

2023 Annual Report

KAMHA

Korean American Mental Health Association

kamha 
KOREAN-AMERICAN MENTAL HEALTH ASSOCIATION

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Welcome Message from the KAMHA President

Karen Lee, Ph.D., LCSW, MSPH



Dear Members, Donors, and Volunteers,

I begin this message with deep gratitude for all of you who have been an integral part of KAMHA's extraordinary journey. In the year 2023, our organization experienced significant growth, welcoming new members and engaging in a diverse array of activities. Moreover, we successfully transformed from a modest membership organization into an officially registered non-profit entity, embarking on a path firmly aligned with our mission.

Within the pages of our annual report, we present a multitude of achievements. These accomplishments encompass the delivery of comprehensive training sessions tailored for providers and the wider public, the establishment of invaluable networking opportunities among mental health professionals in Southern California, and our advocacy for enhanced access to mental health services for our fellow Korean Americans in need.

Our unyielding belief is founded upon the conviction that, through our steadfast support of providers via education and the cultivation of invaluable networks, we can lay the groundwork for a more sustainable approach to delivering superior care to the communities they so devotedly serve. Over the course of this year, our keen observations have borne witness to an enhanced sense of well-being among our members and the individuals they tirelessly support, serving as an enduring source of inspiration that propels us to redouble our collective efforts.

Each of you has made a unique and invaluable contribution to our shared endeavor. Our commitment remains unwavering as we resolutely march towards the realization of our vision and mission. We are united in our commitment to collaborate harmoniously with like-minded organizations dedicated to the holistic well-being of our cherished Korean American community.

Profound gratitude is extended to you for your unwavering support and dedication to KAMHA's mission. Together, we will make a meaningful impact in the field of mental health and the well-being of Korean Americans.

With gratitude and determination,

Karen Kyeunghae Lee
President, KAMHA



Welcome Message from the KAMHA Vice President: Looking Ahead

Heather Park, AMFT

We are delighted to share that KAMHA had a successful year in 2023, thanks to our members' dedicated efforts and community support. Building on this momentum, we are excited to take another step forward in serving the Korean American community through strengthening professional and community education and professional network opportunities.

In the upcoming year 2024, the theme of our training will center around enhancing professional knowledge and skills in assessing and treating Attention-Deficit/Hyperactivity Disorder (ADHD). Consistent with this theme, our community education efforts will also focus on providing education on ADHD for Korean parents/caregivers of children and others in the Korean American community interested in ADHD.



In 2024, we will continue to hold the KAMHA Annual Networking Event, open to KAMHA members and other mental health professionals. This event will create a space for our members to connect with and create support systems among Korean American mental health professionals, which impact their work with Korean Americans and community. Next year, we will also host another Career Exploration Event for those interested in the fields of mental health profession.

We are eager to embark on this journey in 2024. With the Korean American community and KAMHA together, we look forward to making a meaningful impact on the mental health landscape in our community, especially in reducing the stigma toward mental illness and enhancing mental health in the Korean American community.



Founder's Message

Mikyong Kim-Goh, Ph.D., LCSW

Korean American Mental Health Association (KAMHA) was founded in 2015 by a group of social workers, marriage and family therapists, and aspiring psychologists in Orange County in response to growing mental health needs of Korean communities in the region. The inaugural meeting drew seventeen Korean American social workers and therapists, laying the foundation for the organization's subsequent growth. As the founder of KAMHA, I assumed the role of its first President, serving from 2015 to 2017. From its inception, KAMHA has been committed to bridging the Korean community with essential resources, fostering mental health awareness, mitigating stigma associated with seeking human services, and enhancing the overall well-being of this underserved population.



Operating as a member-driven entity, KAMHA placed considerable emphasis on soliciting input and ideas from its members. Aligned with its mission—Networking, Education, and Advocacy to advance the mental well-being of Korean Americans in Orange County—the organization actively supported its members and the broader Korean American communities. This support took the form of educational initiatives, networking opportunities, and advocacy efforts to ensure culturally appropriate and equitable mental health services for Korean communities in the region. For instance, KAMHA organized sessions featuring guest speakers from various agencies who addressed pertinent topics relevant to the mental health of Korean populations, such as Independence at Home (IAH) services for older adults by SCAN and Full-Service Partnership (FSP) programs by KCS. Additionally, doctoral students in clinical psychology from Azusa Pacific University provided comprehensive training on Cognitive Behavioral Therapy for KAMHA members.

