

**09/13/2025**

**9AM-2PM**

**210 FEE FEE HILLS DR,  
HAZELWOOD, MO**



Asian American Civic Scholars presents  
***Third Annual AAPI Mental  
Health Summit, St. Louis, MO***



**Keynote Speaker 9:30am**

- ***Dr. Anna Gonzalez, Vice Chancellor of  
Student Affairs of Washu***

**Featured Presentation**

- ***U of Chicago Midwest Longitudinal Study  
of Asian American Families (MLSAAF)  
Team***

**FREE TO ATTEND**

**REGISTRATION  
REQUIRED**



THE UNIVERSITY OF CHICAGO

**CROWN FAMILY SCHOOL OF  
SOCIAL WORK, POLICY, AND PRACTICE**

Midwest Longitudinal Study of Asian American Families

**For Summit Updates & Registration, visit:**

- **[www.aapimentalhealthstl.org](http://www.aapimentalhealthstl.org)**
- **Instagram and Facebook: #civicasians**

**Funded by St. Louis County Children's Service Fund  
Presented with Community Partner SN4SA**



**ST. LOUIS COUNTY  
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SERVICE FUND**

**Investing in kids. Creating brighter futures.**





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# **AAPI Mental Health Summit 2025**



## ***Meet Your Summit Hosts***



**Min Liu (Ph.D., MPH)**

- Professor of Communication,  
Southern IL U Edwardsville
- Executive Director of AACCS
- Board Member of PreventED &  
CCES



**Hemla Singaravelu (Ph.D.)**

- Professor of Professional  
Counseling, Webster U
- Program Director of AACCS Mental  
Health Initiative
- Board Member of PROMO

## ***Meet Our Mental Health Youth Advocates***



**Manaswini  
Gunturu**  
(Marquette HS)



**Grace Dai**  
(Marquette HS)



**Kush McDowell**  
(Clayton HS)



**Dante Zou**  
(Clayton HS)



**Alex Zhang**  
(WashU)

## ***Meet Our Community Host: Support Network 4 South Asians***



**Shoba Shekar**

- Co-Founder of SN4SA
- Community Project  
Coordinator for Bal Vihar

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# Summit Agenda

🕒 **9:00 AM – Doors Open / Registration**

🕒 **9:30 AM – Keynote Presentation: Dr. Anna Gonzalez**

**Vice Chancellor of Student Affairs, Washington University in St. Louis**

🕒 **10:00 AM – Featured Presentation: Challenges and Resilience: Mental Health Among Asian American Young Adults (MLSAAF Study)**

- Eunseok Jeong, Ph.D. Candidate, The University of Chicago
- Sinyeong Lee, M.A., Project Manager, The University of Chicago
- Respondent & Discussion Facilitator: Dr. Hemla Singaravelu, Professional Counseling, Webster University

🕒 **11:00 AM – Breakout Session 1**

**Breakout A: Mental and Social Service Needs in St. Louis' AAPI and Immigrant Community**

Panelists:

- Hyung Kyu Choi, Korea Academy of St. Louis / Korean American Association
- Shashi Pathak, Support Network for South Asians (SN4SA)
- Dr. Yujia Lei, Licensed Psychologist, Washington University in St. Louis
- Gilberto Pinela, Director, Office of New Americans – Office of Mayor Cara Spencer

Moderator:

- Ruth Kim, Past General Counsel, SVP, FleishmanHillard

**Breakout B: Living at the Intersections: Queer Asian Youth Voices**

Panelists:

- Remy Xa, UMSL Student Programming Manager
- Phi Chanda, President, WashU Pride Alliance
- Phoenix, LGBTQ+ VC Advocate
- Chethan Chandra, President, WashU Hindu Students' Association
- Luka Cai, Executive Director, SQSH

Moderator:

- Danny Poon, Director of Community Engagement, Very Asian Foundation
- With support from Dr. Jacob Chacko (WashU Center for Diversity & Inclusion)

🕒 **Noon to 1 – Lunch & Learn: Visit with Community Resource Tables & AACS Youth Research Posters**

🕒 **1 PM – Breakout Session 2**

**Breakout A: Breakout A: Mental and Social Service Providers in St. Louis' AAPI and Immigrant Community: A Discussion About Best Practices**

Panelists:

- Dr. Jason Baker, Executive Director, Monarch Immigrant Services
- Jade Gu (MSW), Therapist, LifeWise StL
- Naomi Fu (MSW), Casa de Salud / Barnes-Jewish Hospital
- Aya Kawasaki (MSW, LCSW, LLM), Multicultural Counseling and Research Center

Moderator:

- Anna Crosslin, Retired President & CEO, International Institute of St. Louis

**Breakout B: From Awareness to Action: Asian American Families Supporting Neurodivergent Youth**

Panelists:

