

FROM MIND TO BODY

A guide to integrate
physical, mental,
emotional, and social well-
being for a healthier you.



Preface

The Asian Health & Service Center's Behavioral Health Program is an OHA-approved Culturally and Linguistically Specific Service (CLSS), specializing in providing comprehensive and holistic Mental Health Services and Problem Gambling support for the Asian Communities residing within the Tri-Counties area.

Our mission is to serve as a bridge between Asian and American cultures, fostering a harmonious community while achieving our vision of reducing health inequities and improving healthcare quality for all Asians.

AHSC's Integrated and Holistic Services Model strives to Engage, Empower, Enable, and Encourage the communities we serve, while providing Community Engagement, Health Integration, and Healthcare Services to promote whole-body health for our community members.

Our culturally competent and linguistically matched clinical services are provided by qualified mental health professionals from diverse cultural backgrounds, speaking Cantonese, Mandarin, Korean, Vietnamese, and English. Our clinicians honor members' intersectionality of identities to provide trauma-informed and person-centered care, to help members achieve their goals and vision for the future.

At AHSC, the Public Health Program, the Behavioral Health Program, and the Asian Cancer Resource & Support Service collaborate closely to create a safe space for the communities, ensuring anyone walking through our door receives the care they need in the language they are most familiar with, without requiring an interpreter.

We believe in the importance of a Whole Body Health mindset, which recognizes that you cannot achieve a truly healthy self without connecting mental, physical, emotional, and social well-being. With our AHSC Whole Body Health Resource Guide, we hope it will help you to work towards a healthier, happier you, and together, we can create a more harmonious community.

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Your Psychological Immune System



Whenever we get a cold, our physical immune system kicks in to help us fight the illness and prevent it from worsening. You know your immune system is working when you notice your nose stops running or when you stop coughing.

While recovering from an illness, you will also do things to boost your immune system so you don't get sick again in the future.

Did you know the other parts of “you,” such as your mental health, emotional health, and social health, can get sick as well? Boosting your immune system is not just about physical health, but also about your mental, emotional, and social well-being. The **Psychological Immune System** can help our minds cope effectively with stress and protect us against the effects of negative emotions, much like our physical immune system protects our bodies.

Let's explore ways to boost your Psychological Immune System together, and envision what a healthier you can look like?

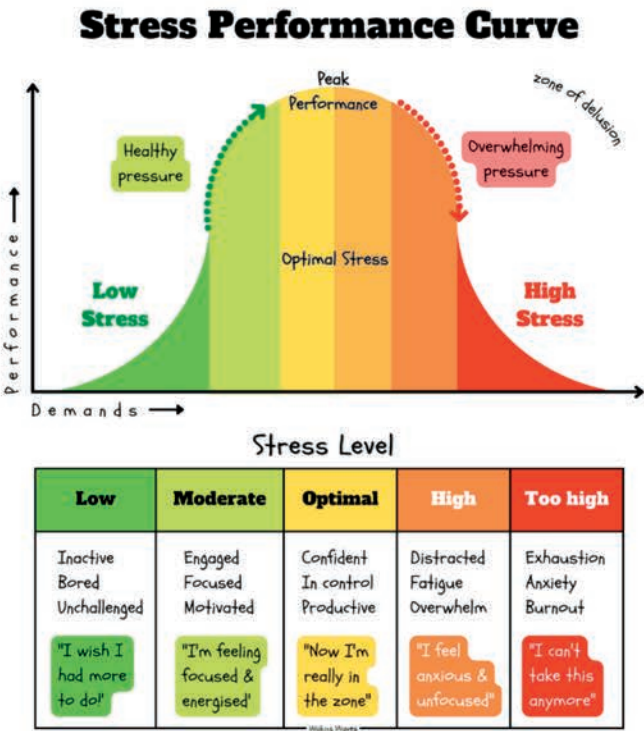


A top-down view of a wooden desk. In the upper left, a lit candle in a white container sits on a wooden board. A spiral-bound notebook with a gold-colored wire is open on the desk. A pair of round, gold-rimmed glasses lies on the right page of the notebook. In the bottom left corner, the green leaves of a plant are visible. A blue rectangular box is overlaid on the upper right portion of the image, containing the title text.

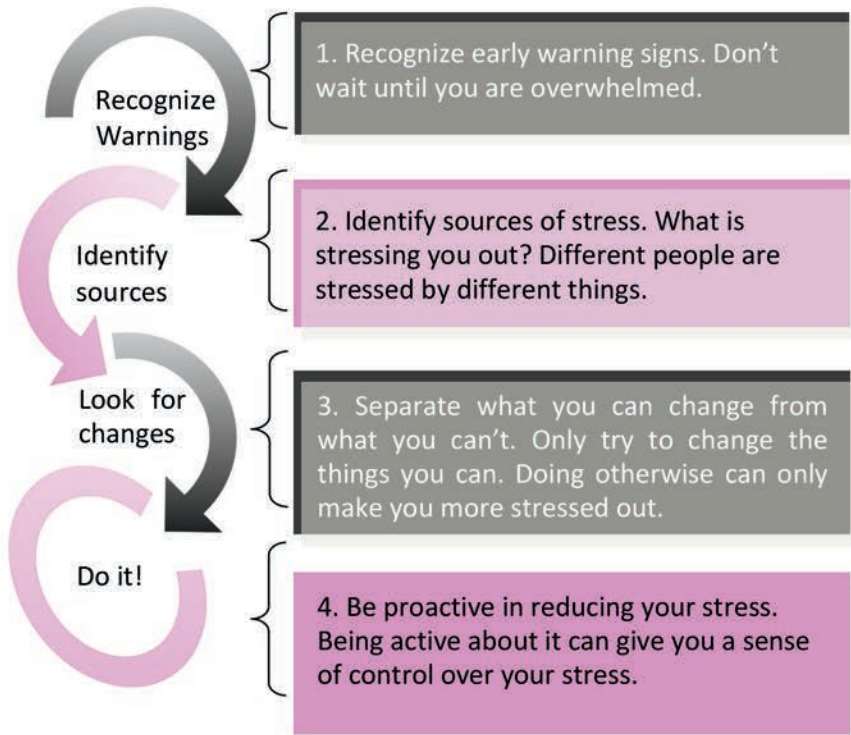
Managing Stress

Boost Your Psychological Immune System: Managing Stress

The right amount of stress can be beneficial; it encourages the body to push forward during challenging times. However, when stress becomes overwhelming, it can have a profoundly negative impact on both your physical and emotional well-being. That's why it's essential to monitor our stress levels and learn healthy ways to manage stress. Here are some steps we can take to manage stress effectively and boost our psychological immune system at the same time.



