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**ACR-86 Asian and Pacific Islander American Mental Health Day.** (2017-2018)

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**Assembly Concurrent Resolution No. 86**

CHAPTER 75

Relative to Asian and Pacific Islander American Mental Health Day.

[ Filed with Secretary of State June 06, 2017. ]

LEGISLATIVE COUNSEL'S DIGEST

ACR 86, Chau. Asian and Pacific Islander American Mental Health Day.

This measure would recognize May 10, 2017, and each May 10 thereafter, as Asian and Pacific Islander American Mental Health Day, and would acknowledge the importance of raising awareness about mental health in the Asian and Pacific Islander American community.

Fiscal Committee: no

WHEREAS, The Asian and Pacific Islander American community is among the fastest growing and most diverse racial groups in the United States. Asian and Pacific Islander Americans have made remarkable economic, political, and social contributions, and are the majority in 16 California cities and the second largest group in four California counties; and

WHEREAS, Approximately one in five Americans experience and are diagnosed with a mental health condition in a given year, impacting all communities regardless of race, ethnicity, age, socioeconomic status, and gender; and

WHEREAS, There is a critical need to raise awareness about and advocate for health care policies that increase the accessibility of mental health care services; and

WHEREAS, In this country, there is a critical need to raise awareness about mental health, particularly within the Asian and Pacific Islander American community, to destigmatize seeking help, and to gain access to culturally competent community services; and

WHEREAS, Asian and Pacific Islander Americans use mental health services at the lowest rates among ethnic populations. This may be due to the substantial stigma that exists among Asian and Pacific Islander Americans, as well as cultural and linguistic isolation of the community, family, and individual; and

WHEREAS, There is an extreme lack of research regarding Asian and Pacific Islander Americans and mental health issues. A combination of psychosocial and pharmacological treatments and supports prove to be highly effective for individuals with mental health issues having significant reduction of symptoms and improved quality of life; and

WHEREAS, Raising awareness about mental health in the Asian and Pacific Islander American community encourages professional interest in health and human services careers, fostering a diversified workforce that reflects the community; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature recognizes May 10, 2017, and each May 10 thereafter, as Asian and Pacific Islander American Mental Health Day, and acknowledges the importance of raising awareness about mental health in the Asian and Pacific Islander American community; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the author for appropriate distribution.