The organization also facilitated collaboration with other community groups. The founder of VietCARE, a Vietnamese community organization dedicated to enhancing the lives of individuals facing mental and behavioral health challenges, shared insights into his inspirational journey in establishing the organization. In a significant outreach effort, KAMHA hosted a screening of "The Laundromat," a film addressing Asian American mental health and stigma, at the annual Multi-Ethnic Arts & Family Festival held at the Bowers Museum in Santa Ana in May 2017. Collectively, KAMHA members identified key service gaps within Korean American communities, including the need for senior mental health services, interventions for gambling addiction, group-based programs, preventative measures for youth, and Alzheimer's support groups.

[Tani Gho was the president from 1/2018-12/2019; Dr. Karen Lee assumed the presidency from 1/2020.]

In the face of leadership transitions and the unprecedented challenges posed by the recent pandemic, KAMHA navigated its own set of obstacles accompanying its growth. Nevertheless, it is a source of immense pride for me to witness KAMHA's current trajectory, marked by the inclusion of new members and the implementation of dynamic programs that infuse the organization with vitality and vigor. Anticipating the continued expansion of KAMHA, I am eager to observe its sustained growth and the profound impacts it will undoubtedly make on the well-being of Korean communities in the years ahead.



KAMHA at a Glance

Mission

The Korean American Mental Health Association (KAMHA) is an association of mental health and human service professionals working to advance the mental well-being of Korean Americans in Southern California through networking, education, and advocacy.

Vision

Our vision is to break through barriers and promote access to behavioral health services in the Korean American community.

Bylaws



KAMHA at a Glance

Leadership

Executive Board



President
Karen Kyeunghae Lee, Ph.D., LCSW, MSPH



Vice President
Heather Park, AMFT



Secretary-General
Mija Lee, LPCC, NCC



Treasurer
Inae Yoo, LMFT



Clerk
Jungwon Kim, LMFT

Committee Chairs



Education Committee
Juye Ji, Ph.D.



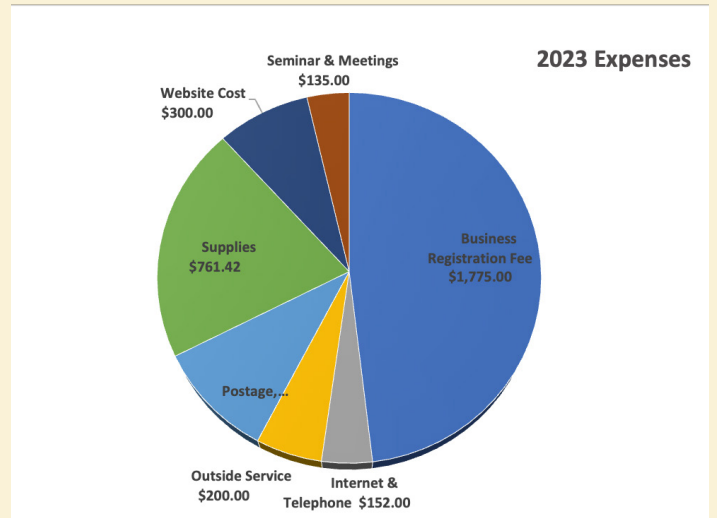
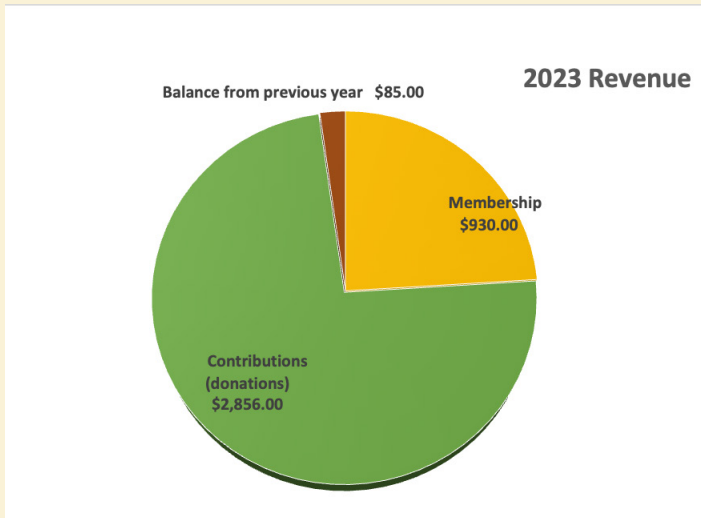
External Relations Committee
Sylvia Kwon, LMFT

Founder



Founder
Mikyong Kim-Goh, Ph.D., LCSW

Fiscal Report



		2023
Revenue		
Membership	\$	930.00
Contributions (donations)	\$	2,856.00
Balance from previous year	\$	85.00
Total	\$	3,871.00
Expenses		
Business Registration Fee	\$	1,775.00
Operations		
Internet & Telephone	\$	152.00
Outside Service	\$	200.00
Postage, Mailing Service	\$	365.60
Supplies	\$	761.42
Website Cost	\$	300.00
Seminar & Meetings	\$	135.00
Total	\$	3,689.02
Net Income at the beginning of the year 2023	\$	85.00
Net Income at the end of the year 2023	\$	181.98

Special Thanks to the Donors!