4 Steps to Managing High Stress



If you are a caregiver, answering these questions can help you recognize some of your sources of stress. “YES” answers indicate a source of stress and an area that can be changed.

- | | |
|--------|---|
| YES/NO | Do you have a lot of demands for your time, energy, or money? What are they? |
| YES/NO | Do you feel you have conflicting responsibilities? Which ones? |
| YES/NO | Are there differences in expectations between your family, your boss, the care receiver and your self? What are they? |
| YES/NO | Do you feel others don't understand your care receiver's mental or physical condition? |
| YES/NO | Do you have difficulty meeting your care receiver's physical or emotional needs? |
| YES/NO | Are you pressured by financial decisions and lack of resources? |
| YES/NO | Do you feel a loss of freedom; do you feel trapped? |
| YES/NO | Are there big disagreements among your family members? |
| YES/NO | Do you feel other family members aren't doing their share? |
| YES/NO | Does your care receiver place unrealistic demands and expectations on you? |
| YES/NO | Is there a lack of open communication between you and your care receiver? |
| YES/NO | Do your family members have negative attitudes that make things difficult for you? |
| YES/NO | Is it painful to watch your care receiver's condition get worse? |
| YES/NO | Are there other problems not listed here? What are they? |

You can use this questionnaire as a starting point to create a plan to improve your situation.

Step 1: Recognize early warning signs for High stress levels

What are your high-stress warning signs?

Complete this sentence: *My high stress warning signs are* _____.

- Memory problems
- Inability to concentrate
- Poor judgement
- Seeing only the negative

Cognitive symptoms



- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Sense of loneliness and isolation
- Depression or general unhappiness

Emotional symptoms



- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

Behavioral symptoms



- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive

Physical symptoms



Step 2: Identify sources of stress.

Do you know what stresses you?

Complete this sentence: I feel stressed when _____.

There are no right or wrong answers; it's ok to be honest with yourself about what stresses you.

Here are some examples:

Personal

- Illness or injury
- Major life transition (retirement, pregnancy, divorce)
- Bereavement or major life losses
- Overwhelming expectations



Relational

- Conflicts with friends/family/co-workers
- Lack of social support
- Peer pressure
- Providing care

Financial & Employment

- Losing or changing jobs
- Job performances
- Debts
- Financial instabilities
- Problem Gambling
- Unstable housing



Step 3: Separate what you can change from what you can't.

Change the things you can and accept the things you can't.

Identify the things you CAN change:

- Yourself
- Your support
- Your perspective
- Your reactions



Then...

- Focus on your needs
- Self-care. What are the things you can do to help you feel better?
- Set a goal for your well-being and have a plan
- Get supported, talk to a friend, get help, join a group

**I'M
NOT
ALONE**

What are the things you CAN'T change?

- Reality
- Other people
- The past

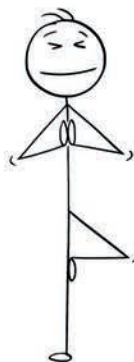


But You CAN ...

- Practicing Acceptance by validating how you feel - "I know this happened and I feel _____, it's ok for me to feel that way."
- Be gentle and kind to yourself
- Try not to blame
- Accept support and help

Step 4: Be proactive to reduce your stress. Do some Self-Care!!!

What have you done recently to reduce stress? Find a stress reducer that works best for you and your lifestyle.



LEARN THE EIGHT DIMENSIONS OF WELLNESS

WELLNESS: CONNECTING ALL ASPECTS OF BEHAVIORAL HEALTH

Each dimension of wellness can affect overall quality of life. Through its Wellness Initiative, SAMHSA encourages individuals, organizations, and communities to work toward longer, healthier, and happier lives, particularly among people living with behavioral health conditions. The Eight Dimensions of Wellness take into account not only an individual's physical health, but all the factors that contribute to a person's overall wellness.

To learn more about the Eight Dimensions of Wellness, visit:
www.samhsa.gov/wellness-initiative



WELLNESS

Source: Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.





Find Your Joy



Boost Your Psychological Immune System: Find your joy

Kick back and relax, and let's have some fun!

Studies have shown when we do things that we enjoy, they help our nervous system calm down, reduce our stress levels by slowing down the release of stress hormone cortisol, and, as a result, promote a sense of calm, making you feel happier and more balanced.

- Soak in the bathtub
- Collect things (coins, shells, etc.)
- Go on vacation
- Relax alone
- Use the good silverware
- Go to a movie in the middle of the week
- Attend a class reunion
- Listen to music
- Buy shiny gadgets
- Sunbathe
- Laugh
- Go horseback riding
- Listen to others
- Read magazines or newspapers
- Pick up a hobby (birdwatching, model building, etc.)
- Spend an evening with good friends
- Plan a day of activities
- Go out and meet new people
- Look at beautiful scenery
- Eat your favorite foods
- Think about your happy place
- Fix something around the house
- Hike
- Work on your car or bike
- Pick out some inspirational quotes



- Have a quiet evening
- Go antique shopping
- Water your houseplants
- Go swimming
- Doodle
- Put on a nice outfit
- Go to a party
- Think about buying things
- Play some golf
- Spend time with the kids
- Do volunteer work
- Have a philosophical discussion with friends
- Plan a family get-together
- Spend time outdoors
- Go for a drive
- Sing
- Do some flower arranging
- Go to your religious institution
- Go on a diet
- Abandon your diet
- Go to the beach
- Think about how awesome you are
- Fly a kite
- Get on a boat
- Travel abroad
- Paint a masterpiece
- Be spontaneous
- Make a quilt
- Take long naps
- Go on a road trip
- Put on a show
- Join a social club
- Form a band
- Flirt
- Play a musical instrument
- Do some arts and crafts



- Make a present for someone
- Buy some vinyl or CDs
- Watch a game
- Think about someone you love
- Plan a party
- Cook
- Write some poetry
- Go shopping for clothes
- Go out for dinner and a movie
- Work on an old project
- Discuss a book
- Be a tourist for a day
- Garden
- Go to the beauty salon
- Have some coffee/tea while reading the news
- Play some tennis
- Have playtime with small children
- Go to a play or concert
- Daydream
- Practice tai-chi or yoga
- Find the meaning of life
- Refinish your furniture
- Watch TV
- Make lists
- Go to your national, state, and local parks
- Go bike riding
- Go for a walk through the woods
- Buy gifts for no reason
- Do a favor for a friend
- Sew
- Finish a task
- Attend a sporting event
- Teach something
- Take some pictures
- Watch a storm brew



