



# Mental Health Association in California

1127 – 11th Street, Suite 925, Sacramento, CA 95814

tel: 916-557-1167 • fax: 916-447-2350 • e-mail: [mail@mhac.org](mailto:mail@mhac.org) • website: [www.mhac.org](http://www.mhac.org)

## ***Saving Face: Recognizing and Managing the Stigma of Mental Illness in Asian Americans***

*Saving Face: Recognizing and Managing the Stigma of Mental Illness in Asian Americans* is a 1 hour 8 minute training DVD that is targeted to psychiatry residents, medical students, social work students and practicing social workers, clinical and counseling psychologists, nurses and case managers. The over-arching goal is to demonstrate a culturally competent approach to addressing the stigma of mental illness in Asian American patients. Specific learning objectives are:

- To demonstrate how Asian American patients present their stigma of mental illness.
- To demonstrate how skilled therapists manage the stigma.
- For clinicians who will be seeing patients, to demonstrate how the DSM-IVTR Outline for Cultural Formulation can be used to organize the patient's socio-cultural issues and make them part of the differential diagnosis and treatment plan.

The DVD is comprised of three interviews of Asian-American simulated patients, and their ethnically matched real clinicians in therapy sessions. The objectives of these scenarios are to demonstrate how Asian-American patients present their stigma, and how skilled therapists manage it. The vignettes include:

- A young, well-educated bicultural professional Indian-American woman with Bipolar Disorder.
- A 54- year old Vietnamese-American man with PTSD and depression.
- The parents of an 8-year-old Filipino-American second grader with Attention Deficit Hyperactivity Disorder (ADHD) who was suspended from school for having a knife in his backpack and could not return without psychiatric evaluation.

In these vignettes the viewer will see patients at various stages in the treatment process. The Filipino-American case shows parts of multiple sessions, enabling the viewer to observe how issues are revealed and managed over time.

A combined study/facilitator's guide is available in downloadable form at [www.mhac.org](http://www.mhac.org).

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1127 11<sup>th</sup> Street, Suite 925  
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### **PRICING INFORMATION**

DVDs are being distributed at the price of shipping and handling. The pricing structure is in bulk, not per copy.

- 1 DVD: \$10
- 2 – 5 DVDs: \$20 (*This is the amount due whether you order 2, 3, 4, or 5 DVDs. This is not a per item charge.*)
- 6 – 10 DVDs: \$30 (*This is the amount due whether you order 6, 7, 8, 9, or 10 DVDs. This is not a per item charge.*)
- 11+ DVDs: \$30 per each additional 10 copies over the original 10.