David Ha
 Sylvia Kwon
 Mikyong Kim-Goh
 Los Angeles Pet Care, Inc.
 Inae Yoo
 Jean Kim

KAMHA Members (End of Year Auction)



KAMHA Highlights: A Quick View



Saturday Wellness Club
 Movie Club • Book Club

October

Parenting Seminar ("Living as Parents of Adolescents") for Korean American Community Members (Dr. Young-Joo Han)



June

Professional Training: Trauma and Misdiagnosis in Youth (Dr. Juye Ji)

May

Trauma-informed Yoga Training @ Annual Networking Event (Briana Perlson, LCSW)



2021-2022

Professional Training: Narrative Therapy Workshop Series November 2021-May 2022 (Dr. Sun Hae Lee)

2020-Present

Third President (Karen Lee, Ph.D., LCSW, MSPH)

KAMHA Founded Founder & First President (Mikyong Kim-Goh, Ph.D., LCSW)

2015

2015

December

2023 End of Year Gathering & Fund-raising



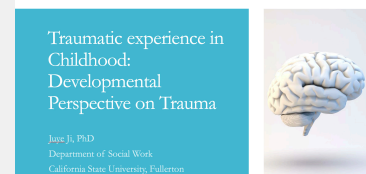
September



1st Community Outreach Event: Career Exploration in Mental Health for College Students

March

Professional Training: Trauma Experiences in Childhood: Developmental Trauma (Dr. Juye Ji)



2023

February

KAMHA registered as a Nonprofit Agency, 501(c)(3) in CA

2021

KAMHA Conference Oct. 2021: Reconnecting to Our Community and Clients

2018-2019

Second President (Tani Gho, LCSW)



KAMHA 2023 Professional Trainings

The primary emphasis of professional training at KAMHA in 2023 centered around the theme of "Trauma."

Dr. Juye Ji, an Associate Professor at California State University, conducted two in-person training sessions for the members. The initial session delved into Developmental Trauma, specifically exploring traumatic experiences in childhood. The subsequent training focused on the issues of Misdiagnosis in individuals affected by trauma. Moreover, a significant number of KAMHA members actively participated in a 4-hour live webinar* facilitated by Dr. Bessel van der Kolk, a highly esteemed scholar in the field of trauma practice.



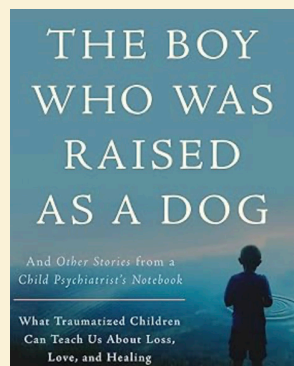
Juye Ji, Ph.D.

During the KAMHA Annual Networking Event, Ms. Briana Perlson, LCSW, organized a trauma-informed yoga session for the members.

In addition, throughout the year, Dr. Ji assumed a leadership role in facilitating KAMHA book club meetings. Members engaged in reading "The Boy Who was Raised as a Dog" by Dr. Bruce Perry, and these sessions involved in-depth discussions on the neurobiology of trauma.

In summary, KAMHA's professional training initiatives in 2023 were comprehensive, encompassing various aspects of trauma under the guidance of knowledgeable professionals and scholars.

* This seminar was hosted by the Department of Social Work at California State University, Fullerton.



KAMHA Clubs: Promoting Self-Care & Professional Development

Mija Lee, LPCC, NCC, Secretary-General at KAMHA shares her experience in coordinating and participating in various KAMHA Clubs.

I have always talked about the importance of self-care and self-compassion to my clients. But to be honest, regularly engaging in self-care practices is also difficult for me as I have too many things on my plate, including heavy caseloads and family responsibilities.

Although I am well aware of the consequences of neglecting self-care practice on an ongoing basis, securing time for myself is hard, and sometimes I totally forget about it. However, thanks to amazing KAMHA members, I have been reforming my self-care habits and could feel the huge difference in my life in several ways.



Mija Lee, LPCC, NCC



In the year 2023, KAMHA was more active than ever before with a variety of self-care activities, including Movie Club, Saturday Wellness Club, and Book Club. We enjoyed movies, popcorn, and fun chats through the movie club and became stronger and healthier physically and mentally through hiking in the Saturday Wellness Club. Furthermore, with the theme of trauma in the 2023 Book Club, we discussed mental health topics in-depth, which motivated me to read and learn more.