- Go fishing
- Spend time with your pets
- Learn how to fly
- Read
- Take an acting class
- Organize your garage
- Write in your journal or diary
- Research historical events
- Write a letter to a friend
- Explore the internet
- Connect with your friends
- Take a dancing class



- Go on a picnic
- Learn how to make quiche
- Rest on your laurels
- Meditate
- Have lunch with a friend
- Climb every mountain

- Splurge on something
- Reminisce about when you were young
- Play some cards
- Solve a riddle
- Learn a new language
- Have a political discussion
- Look at old family photos
- Go to the zoo



- Go to a museum
- Reflect on your spirituality
- Have a candlelit anything
- Listen to the radio



- Pick up the guitar
- Complete a crossword puzzle
- Shoot some pool
- Reflect on your improvements
- Buy a present for yourself
- Have a long phone conversation



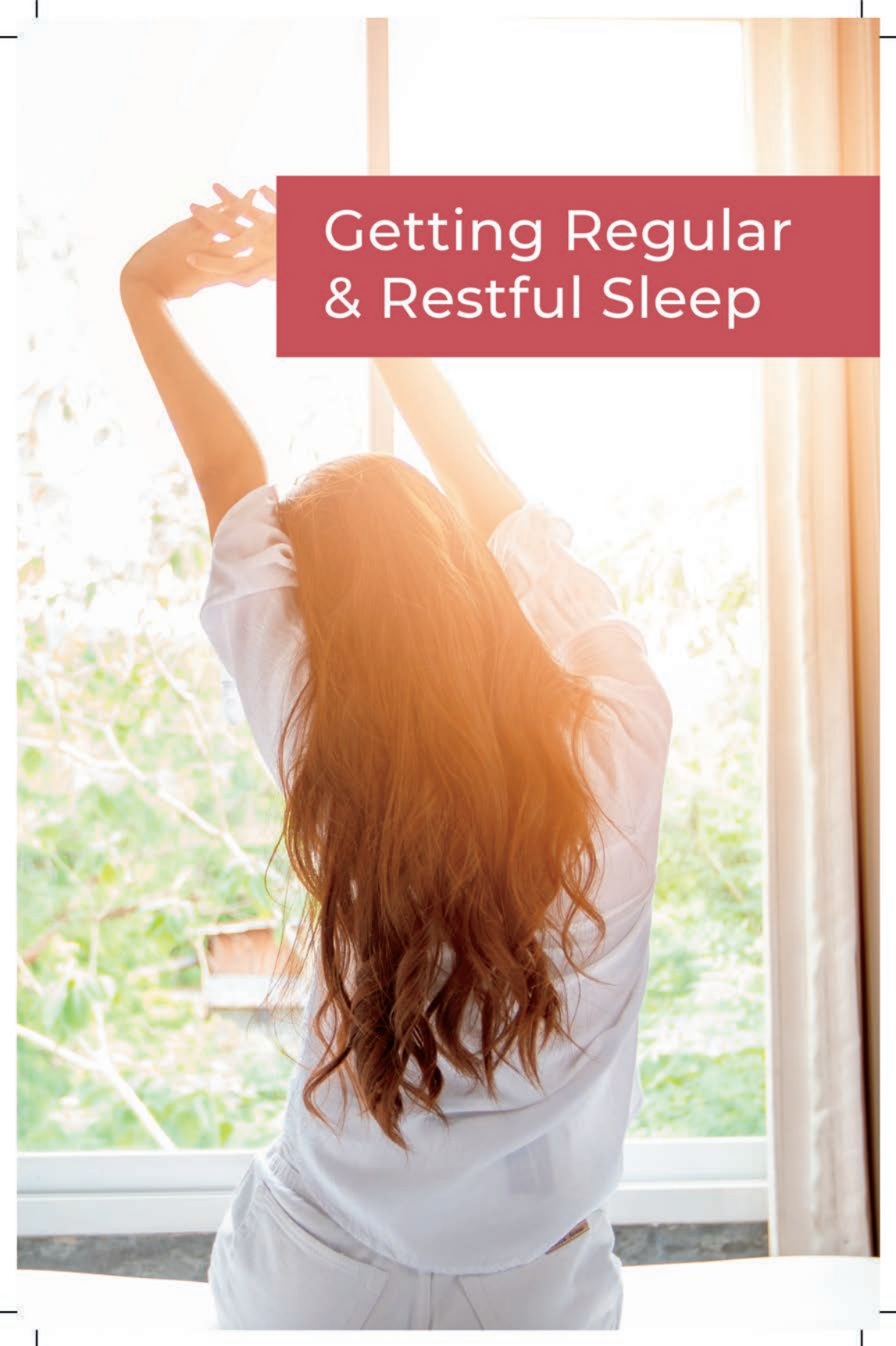
- Get a massage
- Tell someone you love them
- Buy some books
- Pick up an odd job
- Make a snow angel
- Check out some books at the library
- Go bowling
- Do some woodworking
- Sit at a café and read
- Get an aquarium
- Think of fun vacations
- Read a romance novel
- Get involved with your community
- Do something new
- Tell a bad joke
- Cuddle
- Design a calendar
- Write a play
- Breathe deep
- Go camping
- Do something hard
- Get some fresh air
- Donate to your favorite charity
- Make some new friends
- Share a favorite recipe
- Put together a jigsaw puzzle
- Think about something you're looking forward to
- Take a shower
- Have an open and honest conversation
- Find a part-time job
- Brush your luscious hair
- Wear comfortable clothes
- Go on a safari
- Come up with an original idea
- Plant a tree



- Design your own clothing line
- Smell the roses Listen to the sounds of nature
- Open your mail
- Watch the weather channel
- Enjoy a sunrise or sunset
- Help someone move
- Tell stories about your family
- Eat at a five-star restaurant
- Give someone a compliment
- Go to a family reunion or gathering
- Do things your way
- Pray
- Wake up early
- Put on some cologne, perfume, or aftershave
- Have guests over
- Go beachcombing
- Go out for happy-hour
- People watch
- Smile at someone
- Go to a comedy club
- Try out an old recipe
- Donate your old things
- Reconnect with an old friend
- Go stargazing
- Get involved in politics
- Get a manicure and pedicure
- Bake some cookies
- Go bargain shopping



Lewinsohn, P. M., Munoz, R. F., Youngren, M. A., & Zeiss, A. M. (1986). *Control your depression*. New York: Simon & Schuster



Getting Regular & Restful Sleep

Boost Your Psychological Immune System: Getting Regular & Better Sleep

Having good sleep hygiene can help improve your quality of sleep. How well you sleep affects your psychological immune system and many symptoms of mental health struggles.

