

Moving Forward into 2023

Thank you to all...

- **clients** who trust us
- **community partners** who collaborate with and support us
- **volunteers** who dedicate their time
- **staff** who contribute talents, genuineness, and commitment to service

We are stronger together, because we are moving forward together into 2023.

Stay tuned with our updates & activities through our seasonal newsletter.

MOVING FORWARD PSYCHOLOGICAL INSTITUTE, INC NEWSLETTER



#EndALZ, One Step at a Time

On November 5th, 2022, MFPI raised awareness for Alzheimer's Disease by having our team participate in the Walk to End Alzheimer's in Huntington Beach. Hosted by the Orange County Alzheimer's Association, the walk aimed to raise funds for Alzheimer's research and increase awareness on the disease as well as the resources available. The Vietnamese American community is largely affected by many cases of Alzheimer's or other dementias without the proper culturally-adapted infrastructure and resources for care. Alzheimer's Disease affects both the person living with the disease as well as those around them filling the role of caregiver, so without proper awareness, these factors can contribute to a further rise in mental health crises in each family.

MFPI had over 20 team members come out to walk and over a hundred donating online to the cause. Our team was named "Lotus & Bamboo" to highlight the Vietnamese influence and show that our members can be gentle and beautiful as well as resilient, strong, and adaptable just like the lotus flower and bamboo plant. MFPI will continue its work with the OC Alzheimer's Association to address mental illness. We are grateful to everyone who was able to support our mission this year and hope to receive your continued support in the walk next year!



Breaking Down Mental Health Discussions

Each month, MFPI’s Media Impact Team (MIT) has been breaking down mental health stigmas and opening dialogue through our Instagram and Facebook. With our suicide prevention campaign to mental illness awareness posts throughout Fall 2022, the team has taken the media by storm. Recognizing that social media is one of the best ways to reach youth and spread awareness on mental health topics, MIT dutifully researches and creatively designs content to share knowledge, sharpen skills, and open attitudes on mental health. Our posts have reached almost 1.5k accounts since September 2022 and our engagements are only rising.

In addition to the social media graphics, MIT has launched our biweekly Tuesday podcast series called “Therapy Reveal”. Starring MFPI’s CEO & founder, Paul Hoang, and our fuzzy office friend, Blu (pictured above), the short videos hope to break down the uneasiness around mental health discussions within the community. Moving forward, the series aims to invite more guest speakers and establish an avenue for the public to submit their questions. To keep up to date with MIT’s content and our Therapy Reveal podcasts, make sure to like, comment, and follow our Instagram and Facebook at @MFPI4ALL.



The Transnational Mental Health Mission

Mental health does not discriminate—it affects people of all ages, genders, and ethnicities no matter where in the world. MFPI team members have joined mental health professionals from around the United States and Vietnam to establish the International Vietnamese Mental Health Professionals Association (IVMHPA). Convening online once a month, the group aims to unify the language used to discuss mental health, share knowledge through cross-cultural trainings, and improve the quality of care for Vietnamese clients. The group is active on Facebook, and the meetings are open to any mental health provider or student wishing to serve the Vietnamese community. Topics that have been previously discussed include building rapport with older Vietnamese clients, processing complex grief and loss, and spirituality-based practices with mental health.



Life Skills for Success!

Moving Forward Psychological Institute, INC is excited to announce that our pilot class for Project SUCCESS will be launching mid-January 2023 with over twenty students already enrolled in the program. These students have received a scholarship from the Lambertian Ministry Center to attend the biweekly classes that will be led by certified instructors with backgrounds in mental health and crisis prevention. Upon completion and passing, students will receive a Project SUCCESS certification deeming them as qualified community mental health advocates.

Project SUCCESS is a curriculum customized to help students develop essential life skills needed to increase their internal and external resources to cope, manage and move forward beyond their challenges at home, school and social settings and find success. The curriculum has been in development for the last two years, and 6 new Project SUCCESS instructors were certified in May 2022. MFPI is excited for the upcoming launch and opening more classes in the future for youth and adults who are interested. To reserve your spot and receive news on future Project SUCCESS classes, send an email with your name and contact to training@mfpinstitute.com.



Hot Meals on Wheels

With the COVID-19 pandemic changing the world and human interaction, some people rose up to the challenges while others cut back on services. MFPI was one of the many honorable groups that were determined to make a change and provide assistance during the trying times. Recognizing that communities like the older Vietnamese citizens, low socioeconomic households, or individuals with disabilities became more isolated and vulnerable from store closures and service stoppages, MFPI team members collaborated with local businesses and organizations to set up a biweekly hot meal service. Volunteers would help cook, pack, and deliver the hot meals to recipients who could not drive by the distribution location to pick it up. As the society continues to heal and reopen, the food distribution service has transitioned to a monthly operation towards the end of 2022. All in all, the food distribution program has served over 6000 hot meals for the local community and has won multiple awards for its dedication to the public.

Volunteers for the monthly food distribution are always welcomed. If you or someone you know are interested in volunteering to pack meals or deliver, you can sign up with us through Eventbrite.





