

# ADDRESSING MENTAL HEALTH RESILIENCY USING NON-DRUG APPROACHES

in the Greater Los Angeles Area and Shanghai

SATURDAY · MAY 4, 2024 · 9 AM – 4 PM

UCLA Carnesale Commons · Palisades Ballroom

251 Charles E Young Drive West  
Los Angeles, CA 90095

## Featured Keynote Speakers:



**MIN ZHOU, PHD**

Distinguished Professor, Sociology and  
Asian American Studies  
Director, Asia Pacific Center at UCLA



**KENNETH CARTER, MD, MPH**

President, National Acupuncture  
Detoxification Association (NADA)

RSVP by  
4/22 >>>



May is Asian American and Pacific Islander Heritage Month  
as well as Mental Health Awareness Month.

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21st Century China Center

# CONFERENCE PROGRAM

(PRELIMINARY)

9:00 – 9:30 AM **Open and Welcome Remarks**

## KEYNOTES

9:30 – 10:00 AM **Global Migration and Local Transformation: The Case of Asian Immigrants in Los Angeles**

Min Zhou, PhD

Distinguished Professor, Sociology and Asian American Studies  
Director, Asia Pacific Center, UCLA

10:00- 10:30 AM **Embryonic Structure & Ancestral/Ever-Present Truth Inform the Management of Mental Health Conditions**

Kenneth Carter, MD, MPH

President, National Acupuncture Detoxification Association (NADA)

## THEME 1

10:30 – 11:15 AM **How Local Communities Can Build Mental Health Resiliency**

Panel discussion | Moderator: Xuan Yu (Nick) Zhang, MS, LMFT

**Mental Health Strategies and Planning in the San Gabriel Valley Area**

Chun Mei Lam, MA, LCSW

Director of Behavioral Health Clinic, CSC Health

**Mental Health Services Provided by Community Health Centers in Shanghai**

Yan Ding, MD (China)

Director, Weifang Community Health Center, Shanghai

**Perspectives for Building Mental Health Resiliency in Asian/Chinese Communities**

Derek Hsieh, LCSW, PhD

Mental Health Clinical Program Head, LA County Department of Mental Health

## THEME 2

11:15 – 12:00 PM **Initial Plan for Non-Drug Mental Health Services by Tang Scholars**

Panel discussion | Moderator: Weijun Zhang, DrPH

**Challenges and Opportunities for Community Engagement Among SHUTCM Medical Students**

Yi Zhang, MD (China)

Chief of Practice Section of Academic Affairs Office, SHUTCM, Shanghai

# CONFERENCE PROGRAM

(CONT.)

## Plans for Developing Non-Drug Mental Health Services by Tang Scholars

Kandace Fung, Anika Ullah, Zheyi Fang, Xiaoling Feng, Jing Li, Yanhua Zhang

12:00 – 1:30 PM

## Lunch and Meet the Experts

Catered Luncheon

## THEME 3

1:30 – 3:30 PM

## Non-Drug Therapies for Mental Health: From Theory to Community Engagement

Science and Demonstration by Instructors with Breakout Rooms

### ROOM 1 (Chair: Calvin Fong, MD)

#### Acupoint-Based Non-Drug Therapies: Ear Seed, Electroacupuncture, Acupressure, and Acupuncture

- Ear Acupuncture and Acupressure (Kenneth Carter, MD, MPH)
- Acupressure (Ryan Abbott, MD, JD, MTOM, PhD)

### ROOM 2 (Chair: Sara Ptasnik, MD)

#### Movement-Based Mind-Body Therapies: Tai Chi, Yoga, and Qigong

- Tai Chi (Yun Zhao)
- Yoga (Anupama Kizhakkeveetil, PhD)

### ROOM 3 (Chair: Ping Ho, MA, MPH)

#### Music and Art Therapies: Music and Art

- Arts & Healing Music Therapy (Stacie Aamon Yeldell, MA, MT-BC, AVPT)
- Arts & Healing Art Therapy (Jessica Bianchi, EdD)

### ROOM 4 (Chair: Edward Hui, MD)

#### Lifestyle Practices: Mindfulness Meditation and Health Cultivation

- Mindfulness Meditation (Diana Winston)
- East-West Health Cultivation (Walter Tsang, MD)

3:30 – 4:00 PM

## Concluding Remarks

Ka-Kit Hui, MD, FACP

Professor, Founder and Director, Center for East-West Medicine  
Department of Medicine, David Geffen School of Medicine, UCLA