Here are some tips on keeping good sleep hygiene:



1. Keep a regular sleep schedule

- Set a bedtime and try to wake up at the same time every day (even on weekends!)
- Take smart naps to make up for lost sleep



2. Manage your light exposure

- Spend more time outside during daylight, or increase the natural light in your home or workplace
- Dim your lighting in your bedroom and bathroom as you are getting ready for bed
- Stop using electronic devices at least 45 minutes before bed
- When it's time to sleep, make sure the room is as dark as possible

<http://www.helpguide.org/articles/sleep/how-to-sleep-better.htm>
http://www.health.harvard.edu/newsletter_article/Sleep-and-mental-health



3. Create a relaxing bedtime

- Set aside an hour or so to prepare yourself for bed
- Keep device checking and television out of the routine
- Reserve your bed for sleeping only
- Choose some bedtime rituals to try: read a book or magazine by a soft light; take a warm bath; listen to soft music; do some easy stretches; wind down with a favorite hobby; listen to books on tape; get your outfit ready for the next day



4. Use a relaxation technique

- Relaxation techniques such as deep breathing or progressive muscle relaxation can be great additions to your bedtime routine
- These techniques can help you fall asleep and manage insomnia



5. Manage your insomnia

- Don't ask yourself repeatedly, "Why can't I sleep?"
- If you don't fall asleep after half an hour, move to another part of the house and do a non-stimulating activity until you feel ready to sleep (e.g. reading a book, drinking an herbal tea, etc.)

<http://www.helpguide.org/articles/sleep/how-to-sleep-better.htm>
<https://www.caring.com/articles/five-foods-that-help-you-sleep>

- Use a relaxation technique such as guided imagery or mindfulness



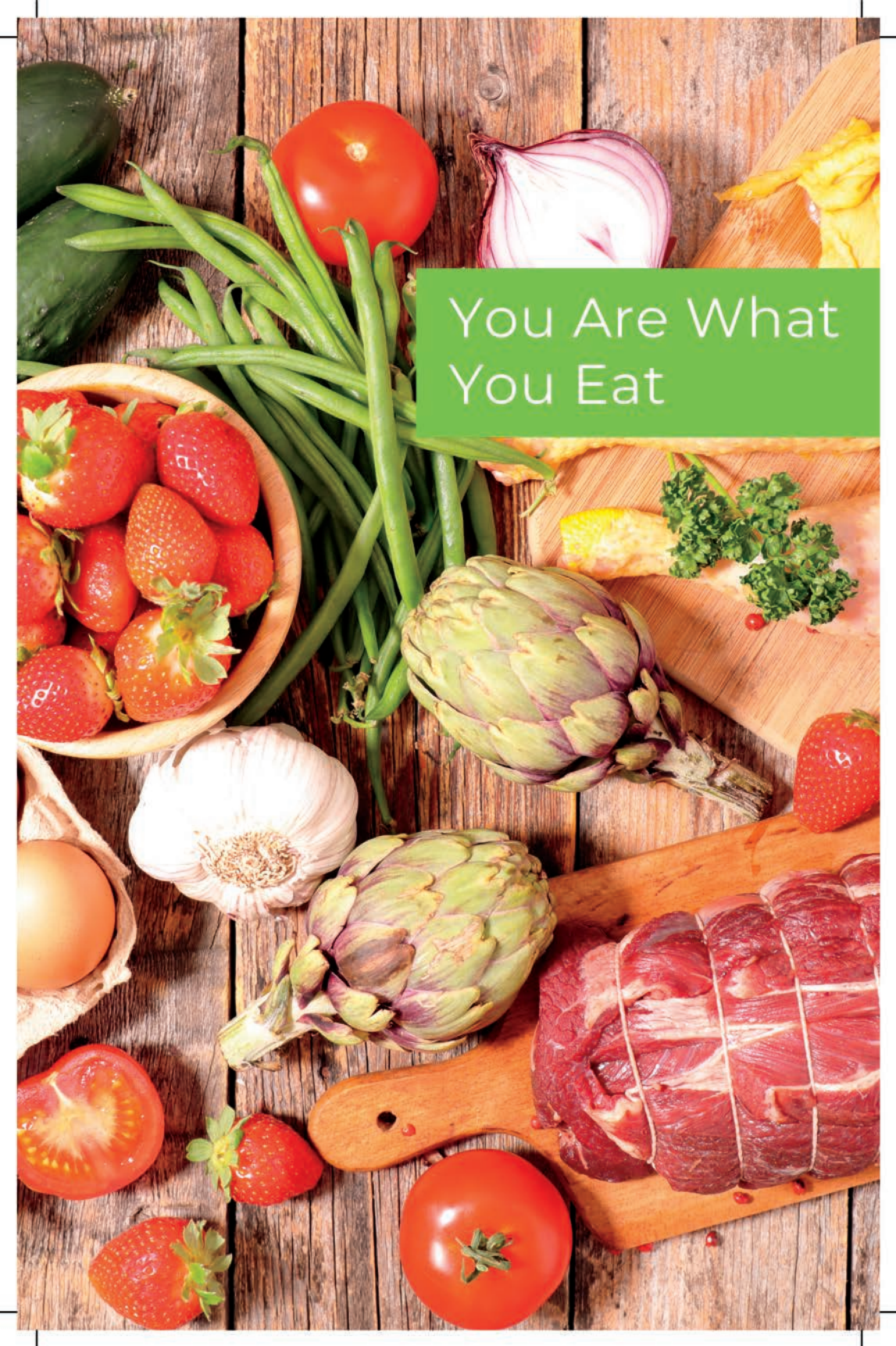
6. Eat right and get exercise

- Limit your daily caffeine intake; caffeine, smoking, and alcohol can inhibit restful sleep
- Avoid eating big meals at night and make sure to give your body 45 minutes to digest before going to bed
- Have snacks that can help with sleep before your bedtime routine: cherries (melatonin), bananas (potassium and magnesium as muscle relaxants), toast (carbohydrates), oatmeal (to trigger insulin production, raising blood sugar naturally), warm milk (to release relaxing serotonin, and calcium)
- Doing at least 2 ½ hours of vigorous activity a week can improve sleep quality and prevent sleepiness during the day
- Try to not schedule your exercise routine within 3 hours of your bedtime

"It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it." - John Steinbeck

If you would like more information on promoting your well-being, please feel free to contact our behavioral health language lines. Our bilingual therapists are available to help Monday through Friday from 8:30 am to 5:00 pm.

