

1 [Supporting the Creation of Asian Pacific Mental Health Day – May 10]
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3 **Resolution supporting the creation of Asian Pacific Mental Health Day on May 10, 2010,**
4 **and each May 10 thereafter.**
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6 WHEREAS, The Asian Pacific American community is among the fastest growing and
7 most diverse racially groups in the United States; and,
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9 WHEREAS, Asian Pacific Americans have made remarkable economic, political, and
10 social contributions, and are the majority in eight California cities and the second largest
11 group in four California counties; and,

12 WHEREAS, Approximately 25 percent of Americans experience and are diagnosed
13 with a mental health condition in a given year, impacting all communities regardless of race,
14 ethnicity, age, socioeconomic status, and gender; and,

15 WHEREAS, There is a critical need to raise awareness about and advocate for health
16 care policies that increase the accessibility of mental health care services; and,

17 WHEREAS, In this country there is a critical need to raise awareness about mental
18 health, particularly within the Asian Pacific American community, to destigmatize seeking
19 help, and to gain access to culturally competent community services; and,

20 WHEREAS, Asian Pacific Americans use mental health services at the lowest rate
21 among ethnic populations, possibly due to the substantial stigma that exists among Asian
22 Pacific Americans regarding such help, as well as cultural and linguistic isolation of the
23 community, family, and individual; and,

24 WHEREAS, There is an extreme lack of research regarding Asian Pacific Americans
25 and mental health issues; and,

1 WHEREAS, A combination of psychosocial and pharmacological treatments and
2 support has proven to be highly effective, with 70 percent to 90 percent of individuals with
3 mental health issues having significant reduction of symptoms and improved quality of life;
4 and,

5 WHEREAS, Raising awareness about mental health in the Asian Pacific American
6 community encourages professional interest in health and human services careers, fostering
7 a diversified workforce that reflects the community; now, therefore, be it

8 RESOLVED, That the Board of Supervisors of San Francisco supports the Senate of
9 the State of California in recognizing May 10, 2010, and each May 10 thereafter, as Asian
10 Pacific American Mental Health Day, and acknowledges the importance of raising awareness
11 about mental health in the Asian Pacific American community.

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