- Aisha Khorana, M.Ed: Ph.D. student in Counselor Education and Supervision at UMSL
- Jieshu Ewing, bilingual social worker and parent of biracial youth in Clayton School District
- Ayusha Amarakone, advisor to the Upakara Foundation and parent to Sri Lankan youth in Ladue HS
- Kirti Mehrotra: retired Assistant Principal of Lafayette High School; founding member of SN4SA.
- Mary (Rina) M. Chittooran, PhD. NCSP (she/her), Professor and School Psychologist at SLU; Consultant at the SLU Autism Center; and board member of SLU's Asian and Middle Eastern Studies (AMES) Center

Moderator:

- Aisha Sultan is a nationally syndicated columnist, award-winning filmmaker and features writer.

🕒 **2pm – Closing Remarks by Dr. Min Liu (Communication, SIUE) and Group Photo**

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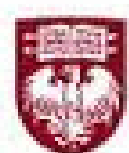
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# **Third Annual AAPI Mental Health Summit**



**Feature Presentation 10am**

## ***Challenges and Resilience: Mental Health Among Asian American Young Adults from MLSAAF***



**THE UNIVERSITY OF CHICAGO**

**CROWN FAMILY SCHOOL OF  
SOCIAL WORK, POLICY, AND PRACTICE**

Midwest Longitudinal Study of Asian American Families



EUNSEOK JEONG  
(PH.D. CANDIDATE,  
THE UNIVERSITY  
OF CHICAGO)

SINYEONG LEE  
(PROJECT  
MANAGER, M.A.,  
THE UNIVERSITY  
OF CHICAGO)



- **MLSAAF (Midwest Longitudinal Study of Asian American Families) examines Asian American youth/young adult development and how their parents can help maximize developmental potential**
- **Led by Dr. Yoosun Choi of University of Chicago**
- **Has studied hundreds of Filipino and Korean American families**
- **Largest longitudinal study of Asian American families of its kind in the Midwest**
- **Findings on parent child relations, racial tensions, ethnic identity development, and more**

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## ***Tiam Breakout A: Mental and Social Service Needs in St. Louis' AAPI and Immigrant Community***



**Gilberto Pinela**

-Director of the Office of New Americans in  
the Office of Mayor Spencer



**Ruth Kim - Moderator**

-Past General Counsel, SVP & Senior  
Partner at Fleishman Hillard  
-Community advocate



**Shashi Pathak**

-Community needs assessment  
team of SN4SA Support Network  
for South Asians.



**Yujia Lei (PhD, CGP):**

- Licensed Psychologist  
and Group Coordinator.  
WashU Center for  
Counseling and  
Psychological Services



**Hyung Kyu Choi**

- Research Consultant.  
- Parent and Teacher of  
Korea Academy of St. Louis

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## Tam Breakout B

### Living at the Intersections: Queer Asian Youth Voices



**Phoenix** (he/him)

- proud gay, Vietnamese-Chinese man born and raised in Denver
- featured in Armour Magazine
- worked with LGBT+ VC to establish queer visibility in high finance



**Danny Poon** (he/him) **Moderator**

- Founder of the St. Louis Pan Asian Collective; Director of Community Engagement for Very Asian Foundation
- Passionate about the power of intersectional identity to promote healing and solidarity



**Phi Chanda** (they/she)

- Queer, nonbinary, neurodivergent Vietnamese-Indian creative and activist
- Former ItGetsBetter Youth Ambassador
- President of WashU's Pride Alliance



**Remy Xa** (any pronouns)

- Queer agender first gen college senior of Chinese, Vietnamese, and Filipino descent raised in STL
- UMSL's Student Programming Manager of Community and Belonging



**Luka Cai** (they/them)

- Exe. Director & Co-founder of SQSH, STL Queer + Support Helpline
- WashU Fox-Clark Civic Scholar



**Chethan Chandra** (any pronouns)

- President of the Hindu Students' Association at WashU
- Hindi-English medical interpreter

We thank Dr. Jacob Chacko of Washu's Center of Diversity & Inclusion for his support.

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## ***1pm Breakout A: Mental and Social Service Providers in St. Louis' AAPI and Immigrant Community: A Discussion About Best Practices***



**Jason Baker (Ph.D)**

Executive Director, Monarch Immigrant Services



**Anna Crosslin - Moderator**

-Retired President & CEO of International Institute of St. Louis (IISTL)  
-Co-founder of STL Mosaic Project  
-White House Champion of Change 2015



**Naomi Fu (LCSW)**

-Mental Health Program Manager,  
Casa de Salud



**Jade Gu (LMSW)**

-Bilingual Mental Health  
Therapist, Lifewise St.  
Louis



**Aya Kawasaki (MSW,  
LCSW)**

-Therapist, Multicultural  
Counseling & Research  
Center

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### *1pm Breakout B: From Awareness to Action: Asian American Families Supporting Neurodivergent Youth*



**Aisha Khorana M.Ed**

- Ph.D. student in Counselor Education & Supervision at UMSL
- Mental health counselor
- Certified K-12 School Counselor
- Worked in Rockwood schools



**Aisha Sultan - Moderator**

- Nationally syndicated columnist, award-winning filmmaker & featured writer
- Staff writer and columnist at the St. Louis Post-Dispatch.