A New Task Force is Coming to Town

As of May 2022, Orange County estimates a total of about 5720 unhoused individuals. With the interconnection between mental illness and homelessness, MFPI recognizes the urgent need to provide support for the unhoused population in order to move forward as a whole community. Over the last few months, MFPI has been training a team of dedicated members to initiate our C.A.R.E Champions project. C.A.R.E stands for Compassion, Acceptance, Reassurance, & Empowerment, which is our culturally-adaptive model for assisting unhoused individuals and connecting them to housing resources. The team has been focusing its work in the local community of Westminster/Garden Grove and has recently been able to connect a chronically unhoused, Vietnamese client with needed medical services.

With the start of the new year, MFPI is pleased to announce that our CARE Champions team is now in official partnership with the city of Garden Grove for its social street outreach program. Garden Grove Police Department and other entities aiding in the efforts to end homelessness are now able to send case referrals to our team members. A unique approach of the CARE Champions team is that members are out in the field, interacting directly with unhoused individuals each week in order to build rapport and implement quality care. If you see our team members out in the field hard at work in our signature blue polo shirts, feel free to say hi or ask how you can get involved too!

"We treat our unhoused individuals with compassion and treat them like human beings, just as they are." – Nathan L., CARE Champions Project Coordinator



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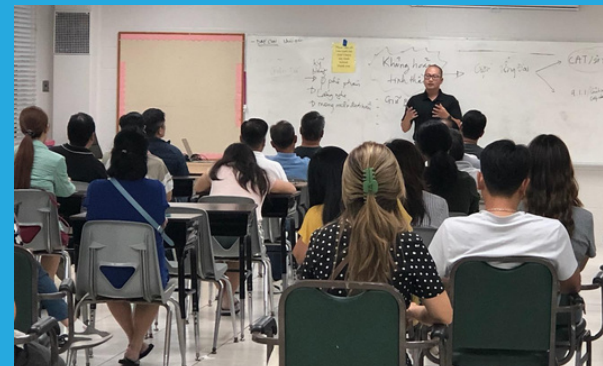


GARDEN GROVE

A Commitment to Healing Our Community

After several years of decline, the rate of suicide has been increasing again since 2021, especially in many BIPOC communities. Suicide cases in Vietnamese-American community have also followed the upwards trend despite the many remaining unreported due to cultural stigma. This year alone, MFPI provided crises response and suicide intervention to over 200 individuals within the community, majority of them being of Vietnamese ethnicity. Noticing the high demand for culturally adaptive mental health services, MFPI established an ongoing partnership with Didi Hirsch Mental Health Services, a national suicide prevention agency, to provide cultural and bilingual clinical services and training to the Vietnamese communities of Orange County. Bilingual services will include starting support groups for survivors of suicide attempt and training community members on suicide prevention/intervention.

So far, MFPI has been able to offer training in Vietnamese, Spanish, and English to over 3500 religious leaders, service providers, parents, students, and community members. Many of these training and outreach activities took place in faith-based institutions like in Garden Grove, Stanton, Westminster, and Irvine. Thanks to these religious institutions, our team was able to connect with the large Vietnamese and Latinx population in these areas. Despite our reach so far, the work is far from done. It is important for us to continuously show up over and over, gaining the trust of these communities by practicing cultural humility, to normalize mental health discussion and destigmatize wellness services.



Making History

From the tragedy of Vietnamese youth suicide rates in Orange County arose a band of dedicated and caring community members who wanted to make an impact on available support resources. Consisting of faith-based institutions, community leaders, and parents, MFPI helped establish the first and only Vietnamese suicide task force called "Loved & Made4More" in August 2022. This task force aims to promote suicide awareness and prevention training as well as offer services like clinical therapy, peer support, and community events to the youth. Working together, the task force hosted a successful FÁ night at the Lambertian Ministry Center with over 100 youth attendees participating in various activities to build their support system and enhance skills in mental health aid. With more community-oriented goals in mind, the small but mighty Loved & Made4More task force will continue to make history in the upcoming year.

YOU ARE NOT ALONE

When in crisis, we often feel stuck and alone in our struggle. People in need of mental health support deserve understanding and compassion from the people around them. The following resources are available to support your needs and assist you with moving forward.



MOVING FORWARD
PSYCHOLOGICAL INSTITUTE, INC

Moving Forward Psychological Institute, INC

www.movingforwardpi.com



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SERVICES: Therapy, Psych & Mental Wellness Evaluation, Life Skills Enrichment, Prevention & Intervention, Professional Training, Community Engagement & Advocacy, Productivity Enhancement

LANGUAGE(S): English, Vietnamese

Community Resources

988 SUICIDE & CRISIS LIFELINE:

DIAL or TEXT 9-8-8

24/7 English & Spanish (phone), 24/7 english (text)

TEEN LINE:

800-852-8336
(6PM-10PM PST)

CRISIS WEB CHAT:

988lifeline.org/chat
(24/7)

CRISIS TEXT LINE:

Text TALK to 741741
(24/7)

DEAF/HARD-OF-HEARING:

Text HEARME to 839863
(24/7)

KOREAN CRISIS LINE:

877-727-4747
(4:30PM - 12:30AM PST)

TREVOR LINE (LGBTQ YOUTH):

866-488-7386
(24/7)

DISASTER DISTRESS:

800-985-5990
(24/7)

OC WARMLINE:

714-991-6412
(24/7)

OC LINKS SERVICE LINE:

855-625-4657
(24/7)

DIDI HIRSCH MENTAL HEALTH SERVICES (OC/LA):

www.didihirsch.org

ASIANS FOR MENTAL HEALTH PROFESSIONAL DIRECTORY:

www.asiansformentalhealth.com