

STUDENT MENTAL HEALTH

Reducing Stigma Among Asian American & Pacific Islanders (AAPIs)*

WHAT DO WE KNOW

Needed
12%
Received
5%



HELP

11.7% of AAPI teens in California **needed help** for emotional/mental health problems, but only 4.8% received psychological counseling in the past year.



Perceived discrimination is a significant source of **stress** for AAPI students and has been associated with **increased externalizing problems.**



Children of foreign-born Asian families are at **greater risk** for poor physical health, internalizing problems, and inadequate interpersonal relationships compared with children of US-born Caucasian families or Asian subgroups.



Asian Americans are **underserved** in university and college counseling centers nationwide yet a majority of centers **do not see** this fact to be **an issue.**

FOR YOUR INFO



AAPI students show double the rate of suicide attempts compared to the national average; **suicidal ideation** appears in 18.9% of AAPI high school students nationwide versus the 15.5% national average.

National **16%** AAPI **19%**

More **Asian American female** students reported recent **suicidal thoughts and behaviors** than Asian male, Caucasian female, or Caucasian male students.



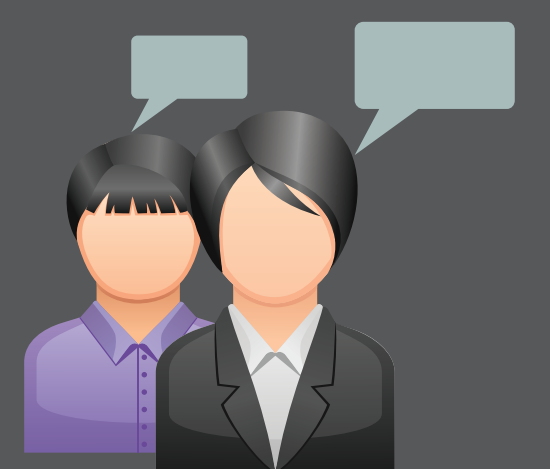
Asian Female
21%

Among **male high school** students nationally, Asian Americans have the **highest rates of considering suicide.**



Asian Male
17%

Asian American adolescent boys are **twice** as likely as Caucasian boys to have been **physically abused**, and **three times** as likely to report **sexual abuse.**



When compared to other ethnic groups in Hawaii, Native Hawaiian teens have exhibited higher rates of alcohol, tobacco, and other drug use.



* The authors of this fact sheet recognize that there is a need for greater research focusing on mental health in Pacific Islander communities, and included the few statistics and information on best practices available in the current literature and from Pacific Islander community organizations.



WELLNESS • RECOVERY • RESILIENCE

STUDENT MENTAL HEALTH

Reducing Stigma Among Asian American & Pacific Islanders (AAPIs)*

WHAT DO WE KNOW

Outreach and Engagement



Shame and **loss of face** are significant barriers to engaging AAPIs due to the **stigma** associated with challenges in mental health:

- ▶ Tying **outreach/engagement** efforts to **school or academic issues** can be methods of sidestepping issues of stigma (e.g., “academic parenting” versus “mental illness” workshops).

Collaboration with local community-based organizations and student ethnic/cultural specific student groups (e.g., a university’s Chinese American Student Association) can improve outreach and engagement efforts and may provide a platform for **providing education to these communities**:

- ▶ **Conferences** centered around race/ethnicity (e.g., Intercollegiate Taiwanese American Student Association, Union of North American Vietnamese Student Associations) may be **forums for providing education** about student mental health issues and available resources in the community.

During **outreach and engagement** efforts (whether in person or not) use terms like **“wellness”** and **“mental health”** rather than “mental illness” to help reduce the stigma associated with mental disorders and seeking services and treatment.



Engagement efforts will **differ across generations**: 3rd generation individuals used services **much more** than 1st and 2nd generation individuals (62.6% vs. 30.4 or 28.8%, respectively).

Effective use of **social media platforms** can be useful for outreach, engagement, and education of students regarding mental health.



This fact sheet was designed for service providers and not the general public. For more extensive information and references, please visit us online at

<http://bit.ly/CRDPAAPITips>

or call (626) 962-6168

Cultural Considerations for AAPIs

The **model minority stereotype** (and associated **pressure** for academic success) is a significant source of **stress** for Asian American young adults.

Poor academic performance and anxiety about performing well enough were major **risk factors for suicidal ideation** in AAPI youth/teens/students.

Depressive symptoms may sometimes be expressed or reported through **physical complaints**.

Subgroups differ in risk for various mental illnesses among Asian American youth. For example, Southeast Asian youth show higher rates of anxiety than East Asian youth.



For more information on K-12 Partners visit www.regionalk12smhi.org

康健

Wellness