I truly appreciate all members who joined the club activities, sharing their time and positive vibes. Increased immunity toward stress, confidence, and a sense of belonging built through such time together are invaluable.

As a group of mental health professionals, we all agree that self-care is fundamental for not only our personal life but also our professional life, and now I learned that good self-care is not a matter of just will but it is more about having good people around you who share laughter and passion with you.



KAMHA Internship

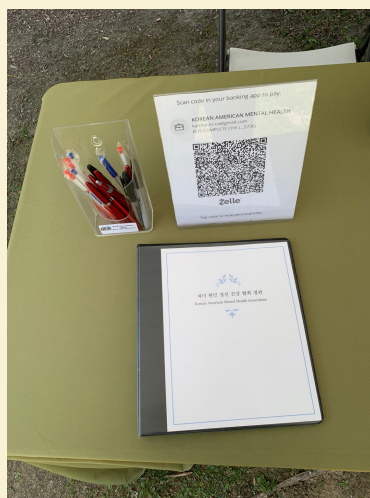
The Launch of KAMHA Internship Program ("KAMHA-I")

A Message from the Chair of the KAMHA-I, Jungwon Kim, LMFT



Aligned with KAMHA’s mission to enhance the mental well-being of Korean Americans in our community, we reached a consensus on the significance of extending opportunities for the next generation to connect with mental health professionals and gain foundational knowledge of mental health services. Commencing the internship program in May, 2023 with three members, we organized educational meetings covering various topics, including mental health case management, crisis intervention, counseling, career exploration in mental health, and professional social networking.

Throughout the program, participants actively engaged in supporting and volunteering for KAMHA’s initiatives. This included contributing to KAMHA’s social media development, designing event flyers, and participating in various KAMHA-sponsored events. As the KAMHA member who led the internship program, I have had the privilege to collaborate with individuals eager to contribute to the mental health of our community. We hope that this spirit of commitment will flourish throughout the program.



KAMHA Internship

Reflections of Year 2023: From KAMHA Interns



Tiffany Chang
University of California, Irvine
B.A. in Psychology graduate

As a recent psychology graduate, my time at the Korean American Mental Health Association (KAHMA) has been transformative. This internship expanded my understanding of various career paths and therapeutic methods within mental health. Each session was a profound lesson in therapy's intricate workings.

The connections fostered during this experience led to a new job opportunity working in a mental health-related non-profit organization—a blessing I'm deeply grateful for.

Looking forward to 2024, I'm excited to further grow with KAHMA. The prospect of continuing my journey in the mental health field alongside such a dedicated organization fills me with enthusiasm. I'm thankful for the guidance received and eagerly anticipate contributing more to the cause of mental health advocacy while expanding my knowledge and skills.

Working with KAMHA has been an insightful and educational journey. As a student, my internship has allowed me to learn about mental health services outside the classroom while working for my community. It has allowed me to study specifics about the field by listening to first hand experiences from working professionals, an opportunity I am grateful to have had.

Most importantly, this position has given me the chance to connect with amazing members working for the betterment of the mental health field and the Korean American community. Hearing from many different perspectives helped me to imagine my own path and has given me a better understanding of what may be in store for me. I hope to use my experience with KAMHA to become an active participant in mental health advocacy and contribute valuable insight to the growing field.

I am grateful to have the opportunity to be part of KAMHA and I look forward to contributing next year as well!



Chaeyeon Kim



A message from our member

KAMHA for me is

Hello! I joined the KAMHA just last year, thanks to my coworker, Ms. Inae Yoo, who invited me to the KAMHA events. I am thrilled to be connected with other Korean American professionals dedicated to enhancing mental wellbeing of Korean Americans and the community.

Unlike Northern California where I pursued my MSW degree, LA has a pretty large group of AAPI populations. However, as a newbie Asian American social worker who works in the field of mental health, I felt somewhat isolated as it seemed like the mental health needs of AAPI received relatively less attention than those of other racial/ethnic groups. Networking with KAMHA members, including those who have been in this field before me, has been a great support for me and has instilled a sense of pride in me as a Korean mental health social worker.

I enjoyed the monthly book club and the end-of-year gathering, all of which allowed me to learn from colleagues (and their wisdom) at KAMHA. I look forward to the upcoming KAMHA events and engaging with other mental health professionals in 2024, where I could grow further as a social worker!



Lydia Kim, Psychiatric Social Worker I, ACSW,
LA County Department of Mental Health Koreatown Mental Health Center



Thank you

KAMHA Members, Supporters, and the Korean American Community!



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Korean American Mental Health Association

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