

- Special Thanks -

Chinese Culture Club
Students United Against Stress Club
To Write Love On Her Arms Club
Ms. Kathleen Louie
Mr. Alex Stillman
Samantha Sui (Mills High School graduate)

Mills High School is proud to be in partnership with the Chinese Health Initiative and San Mateo County Behavioral Health and Recovery Services to ensure the well-being of all members of our community. Please speak to a member of the Mills Counseling Department for more information or concerns about mental health.

About the Chinese Health Initiative

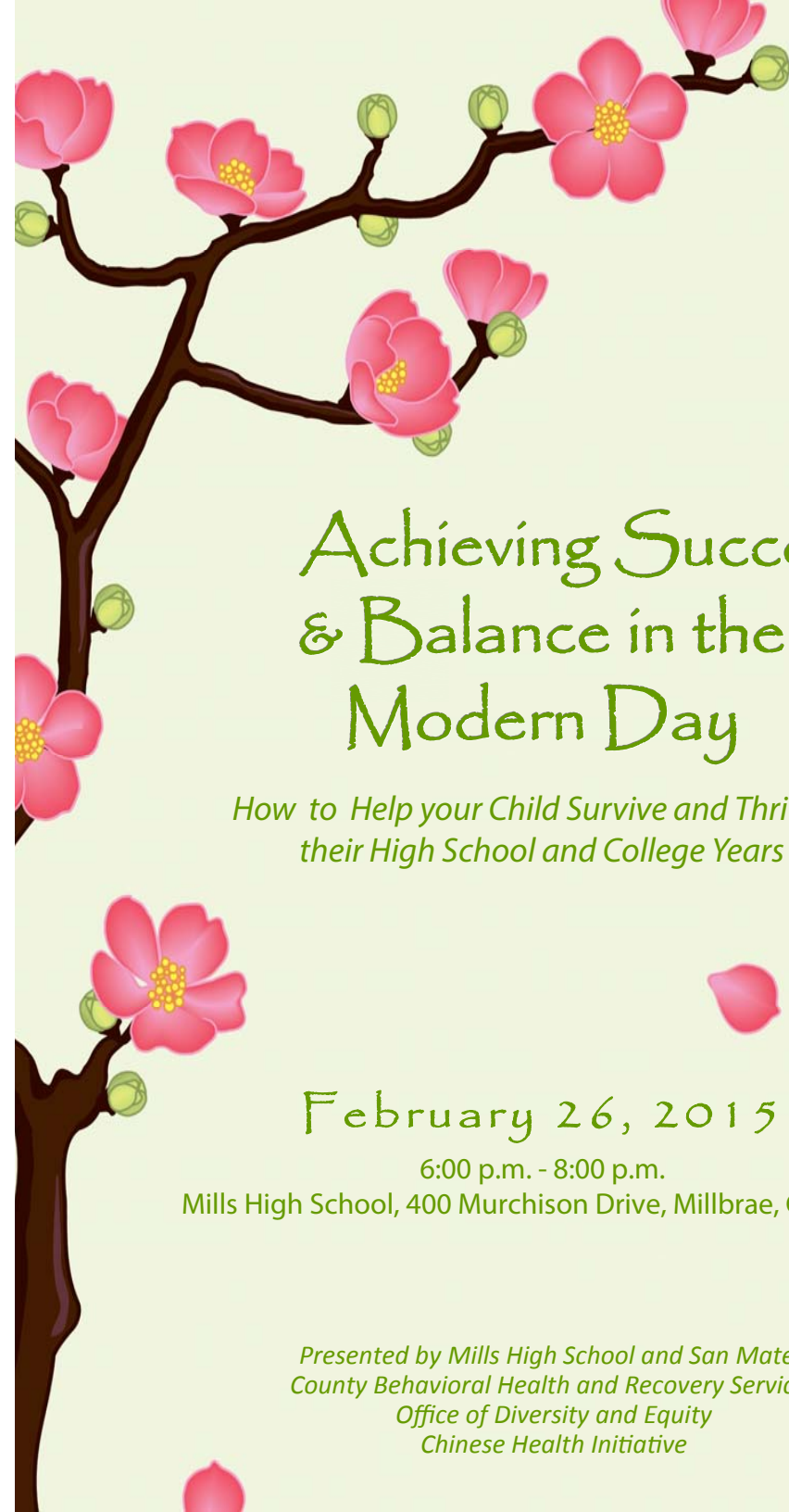
The Chinese Health Initiative (CHI) strives to improve the emotional and physical health and well-being of Chinese individuals, families and children in San Mateo County. CHI empowers the Chinese community by raising awareness of health issues and services, advocates for culturally and linguistically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

