



NAAPIMHA.org

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The mission of NAAPIMHA is to improve health and wellbeing of Asian Americans, Native Hawaiians, and Pacific Islander living the United States

Advocacy
Training
Consulting
Support



Please contact Dr. DJ Ida for application questions and questions about logistics should be directed to JR Kuo. Either can be reached at 303.298.7910 or you can email at djida@naapimha.org or jrkuo@naapimha.org Or, visit us at www.naapimha.org



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Friends DO Make a Difference National Leadership Summit



Advocacy
Training
Consulting
Support

There is No Health without Mental Health

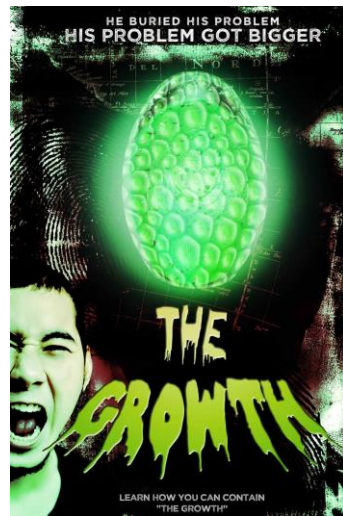
A Leadership Summit for Asian American Students



The National Asian American Pacific Islander Mental Health Association, Asian Unity, National APIA Panhellenic Association, and ECAASU are committed to developing leadership among college students to eliminate the stigma associated with mental health. This three day summit will be held on the beautiful University of Colorado at Boulder Campus. The workshops will be facilitated by AAPI clinicians who have worked in the community for years and are very familiar with the issues.

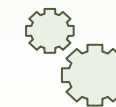
The three-day Summit will help student leaders:

- To build leadership skills
- To develop facilitation and communication skills so they are better able to talk about mental health issues on college campus.
- To better understand bullying, suicide, depression, binge drinking, LGBT issues, etc. on college campus.



- WHAT:** 3 day leadership summit to develop skills among student leaders so they can raise awareness around mental health.
- WHO:** Teams of 2 to 4 student leaders from Asian American, Native Hawaiian, Pacific Islander student groups.
- WHY:** Become part of national network linking Asian American, Native Hawaiian, Pacific Islander student leaders to address mental health issues.
- WHERE:** University of Colorado at Boulder, Colorado.
- WHEN:** July 30th to August 2nd, 2014. [Click here to see a draft agenda](http://naapimha.org/nationalleadership/) or visit <http://naapimha.org/nationalleadership/> to view it.
- APPLICATION:** Visit <http://naapimha.org/nationalleadership/> to fill out an application.
- DEADLINE:** July 8th, 2014.
- COST:** \$125 (Include 3 nights lodging, 7 meals, t-shirt, and goodie bag).
\$75 for Colorado students

Note: Please check with your campus as many colleges use student fees to help pay for airfare and registration fees to attend conferences.





National Asian American Pacific Islander Mental Health Association
Asian Pacific Development Center
Asian Unity ~ University of Colorado at Boulder
National APIA Panhellenic Association
East Coast Asian American Student Association

Friends DO Make a Difference National Leadership Summit

University of Colorado

Wednesday July 30 – Saturday August 2, 2014

Dear Student Leader,

The National Asian American Pacific Islander Mental Health Association, Asian Pacific Development Center, Asian Unity, National APIA Panhellenic Association, and ECAASU invite you to participate in a three day leadership summit at the University of Colorado, Boulder campus. Together they are committed to developing leadership among college students to eliminate the stigma associated with mental health. This three day summit will be held on the beautiful University of Colorado Campus which is located at the base of the Colorado Mountains. The campus is situated in the middle of the country making transportation from either the East or West coast reasonable. We are planning activities that will stretch your mind, open your hearts and get you outdoors to invigorate your body!

The three day Summit will help student leaders develop facilitation and communication skills so they are better able to talk about mental health issues on campus. There will be discussions on a wide range of topics so participants can better understand suicide, depression, binge drinking, bullying, LGBT issues, etc. The workshops will be facilitated by AAPI clinicians who have worked in the community for years and are very familiar with the issues. There is also a strong recognition that mental health is more than just talking about problems and challenges we face. While this is important, mental health is also about developing healthy communities that engage each other in meaningful, creative and fun ways. There will also be plenty of opportunity for participants to talk about how they can create healthy zones on campus and in the community. NAAPIMHA will put together a compendium of activities that can be used by other campuses as we learn from each other.



The Summit is designed to provide plenty of time for in depth discussions while also having an opportunity to get outside. Taking care of a person's physical health is a critical component to one's emotional health. We will therefore build in time for a hike or two to enjoy the outdoors.

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KEYNOTE SPEAKER: Jason Tengco, White House Initiative on AAPI

WHAT: 3 day leadership summit to develop skills among student leaders so they can raise awareness around mental health.

WHO: AANHPI students interested in mental health

WHY: Become part of national network linking Asian American, Native Hawaiian, Pacific Islander student leaders to address mental health issues.

WHERE: University of Colorado at Boulder, Colorado.

WHEN: July 30th to August 2nd, 2014. [Click here to see a draft agenda](#) or visit <http://naapimha.org/nationalleadership/> to view it.

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If you have any questions about who should attend please contact Dr. DJ Ida and questions about logistics should be directed to JR Kuo. Either can be reached at 303.298.7910 or you can email at djida@naapimha.org or jrkuo@naapimha.org
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See you in Boulder!