

# Chinese Health Initiative



CHI



## Mission Statement

*The Chinese Health Initiative (CHI) strives to improve the emotional and physical health and well-being of Chinese individuals, families and children in San Mateo County. CHI empowers the Chinese community by raising awareness of health issues and services, advocates for culturally and linguistically accessible and responsive services and collaborates with partners to facilitate outreach and referrals.*

## What is the Chinese Health Initiative?

The Chinese Health Initiative (CHI) was created out of the BHRS Office Of Diversity and Equity to promote cultural competence and address health inequities in San Mateo County. CHI is comprised of county employees, community partners, consumers/clients and family members who are interested in improving the health and well being of the Chinese community in San Mateo County. Our goal is to:

- Raise awareness of health issues and availability of services available throughout the County through community outreach, engagement and education.
- Educate the Health System and our partners around cultural issues and potential barriers around working with the Chinese community.
- Advocate for services that are culturally and linguistically accessible and welcoming to the Chinese community.
- Work collaboratively with partners to facilitate access to services for the Chinese community.

## Past/Upcoming Projects:

- Qi Gong Training
- Chinese Roundtable
- Workforce Development Training on “How to work with the Chinese Community”
- Educational outreach to senior group
- Family Support Group
- Chinese WRAP program
- Health education workshops in the community
- Sing Tao Community Fair Booth
- Bay Area Chinese Radio Station interviews

## Chinese Family Support Group

The Chinese Health Initiative sponsors a monthly support group for Chinese-speaking individuals and family members interested in learning about health and mental health services in San Mateo County. For more information, please contact Alice Tong at (650) 573-3686.

## Did You Know?

- Asians and Pacific Islander Americans comprise over 20% of San Mateo County's population and are underserved in behavioral health and other services.
- Nearly one out of every two Asian Americans and Pacific Islanders will have difficulty accessing behavioral health treatment services because they cannot find services that meet their language needs.
- More than half the members of some Asian ethnic groups suffer from a range of mental illnesses, including chronic depression, post-traumatic stress disorder (PTSD), anxiety, family violence, alcoholism and substance abuse.

Participate in the  
Chinese Health Initiative  
and Get Involved!

## Chinese Health Initiative Chairs:

- **Steve Sust, MD**  
susts@stanford.edu
- **Sylvia Leung, MPP**  
sleung@smcgov.org  
650-578-7165

### To Get Involved in the Chinese Health Initiative:

Contact one of the Chairs above,  
or visit our website at:  
[www.smchealth.org/CHI](http://www.smchealth.org/CHI)



Behavioral Health and Recovery Services  
Office of Diversity and Equity  
Chinese Health Initiative  
225 37th Avenue, San Mateo, CA 94403  
[www.smchealth.org/BHRS/ODE](http://www.smchealth.org/BHRS/ODE)

# Chinese Health Initiative

聖馬刁縣華人健康促進會



*Working together to improve the  
health and well being of the Chinese  
Community in San Mateo County*

[www.smchealth.org/CHI](http://www.smchealth.org/CHI)

