. What programs they have and know the gap, what info does HHS need from AAPIC - Yasmin ED
- vi. [State website on AAPI Commission](#)
- vii. How are we framing what a hearing is- A **hearing** is bringing the issues to discuss Legislators, Department of Health, etc. all into one place where we ask questions to have an official document of answers - why there might be a gap, is this being worked on, etc.
- viii. **Listening Session**- how can we investigate the issues brought up in communities

3. Key Issue Area Determination ([link](#))

- a. Survey results from UMB and Commission hopefully will be completed in September- maybe adjust this timeline to see survey results and discuss key issue areas

During the meeting, Shubhechha Dhaurali presented the results of the Community Health Equity survey conducted by the Department of Health for



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Massachusetts. Subgroup categories were discussed, and attendees expressed interest in including all subgroups in the analysis. Strategies to improve mental health support for AAPI communities were discussed, including visualizing data, setting up listening sessions, and advocating for culturally competent resources. Attendees emphasized the importance of working with state legislators and community organizations to push for policy changes, and highlighted the need for culturally responsive, trauma-focused mental health services.

### Transcript

<https://otter.ai/u/tQGAirEWdj4D6FeCzqFqKX-v5Wg?view=transcript>

### Outline

#### **Community Health Equity survey results and planning for listening sessions.**

- Shubhechha and Ekta discuss survey results with the rest of the group.
- Shubhechha Dhaurali provides update on Community Health Equity survey results for AAPI groups in Massachusetts.
- Amy Goh and Shubhechha Dhaurali discuss the survey results for Asian American subgroups, with some respondents identifying with multiple ethnicities.
- Shubhechha plans to follow up with the organization to obtain more detailed information on the subgroups, despite some numbers being suppressed.
- Shubhechha Dhaurali and Saatvik Ahluwalia discuss the Community Health Equity survey and potential listening sessions on mental health issues.
- Yasmin Padamsee Forbes suggests including information from various community sessions, such as Burmese sessions, to identify common themes and solutions.

#### **Mental health resources for refugees and migrants.**

- Refugees' mental health challenges, including suicide rate twice US population, discussed at HHS meeting.
- Marilyn Park and Moana Bentin discuss crisis intervention and resource access for migrant communities.



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- Ekta Srinivasa shares an idea for providers from migrants' countries of origin to address cultural competency issues in mental health care.

### **Advocating for API mental health issues with government officials.**

- Saatvik Ahluwalia shared an example of advocating for culturally competent mental health resources in Texas.
- Yasmin Padamsee Forbes agreed and emphasized the importance of holding legislators and executive departments accountable.
- Yasmin Forbes and team brainstorm with HHS and SAMHSA on July 20 to improve outreach to AAPI community.

### **Mental health issues in AAPI communities, planning for public hearings.**

- Marilyn Park discusses mental health issues affecting AAPI communities, including suicide risk and intergenerational conflict.
- Marilyn Park and Yasmin Padamsee Forbes discuss using data from listening sessions to inform a hearing on mental health impacting AAPI populations.
- Saatvik Ahluwalia raises the idea of a hearing distinct from HHS engagement, leveraging expertise and research on mental health impacts in AAPI communities.
- Commission aims to connect mental health data gaps in AAPI communities through public hearings.

### **Mental health, workplace violence, and policy gaps.**

- Commissioner Park agrees with Ekta on need for mental health support in communities.
- Amy Goh discusses workplace violence impacting Asian Americans and healthcare professionals.
- Ekta Srinivasa and Shubhechha Dhaurali discuss the commission's hearings and key issue area determination process.
- Commission members agree on mental health, language, access, and housing as potential key issue areas.
- Marilyn asks about data on refugees utilizing HHS's suicide hotline.

### **Strategic Priorities & Programs and Research**

Current programs/research

Youth Council



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Survey  
Small Grants  
Listening sessions/potential of hearings  
Pacific Islander programming  
Western Mass programming

1. Strategic Plan Updates [AAPI Strategic Priorities 2024-2026 FINAL DRAFT.docx](#)
  - a. Health, Education
    - i. Past focus: mental health [2 Health & Human Services Subcommittee](#)
  - b. Youth Council [Drive](#)
    - i. Addresses **Strategic Priority 1:** Elevate the voices of AAPI individuals who call Massachusetts home by building clear accountability and the fair distribution of resources to achieve equitable outcomes.
      1. Elevating Youth Voice through the Youth Council - By **December 2024**, re-think how to meaningfully integrate Youth Council members into Commission activities, such as participating in annual in-person meetings with Asian Caucus members.
        - a. New program
          - i. [YC Manual](#)
          - ii. [AAPIC Youth Council Manual Fall 2024 - Spring 2025](#)
          - iii. [Ashley + Shubhechha YC Meeting Notes](#)
    - c. Addresses **Strategic Priority 3-** Build strategic partnerships and be a bridge to state-level agencies and institutions - Increase connections in all regions of the state - By **June 2025** and ongoing, develop a long-term plan to strengthen partnerships with Cape and Islands, Northshore, Southshore, and Central MA
      - i. Pacific Islanders
        1. [Brissa & Shubhechha Meetings](#)
    - d. Addresses **Strategic Priority 3-** Build strategic partnerships and be a bridge to state-level agencies and institutions - Increase connections in all regions of the state - By December 2024 and ongoing strengthen partnerships with communities in Western MA.
      - i. Western Mass [Drive](#)
        1. [Shubhechha & Evan Meetings](#)



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2. [AAPIC Western Mass Meetings Qualitative/Thematic Analysis](#)
- e. **Strategic Priority 2** - Increase visibility of AAPI Commission and its work by giving a public voice to issues the community cares about
  - i. Listening Sessions
    1. [AAPIC Listening Sessions Toolkit](#)
    2. [AAPIC Listening Session Qualitative Analysis 2024](#)
- f. Conducting Surveys
  - i. Addresses **Strategic Priority 3**- Build strategic partnerships and be a bridge to state-level agencies and institutions - Build partnerships with research institutions (e.g. University of Massachusetts Boston, state agencies) to gather annual data on the Massachusetts AAPI community
  - ii. UMass Boston x AAPI Survey
    1. [Survey AAPIC x UMB](#)
- g. Tracking impact of programs
  - i. Addresses **Strategic Priority 3**- Build strategic partnerships and be a bridge to state-level agencies and institutions - Strengthen partnerships with community organizations
    1. **Deadline:** By **June 2024**, complete an analysis of which groups have applied for small grants in the past and make an outreach plan.
      - a. Small Grants
        - i. [2023 AAPI Small Grant Outcomes.pptx](#)
        - ii. [2022 AAPI Small Grant Outcomes..pptx](#)
      - b. [Measuring Small Grants Outcomes](#)
      - c. EC Funding
        - i. [EC & Subcommittees Funding Log 2023-2024](#)



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