English 503-772-5893
Mandarin 503-772-5894
Cantonese 503-772-5895
Korean 503-772-5896
Vietnamese 503-772-5897



You Are What
You Eat

Boost Your Psychological Immune System: Eating Well

There's a reason people say, "You are what you eat." You've got to eat well to function well!



Good food brings many benefits, such as:

- Lowering the risk of developing certain diseases
- Providing fuel to your brain
- Counteracting the impact of stress on your body
- Regulating mood-related body chemicals
- Boosting your energy and psychological immune system

Eating Well for Good Mental Health

What you eat affects your mental well-being. Your mental health status, in turn, influences what and how you eat. According to the American Society for Nutrition, diets such as the Mediterranean Diet, consisting of more fruits, vegetables, fish, whole grains, and healthy fats (poly and monounsaturated fats found in olive oil, nuts, and seeds), have been shown to improve not only physical health, but also overall mood.

Mediterranean Diet Pyramid



Source: American Society for Nutrition (<https://nutrition.org/how-to-boost-mental-health-through-better-nutrition/>)

Benefits of healthy eating patterns and healthy diets

1. Lower the risk of cardiovascular disease, including heart attacks and strokes.
2. Support a healthy weight by maintaining stable blood sugar, blood pressure, and cholesterol.
3. Support a healthy balance of gut microbiota.
4. Lowering your risk for certain types of cancer.
5. Slowing the decline of brain function as you age.



- Limit saturated fat and trans fat while providing your body with healthy unsaturated fats, including omega-3 fatty acids.
- Limit sodium.
- Limit refined carbohydrates, including sugar.
- Flavourful foods that are high in fiber and antioxidants.

Snack Time

Pack your own snacks to help you stay healthy!



edamame + spices
for flavor



mixed nuts/seeds
(low sodium)



Greek yogurt + fruits



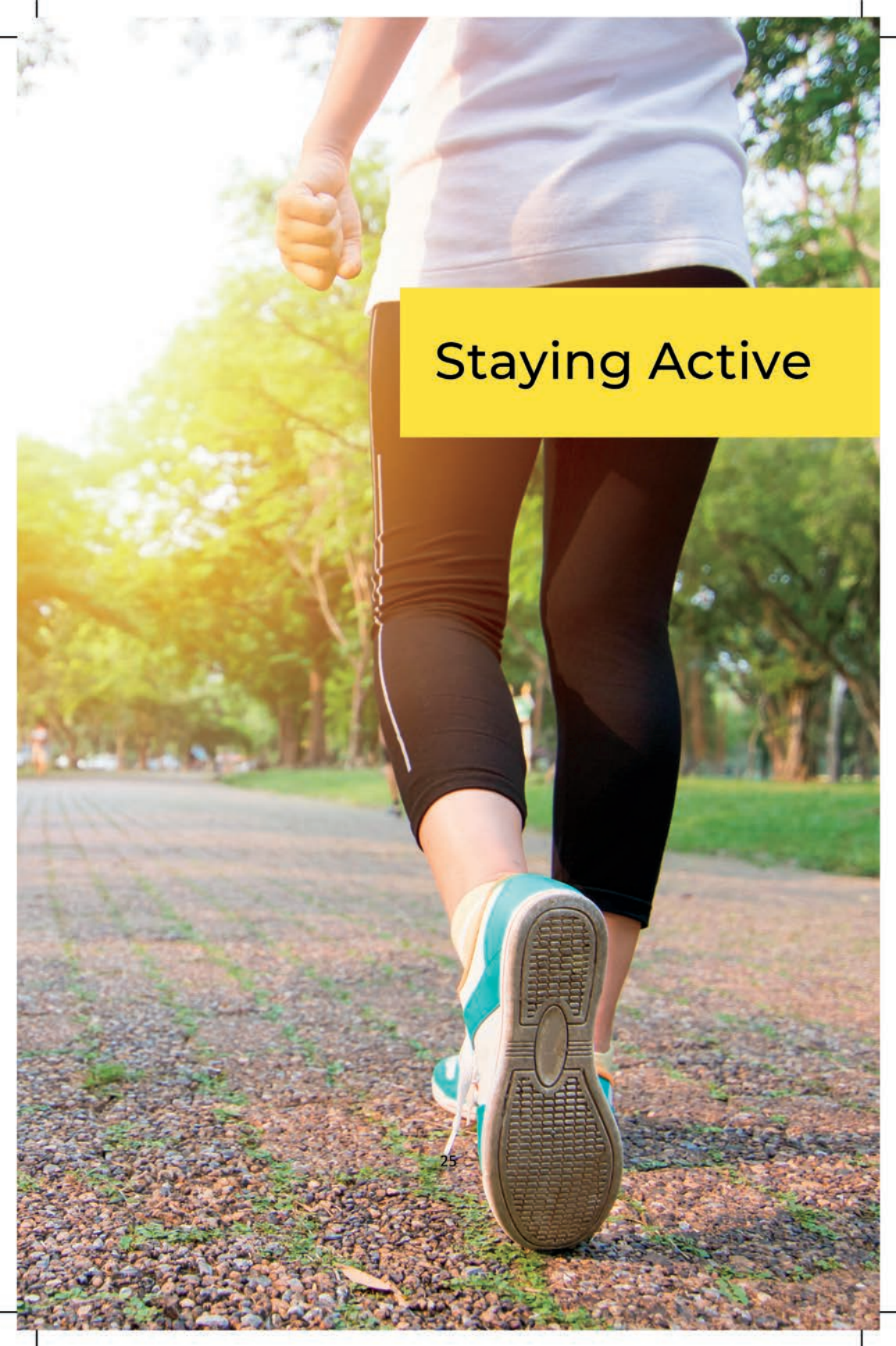
Salad rolls



What would you eat
for a good mental health?

For more information on healthy eating, please contact our behavioral health language lines. Our bilingual therapists are available to help Monday through Friday from 8:30 am to 5:00 pm.

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A low-angle, rear-view shot of a person running on a gravel path in a park. The person is wearing a white t-shirt, black leggings with a white stripe, and teal and white sneakers. The background is a sunlit path lined with green trees, creating a warm, golden-hour atmosphere. A yellow rectangular box is overlaid on the right side of the image, containing the text "Staying Active".

Staying Active

Boost Your Psychological Immune System: Staying Active

Get up! Get moving! Exercise is the best thing you can do for your health. Not only does it boost your physical immune system, improve your sleep, and prevent chronic diseases, but it also also improves your mood.

Being active helps...