For assistance with mental health or substance use related concerns in San Mateo County, call the Behavioral Health and Recovery Services ACCESS line at 1-800-686-0101 or
If monolingual, call the BHRS Chinese Community Health Worker, Sunny Choi
Phone: (650) 573-2403 email: c_sjchoi@smcgov.org

Funded by the voter-approved Mental Health Services Act (Prop. 63)



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



Achieving Success & Balance in the Modern Day

How to Help your Child Survive and Thrive in their High School and College Years

February 26, 2015

6:00 p.m. - 8:00 p.m.

Mills High School, 400 Murchison Drive, Millbrae, CA 94030

Presented by Mills High School and San Mateo County Behavioral Health and Recovery Services Office of Diversity and Equity Chinese Health Initiative

About the Presenters:

Sunny Choi, MSW - a bilingual Chinese Community Health Worker at BHRS Office of Diversity and Equity. He held various director positions in high tech companies for 20 years prior to pursuing his passion in social work and helping his community.

Douglas Fong, LMFT - a Licensed Marriage and Family Therapist supervising Youth Services at BHRS. The clinic serves children, adolescents and their families with mental health and substance use disorders. Prior to this, he supervised the Youth to Adult Transition Program. He has worked in the field for over 20 years and providing treatment services to youth, families and adults.

Maureen Lin, LMFT - a bilingual Licensed Marriage and Family Therapist who works with both adults and children referred by primary care doctors. She previously provided on site counseling at George Washington High School, Lincoln High School and Lowell High School in San Francisco.

Peggy Kwok, MFT - a bilingual Cantonese-speaking Licensed Marriage and Family Therapist with Central Center Youth Services with San Mateo County Health Department. She provides individual, group, and family therapy. She is experienced in adolescent mental health, clinical case management, psychotic disorders, trauma informed therapy, and cognitive behavioral therapy.

Johnson Ma, MA, MS - a bilingual Doctoral Candidate in Clinical Psychology, currently working as a Psychologist Intern at the San Mateo County BHRS. Clinical and research interests are in the diversity community mental health and cultural meanings of suicide among minority populations. Prior to pursuing his doctoral degree, he worked as a Family & Youth Counselor and managed a volunteer-based Chinese crisis lines serving Chinese immigrants in Vancouver for seven years.

Dr. Steven Sust - currently the chief fellow at Stanford University's child & adolescent psychiatry training fellowship, and trained in general psychiatry residency at the University of Pennsylvania where he was also chief resident. He has basic fluency in Cantonese and Spanish. His academic interests include Asian mental health and developmental neurobiology of psychiatric disorders.

Agenda

- 6:00 Welcome
Alex Stillman, Counselor, Mills High School
Diane Tom, Behavioral Health and Recovery Services;
Chinese Health Initiative
- 6:05 Student Video "Did you Know?" (Teen Perspective)
Taeoh Choe and **Nick Wong**
- 6:10 Presentations:
Adolescent Development:
Dr. Steven Sust

Parent and Adolescent Relationship/Communication
Peggy Kwok, LMFT

How to Get Help/Resources
Douglas Fong, LMFT
- 7:00 Q & A
- 7:25 Evaluations
- 7:30 Refreshments and Meet the Presenters
Theater lobby