

2025 AAPI YOUTH MENTAL HEALTH CONFERENCE

ROOTS & RESILIENCE | PROGRAM SCHEDULE

<https://tinyurl.com/3ert44b9>



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NOW!**



The conference is made possible with support from NC DMHDDSUS and Blue Cross NC Foundation

EMPOWERING CBOS: ADVANCING AAPI MENTAL HEALTH TOGETHER

9/26 FRI | 2:30 PM - 5:00 PM (INVITATION ONLY)

This pre-conference roundtable brings together local leaders, advocates, and mental health professionals to explore community-driven solutions for improving AAPI mental health outcomes in North Carolina.

CONFERENCE KEYNOTE: KELLY CROSBIE, MSW, LCSW

9/27 SAT | 8:40 AM - 8:55 AM

This keynote address will be delivered by Kelly Crosbie, MSW, LCSW, Director of the Division of Mental Health, Developmental Disabilities, and Substance Use Services at the North Carolina Department of Health and Human Services.

REVEALING THE REALITIES: TAAF'S SURVEY ON AAPI YOUTH MENTAL HEALTH

9/27 SAT | 9:00 AM - 10:00 AM

This session will explore findings from The Asian American Foundation's national youth mental health survey, highlighting trends, key concerns, and implications for service providers, educators, and advocates working with AAPI youth.

MENTAL HEALTH FIRST AID TRAINING IN CHINESE AMERICANS

9/27 SAT | 9:00 AM - 10:00 AM

Presenters will discuss culturally adapted Mental Health First Aid initiatives in Chinese American communities, highlighting strategies for stigma reduction, community engagement, and the potential for research partnerships grounded in lived experience.

LOCALLY GROUNDED: AAPI HEALTH RESEARCH IN NORTH CAROLINA

9/27 SAT | 10:15 AM - 11:15 AM

Researchers and practitioners will share current community-engaged projects focused on health disparities, refugee experiences, and culturally informed care in North Carolina's AAPI communities, offering insight into local data and lived experiences.

AAPI YOUTH SPEAK: STORIES, STRENGTH, AND THE "I WISH" WALL

9/27 SAT | 10:15 AM - 11:15 AM

AAPI and refugee youth from Karen, Hmong, and other Southeast Asian communities will share personal stories and reflections on mental health, resilience, and what they wish their parents and caregivers better understood.

LUNCH & THE POWER OF STORYTELLING THROUGH SOCIAL MEDIA

9/27 SAT | 11:30 AM - 12:30 PM

Boxed lunches will be provided. During the first 20 minutes, keynote speaker Dr. Howard Liu will discuss how social media can be a powerful tool for advocacy, destigmatization, and storytelling in mental health, especially among AAPI youth and professionals navigating digital platforms.

HEALING IN ACTION: YOUTH POSTERS AND WELLNESS ACTIVITIES

9/27 SAT | 12:30 PM - 1:45 PM

Youth will present original research and creative projects addressing AAPI mental health, while wellness sessions will offer hands-on experiences like flower arranging, tai chi, a Lion Dance, and guided stretching to promote cultural connection.

RECKONING ON SCREEN: SILENT WAR DOCUMENTARY FILM PREMIERE

9/27 SAT | 2:00 PM - 4:45 PM

Join us for the premiere of *Silent War: Asian American Reckonings with Mental Health*, a documentary examining the mental health crisis within AAPI communities. A panel with the film's creators and mental health leaders will follow.

SUPPORTING STUDENT WELLNESS: GUIDANCE FOR CHINESE-SPEAKING FAMILIES

9/27 SAT | 6:45 PM - 9:00 PM

This Chinese-led session features a keynote on emotional wellness by school psychologist Gang (Julie) Xie, followed by small-group discussions tailored to the needs of Chinese-speaking families navigating mental health conversations.