- Your body metabolizes cortisol, known as the “stress hormone”, which, as a result, will help to regulate your stress levels.
- Your brain releases both serotonin and dopamine (your feel-good neurotransmitters), which, as a result, will help to regulate your mood.
- Keeps your muscles and joints healthy and lowers the likelihood of chronic pain from developing.
- Keeps your brain young and lowers the likelihood of cognitive decline, and keeps your brain sharp.



How much exercise do you need?

20 to 30 minute sessions of vigorous (e.g. jogging) or moderate activities (e.g. walking) five days a week and

strength training twice a week has been shown to be ideal for health and mood. Some studies have even shown lower levels of activity being beneficial to mental health and physical health. Some experts say that you can gain benefits even from just exercising in 10-minute spurts.

Exercise Essentials



Before you start, check with your doctor to get a health baseline. Maybe check with a professional to get some ideas on the types of exercises that is right for you.



Ready, set, go slow

You should gently warm up your body before doing more vigorous activities. Starting slowly gives your muscles and joints a chance to loosen up, which can help prevent injuries. 5-10 minutes of warm-up is usually enough for most people.



Keep going.

Try to exercise regularly, even when you don't want to at first. As you build up your routine, it will get easier. But listen to your body and don't over do it.



Cool off and stretch.

After each work out, don't forget to cool off and do some stretches to help your muscles recover.



Stay hydrated.

After each work out, don't forget re-hydrate so your body and recover and stay active for another day.

Ways to Stay Strong When Building Habits

Keep a record.

Write down why you want to exercise, some realistic goals, and track your achievements. Seeing on paper what you hope for and what you've accomplished can boost motivation. The Presidential Active Lifestyle Award (PALA) challenge has interactive charts to track your progress and resources to keep you motivated and on track.



Make it fun.

You're much more likely to stick with something you enjoy. If you're finding your routine a drag, try something new.

Find a friend.

Working out with a partner can banish boredom. Plus, it's harder to break a commitment when someone else is keeping you accountable.

Put it in your calendar.

Schedule physical activities on your calendar and keep them as you would any other important appointment.

If you drop the ball, pick it up.

It would be a shame to give up just because you missed a few days--or even a few weeks. Remember to acknowledge the work you've done already, no matter how small or irregular.

Figure it out.

Think about what's really stopping you, then find solutions. If you're too tired at the end of the day, try working out in the morning instead. Maybe you're intimidated by the people at the gym; consider working out at home. If you don't know where to get started, you can find exercise routines online.

Reward yourself.

Sure, sticking to your goals is its own reward, but a treat can be extra motivational.

<http://www.mentalhealthamerica.net/get-physically-active>

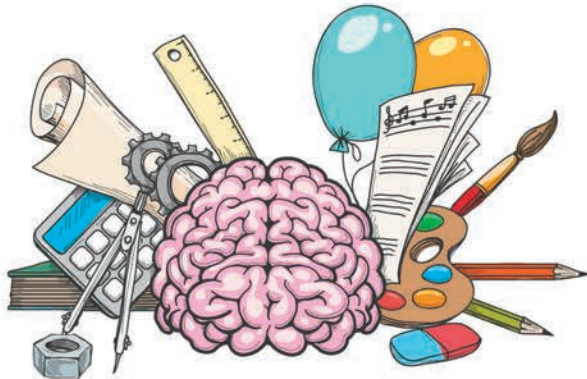
A watercolor painting of pink flowers on a light background. In the foreground, a white palette holds several colors: yellow, pink, blue, and dark brown. The painting features large, soft pink blossoms with delicate petals and some darker purple accents. The overall style is soft and artistic.

Being Creative

Boost Your Psychological Immune System: Being Creative

Creativity isn't limited to making art. We use creativity to work and solve problems in our daily lives. The link between creativity and positive emotions such as joy, love, and curiosity is clearly seen.

Researchers have found that creativity is more likely to coincide with the positive emotions that boost our psychological immune system, which ultimately boosts our resilience and our satisfaction with life. We all have the capacity to be creative and create the conditions for flow through learning about and nurturing creativity.



TRY *NEW* THINGS

If you would like more information on being creative, please feel free to contact our behavioral health language lines. Our bilingual therapists are available to help Monday through Friday from 8:30 am to 5:00 pm.

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"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep."-Linda Poindexter



Staying Connected



Boost Your Psychological Immune System: Staying Connected

Humans are social animals: it is in our biology to want to socialize with others. There are numerous benefits to staying connected.

Benefits of Social Connection

Increased happiness. In one compelling study, a key difference between very happy people and less-happy people was good relationships.

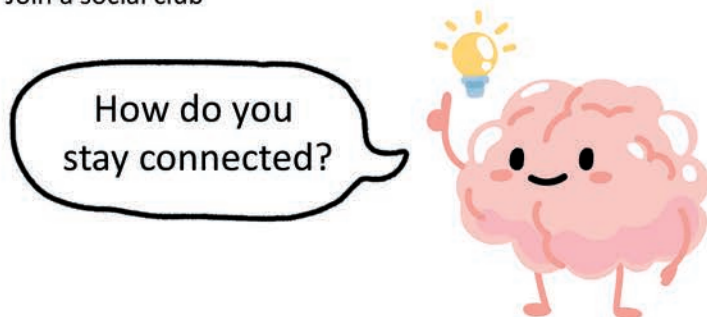
Better health. Loneliness was associated with higher risk of high blood pressure in a recent study of older people.

A longer life. People with strong social and community ties were two to three times less likely to die during a 9-year study.



Ways to Create Connections

- Say hi to your neighbors
- Offer helps to your friends and families, when appropriate
- Give a hug to someone in need and provide emotional support
- Ask for help when you need it
- Call or facetime your friends and your families to stay in touch
- Like a post or picture on your friends or families' social media
- Join a social club



How is your support network?

Your network of friends, family, and peers play an important role when times get tough. Having a strong network of supportive relationships can give you a sense of belonging, increase your sense of self-worth, and give you a feeling of security.

Ask yourself: "Do I have someone in my life who..."

- I feel comfortable with
- I can tell them anything
- Understands me and will help me when I need help
- Makes me feel valued
- Validates me and accepts me

If you feel your current connections don't provide enough support, you can take steps to form new ones. Here are some suggestions:

Enroll in a class that intrigues you. You'll know your classmates already share a common interest; you can make new friends and stimulate your brain at the same time.

Volunteer. Working together builds bonds, and being of service is a rewarding experience.

Reach out. Especially if you're in a new environment, such as starting college or a new job, try to say hello to one person and make a new connection.

