

4A+ Health

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4A+Health Team members

- * Individual Leadership Goals
- * Lessons learned



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Project Development

Impact Statement: Increase awareness and utilization of behavioral and mental health resources related to anti-bullying among the Asian American Community

Original objectives:

- ▶ *Survey Asian American college students to determine the extent to which they experienced bullying in school and resources they had available.*
- ▶ *Develop exhausted list of resources*
- ▶ *Propose a mentorship program to provide links for students at every level to the next level experienced students. Healing aspects for both sides.*
- ▶ *Develop community curriculum to address bullying at all levels, including available resources.*

Revised Objectives:

- ▶ Increase awareness of bullying in youth, including cultural differences and impacts, among parents, youth, educators, and other stakeholders.
- ▶ Increase engagement by stakeholders to support anti-bullying and the 4A+Health initiative
- ▶ Increase awareness of 4A+Health and bullying prevention and intervention resources and services

Leadership Journey



- 🌀 Change in project scope
- 🌀 Motivate and engage community stakeholders
- 🌀 Balancing flexibility & structure
- 🌀 Understanding strengths and limitations
- 🌀 Embracing unplanned learning opportunities

PROCESS

- ▶ Met with various community members and organizations
- ▶ Conducted 2 community stakeholder meetings
 - ▶ June 16, 2014
 - ▶ Introduce the project
 - ▶ Engage key stakeholders
 - ▶ Develop ideas
 - ▶ November 1, 2014
 - ▶ Update progress
 - ▶ Finalize working groups
- ▶ Created a communication platform
- ▶ Compiled a list of resources

Challenges



▶ **Things to Learn and Do**

- ▶ Asian American experiences compared to other minorities
- ▶ Perspectives from youth and parents
- ▶ Connect and Collaborate with stakeholders
- ▶ Engage and Educate the Community

▶ **Things to Keep in Mind**

- ▶ The Role of Diversity
- ▶ Three-pronged approach: Bully, Bullied and Bystanders
- ▶ Provide Education and Support
- ▶ Promote systems and policies

NEXT STEPS

- ▶ Continue to use the email distribution list to inform stakeholders of opportunities to participate and support.
- ▶ Utilize the Austin Asian Behavioral Health Network (AABHN) website to host resources and share information through their list serve.
- ▶ Continue with focused workgroups in 2015. Interested individuals are welcome to participate in the project specific workgroups
 - ▶ Separate google group for parents/children to share experience and information
 - ▶ Various video initiatives
 - ▶ Parent and community education
 - ▶ Surveys/Interviews
 - ▶ Teacher education and identification of a potential pilot school
- ▶ As progress is made in these areas, long term goals of developing a curriculum and a mentoring system can be explored

"I was bullied in middle school by another kid... years later, he told me he didn't remember... because he had been dealing with his parents' divorce, his own abusive father, and poverty of his family. If I had known...things might have been different."

-Event Attendee