**Rina Chittooran (PhD, NCSP):**

- Professor & School Psychologist at Saint Louis University.
- Consultant, SLU Autism Center
- Board member, SLU Asian & Middle Eastern Studies center



**Kirti Mehrotra**

- Previous Assistant Principal of Lafayette High School
- Worked in the Rockwood School District for 25 years
- member of SN4SA.



**Jieshu Ewing**

- Bilingual social worker at an independent living facility
- Parent of two biracial students in the Clayton School District.



**Ayusha Amarakone**

- Co founder of Upakara Foundation
- Parent of two Sri Lankan students in Ladue HS

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## ST. Louis Area Mental Health Organizations and Social Service Resources



AACCS Mental Health Initiative website (<https://aapimentalhealthstl.org/>) has a listing of mental health professionals in St. Louis who speak AAPI languages

- **PsychologyToday.com:** Directory of counselors/therapists (local & national). Search in your area, example, St. Louis to search for mental health professionals with specific backgrounds in language, culture, religion, etc.
- **Casa de Salud** (<https://www.casadesaludstl.org/>) – provides high quality medical and mental health services for uninsured and underinsured individuals, focusing on new immigrants and refugees who face barriers, including access to important resources. Interpreters provide \*\*
- **MONARCH**( formally Bilingual International Assistance Services ) <https://monarchstl.org/> – provides professional interpreters for medical appointments, mental health therapy sessions, civil or criminal court, conferences, and any other setting where verbal interpretation is needed. Services can be free. \*\*
- **LifeWise** <https://www.lifewisestl.org/> - Provides mental health services and other programs for all ages and ethnic groups and low income individuals. Interpreters are available. Mandarin-speaking therapist. \*\*
- **Multicultural Counseling & Research Center** [www.mcrcstl.org](http://www.mcrcstl.org) – Serving people of all religious backgrounds, races, and ethnicities to improve well-being through counseling services [www.mcrcstl.org/counseling--therapy.html](http://www.mcrcstl.org/counseling--therapy.html), education, advocacy, and research. \*\*
- **Diversified Health and Wellness** – <https://www.diversifiedhwc.com> - Provides free/low-cost mental health services and other programs for all ages, LGBTQ+ community, ethnic groups and low income individuals. \*\*
- **Behavioral Health Response (BHR)** <https://bhrstl.com> 24-hour hotline at (314) 819-8811.
- **SQSH** <https://www.thesqsh.org/> - Peer support helpline (314-380-7774) Friday – Monday for LGBTQ+ individuals. Provides vast web resources, particularly mental health at the local and national level

If finances are preventing you from finding help, contact a local health or mental health clinic or your local government to see what services you qualify for. You can find contact information online at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) or by calling the National Treatment Referral Helpline at 800-662-HELP.

**\*\* Organizations included at the Summit Community Resource Table area.**



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## ABOUT THE SUMMIT HOST

### Key Goals:

- Organizational Sustainability
- Program Visibility and Engagement
- Growth and Funding



### Mission:

**Asian American Civic Scholars** promote community engagement among Asian American youth through advocacy, leadership, and service. Our goal is to increase well-being and involvement in our local communities, while fostering diverse experiences and perspectives as service-minded, active citizens.

- [www.aapimentalhealthstl.org](http://www.aapimentalhealthstl.org)
- [www.asianamericancivicscholars.org](http://www.asianamericancivicscholars.org)
- #civicasians on Instagram

Belonging

Empowerment

Service

Well-Being

Growth

## ABOUT THE COMMUNITY CO-HOST



**Support Network for South Asians** is a grassroots organization founded by South Asian immigrants and first-generation Americans who share a common vision of helping the South Asian community thrive and overcome barriers. We work with existing services to bridge the gap to resources, help service providers understand community needs and uniqueness, and create culturally appropriate pathways to support.

- Visit [www.sn4sa.org](http://www.sn4sa.org) to learn more.
- For inquiries email [info@sn4sa.org](mailto:info@sn4sa.org)

## ABOUT THE FUNDER

With Funding support from St. Louis county's CSF program



We thank Maggie Zeng of Clayton HS for designing the summit program!

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