Join an activity or interest group. Activity and interest groups have members who are eager to meet and socialize with one another. You can find a group that sparks your interests and try it out. The Asian Health & Service Center may be a good place to start. Come check us out at www.ahscpdx.org.



Strengthening Your Relationships



1. Make a list of the people with whom you want to stay connected. Put a reminder on the calendar.

2. Make plans with others to do something you all enjoy, and stick to them.



3. When spending time together, put your phone away and be in the moment with each other.

4. Practice open and honest communication, with respect and understanding.



5. If conflicts happen, stay calm, take care of your emotions and try to talk to each other.

If you're in a troubled relationship, you shouldn't leave things as they are. Experts say a bad relationship hurts you even more than a good one can help. If your relationship is rocky, it's ok to ask for help.

Strengthening Your Relationships



There are many ways to help make your relationships stronger. Practicing active listening, validating each other, reframing and/or paraphrasing to ensure there are no misunderstandings are all tools you can use to have better communication with your friends and families.

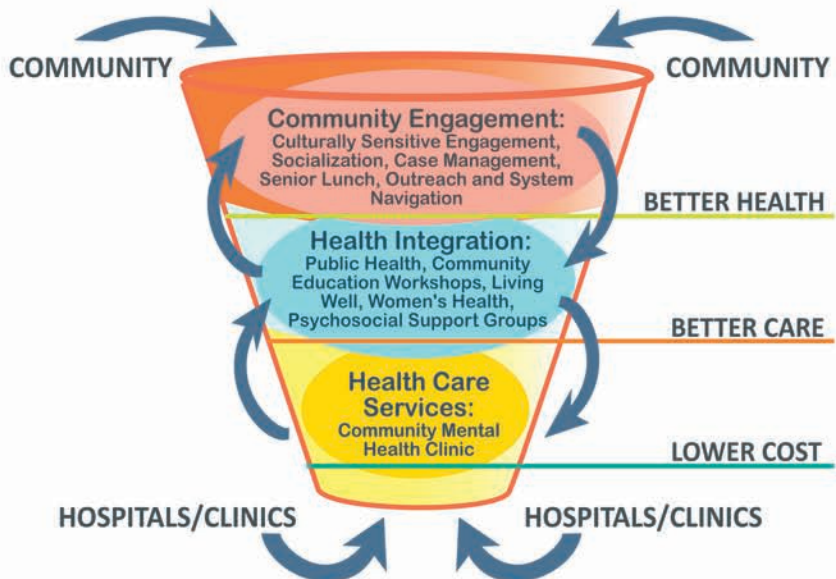
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Vietnamese 503-772-5897

AHSC: Integrated & Holistic Services Model of Care

Asian Health and Service Center (AHSC) is a non-profit, 501(c)(3) that has been dedicated to serving the Portland metropolitan area since 1983. For over 40 years, AHSC has provided services to meet the comprehensive needs of the region's Asian communities. AHSC has grown and adapted to meet the needs of the growing Asian populations. The *mission* of AHSC is to be the bridge between Asian and American culture and build a harmonious community. The *vision* is to reduce health inequity and improve healthcare quality for all Asians. With our *multilingual, culturally specific approach*, AHSC helps Asian immigrants adjusting to a new culture, accessing health services, participating in social activities, and connecting to their cultural heritage through an *Integrated & Holistic Services Model*.

AHSC's Integrated & Holistic Services Model



AHSC's Integrated & Holistic Services Model - 4Es

Components of this model embody four key values :
Engage, Encourage, Enable and Empower.

AHSC's Integrated & Holistic Services Model that combines community engagement of individuals with health and behavioral health services and “wraparound” support systems. This model was refined using research data from AHSC's own 2006 community-based participatory research project in collaboration with Portland State University.

AHSC's Integrated & Holistic Services Model uses culturally specific programming to engage clients in a culturally and linguistically sensitive environment **BEFORE** they need immediate health services and social supports. Our engagement activities draw people to AHSC and establish significant trust within communities. Once trust is established, AHSC introduces health information and services.

The model uses the **4 Es** – **Engages** clients in a culturally and linguistically specific manner, **Empowers** them to manage their own health with knowledge, resources, education, and early intervention, **Enables** client's access to healthcare resources, and **Encourages** members of the community to seek treatment and learn prevention strategies.

Our model has shown that culturally and linguistically specific engagement that improves social connectedness and emotional wellness, improves identification of and connection to needed health, social health, and behavioral health resources; and can prevent crises and urgent behavioral health issues. AHSC knows from years from years of experience that engaging community members through group experiences is a great entry point into our array of services, and builds the trust for individual support when, and if, it is needed.

What We Do at AHSC

Community Engagement:

AHSC offers a continuum of social and support services in a culturally sensitive setting by reaching out to Asian immigrants, connecting them with the arts and culture of their homeland, providing opportunities for socializing, and fostering a sense of community. Our culturally relevant and linguistically appropriate community outreach includes our popular Ethnic Outreach & Meal Service Program for seniors and our Information Assistance Program.

Public Health & Wellness:

AHSC provides culturally and linguistically appropriate public health and social services to help community members maintain their health. The integrated care includes providing individual case management and group activities, such as health and wellness education workshops, support groups, health screenings and access to health care making appointments with primary care providers and making proper referrals.

Behavioral Health Services:

AHSC provides state-certified outpatient mental health services and problem gambling support for individuals living in the Tri-county areas. Our clinicians are especially aware of the challenges Asian communities face when accessing Behavioral Health services, from language barriers to cultural misconceptions about mental health. AHSC's mental health team provides culturally sensitive and language-specific therapeutic services in Cantonese, Mandarin, Korean, Vietnamese, and English.

AHSC Behavioral Health

The Asian Health & Service Center's Behavioral Health Program is an OHA-approved Culturally and Linguistically Specific Service (CLSS), specializing in providing comprehensive and holistic Mental Health Services and Problem Gambling support for the Asian Communities residing within the Tri-Counties area.

Our culturally competent and linguistically matched clinical services are provided by qualified mental health professionals from diverse cultural backgrounds, speaking Cantonese, Mandarin, Korean, Vietnamese, and English. Our clinicians honor members' intersectionality of identities to provide trauma-informed and person-centered care, to help members achieve their goals and vision for the future.

Our Services

At our Portland and Beaverton locations, we offer:

- Comprehensive assessments performed by Master level clinicians, and psychiatric assessments conducted by one of our licensed medical providers
- Bilingual and bicultural individual therapy for anyone 16 years old or older
- Family therapy and couples therapy
- Individual and group skills training
- Case management
- Activities therapy
- Medications management
- Problem Gambling Support
- Emotional Support for Stress and Anxiety
- Early Engagement (brief counseling without enrolling)
- Generational Resource Connection (GRC) Program

Community Mental Health Education & Prevention Services

Psychoeducation & Mental Health Awareness:

- Offer culturally responsive psychoeducation to reduce stigma around mental health.
- Empower individuals and communities with knowledge to recognize and manage mental health challenges.
- Build community resilience through open dialogue and information of resources.

Wellness & Skill-Building Workshops:

- Host practical, skills-based workshops on topics such as:
 - Self-care and stress management
 - Parenting strategies that support emotional wellbeing
 - Communication and relationship skills
- Promote everyday practices that support mental health and emotional regulation.

Preventive Education & Early Intervention:

- Provide evidence-informed training on topics including:
 - Suicide prevention and early warning signs
 - Caregiver stress and burnout prevention
 - Recognizing mental health symptoms before they escalate
- Strengthen community capacity to intervene early and prevent crisis escalation.

Appendix I:

Join Our Weekly Activity Groups at AHSC!

The Asian Health & Service Center (AHSC) offers weekly activity groups designed for diverse Asian communities. Offered in Cantonese, Mandarin, Korean, and Vietnamese, these sessions feature fun and engaging activities, health education workshops, and a welcoming environment.

Each group begins with a 45-minute moderate exercise session, followed by enriching discussions, classes, or cultural celebrations.

Whether you join one group or several, it's a great way to stay active, connect with others, and enjoy a supportive community.

Visit www.ahscpd.org for the latest group schedules and updates!



Appendix II:

Word Search

L	J	H	O	Q	C	F	M	A	N	A	G	E	T	L	N	O	N
Z	R	E	E	Y	H	E	B	E	T	T	E	R	M	X	B	T	F
G	E	A	G	C	R	E	A	T	I	V	E	D	H	Y	D	A	U
M	L	L	P	S	Y	C	H	O	L	O	G	I	C	A	L	L	N
E	A	T	E	I	M	M	U	N	E	S	C	E	A	T	Y	O	N
N	X	H	S	T	R	E	S	S	U	X	S	W	D	S	B	J	H
T	I	B	C	O	N	N	E	C	T	E	D	Y	F	S	I	K	R
A	N	M	K	D	M	J	O	S	B	Y	M	N	S	H	O	A	F
L	G	K	W	G	Y	D	V	T	H	O	L	I	S	T	I	C	N
X	S	E	R	V	I	C	E	J	N	Q	W	P	B	L	E	P	I
W	E	L	L	V	R	E	G	U	L	A	R	R	C	I	G	M	I
C	E	N	T	E	R	O	T	U	B	T	Y	S	L	E	E	P	X

Find the following words in the puzzle.
Words are hidden → ↓ and ↘.

ASIAN
BETTER
CENTER
CONNECTED
CREATIVE
EAT
FUN

HEALTH
HOLISTIC
IMMUNE
MANAGE
MENTAL
PSYCHOLOGICAL
REGULAR

RELAXING
SERVICE
SLEEP
STRESS
SYSTEM
WELL

Answer Key to Word Search

Word Search

.	.	H	.	.	.	.	M	A	N	A	G	E	.	.	.	.	.
.	R	E	.	.	.	.	B	E	T	T	E	R	.	.	.	.	F
.	E	A	.	C	R	E	A	T	I	V	E	.	.	.	.	.	U
M	L	L	P	S	Y	C	H	O	L	O	G	I	C	A	L	.	N
E	A	T	.	I	M	M	U	N	E	.	.	E	A	T	.	.	.
N	X	H	S	T	R	E	S	S	.	.	S	.	.	S	.	.	.
T	I	.	C	O	N	N	E	C	T	E	D	Y	.	.	I	.	.
A	N	.	.	.	.	.	.	.	.	.	.	S	.	.	A	.	.
L	G	.	.	.	.	.	.	H	O	L	I	S	T	I	C	N	.
.	S	E	R	V	I	C	E	.	.	.	.	.	.	.	E	.	.
W	E	L	L	.	R	E	G	U	L	A	R	.	.	.	M	.	.
C	E	N	T	E	R	.	.	.	.	.	.	S	L	E	E	P	.

Word directions and start points are formatted: (Direction, X, Y)

ASIAN (SE,14,5)

BETTER (E,8,2)

CENTER (E,1,12)

CONNECTED (E,4,7)

CREATIVE (E,5,3)

EAT (E,13,5)

FUN (S,18,2)

HEALTH (S,3,1)

HOLISTIC (E,10,9)

IMMUNE (E,5,5)

MANAGE (E,8,1)

MENTAL (S,1,4)

PSYCHOLOGICAL (E,4,4)

REGULAR (E,6,11)

RELAXING (S,2,2)

SERVICE (E,2,10)

SLEEP (E,13,12)

STRESS (E,4,6)

SYSTEM (SE,12,6)

WELL (E,1,11)

Notes:

BEHAVIORAL HEALTH

Help is only a phone call away.



Are you or your loved one
facing life challenges?

您或您的所愛之人是否面臨心理
健康的挑戰?

您或您的所愛之人是否面臨心理
健康的挑戰?

당신이나 당신의 사랑하는
사람이 정신적인 어려움을
겪고 계신가요?

Quý vị hay người thương yêu
đang phải đối mặt với khó khăn
về tâm lý?



FOR SERVICE IN YOUR LANGUAGE

ENGLISH 503-772-5893 MANDARIN/普通話 503-772-5894

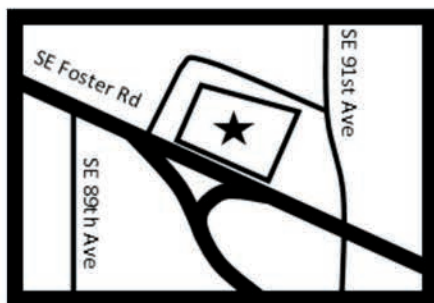
KOREAN/한국어 503-772-5896 CANTONESE/粵語 503-772-5895

VIETNAMESE/ Tiếng Việt 503-772-5897



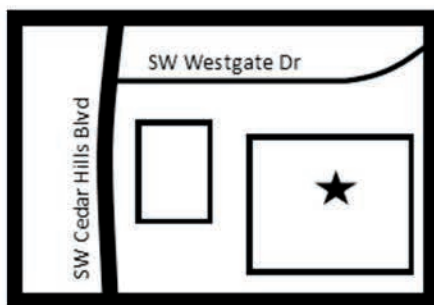
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