

# YEAR END REPORT 2023

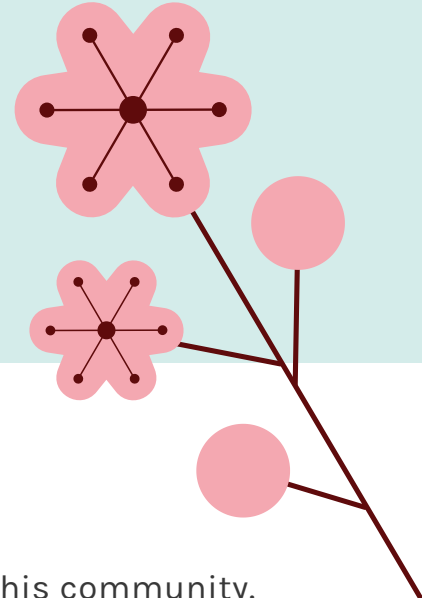
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asian  
mental health  
collective

# GREETINGS FROM THE EXECUTIVE DIRECTOR

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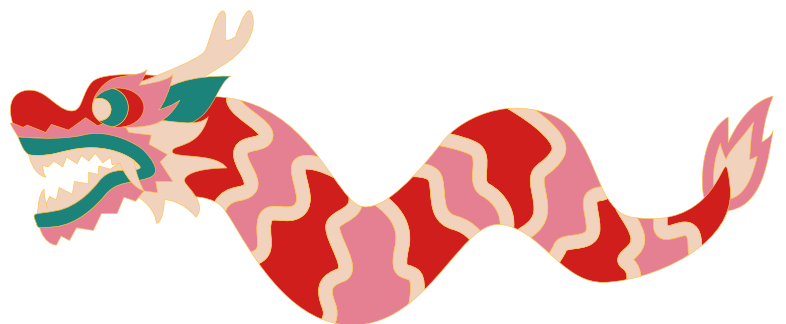


Dear AMHC Community,

Thank you so much for a meaningful and exciting year serving this community. I joined AMHC in March of 2023, as the first full time hire in an organization that had been powered by thousands of volunteer hours over the years.

Since our founding in 2020, we have rapidly grown from a couple of Asian therapists and their friends talking about mental health, to one of the most widely recognized Asian mental health organizations in the country. With your support this year we were able to do some incredible things, such as doubling the number of people served by our Lotus Therapy Fund, mobilized to provide crisis mental health support in the aftermath of mass violence, and offered hundreds of hours of community support spaces for Asians.

Alongside all of these accomplishments, we also recognized that we were far overdue for some big picture thinking - understanding what we want to be achieving and planning out how to get there. As a result, we've spent the past few months engaged in a comprehensive process of strategic planning - taking stock of our past achievements and impact, reflecting on our internal capacity and envisioning the future of the mental health support for Asian diaspora communities.



# GREETINGS FROM THE EXECUTIVE DIRECTOR

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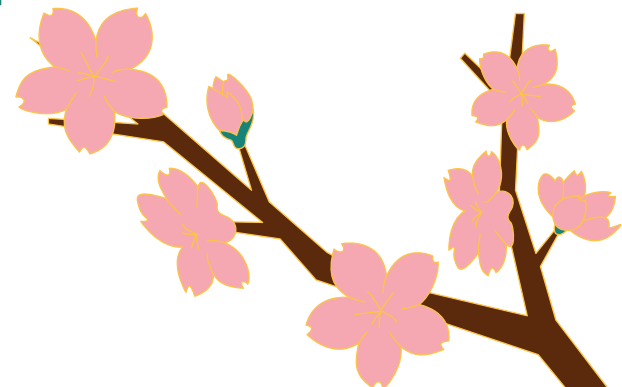
I will remember 2023 as both a year marked by tragedy and loss for so many AAPIs but also a year where I saw our community come together to demonstrate resilience, compassion and solidarity. After the Half Moon Bay and Monterrey Park tragedies, the shootings in Allen TX, the ongoing genocide in Gaza, we saw the AMHC community step up to donate their time, get educated and share much needed mental health support for those in need. Your support this year has not only allowed us to mobilize mental health resources during times of crisis, but also sustain the ongoing mental health resources we continue to provide.

As we enter another year, AMHC commits to continuing to provide crisis mental health support, ongoing access to therapy for our community, and creating spaces for us to come together as Asians to directly address our mental health needs.

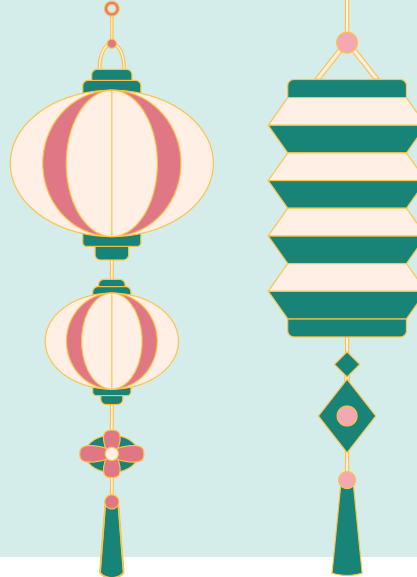


**ayesha meer**

EXECUTIVE DIRECTOR



# TEAM HIGHLIGHTS



## welcome.

We are excited to welcome our incoming Board Directors - James Wu, Linda Thai, Kaila Tang, Christian de Luna, and Laura Luo. As well, a warm welcome to our new Executive Director, Ayesha Meer, and the loyal volunteers we have hired to the team as consultants - taking on more key functions of the organization and advancing our mission of making mental health more accessible to the Asian community.

## thank you.

We wanted to express our gratitude to our outgoing Board Directors - Gregory Cendana and Krystle Canare. Thank you for your leadership, dedication and support of Asian Mental Health Collective.



We also want to thank our major funding partners - it is with their support that we are able to do what we do.



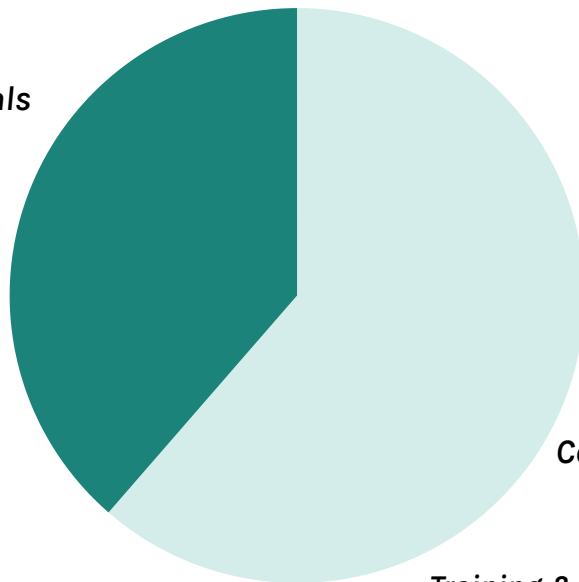
# FINANCIAL REPORT



## 2023 revenue

<b>Total Revenue</b>	\$565,896.10
<b>Corporate &amp; Foundation Grants</b>	\$347,385.67
<b>Donations Directed by Individuals</b>	\$218,510.43

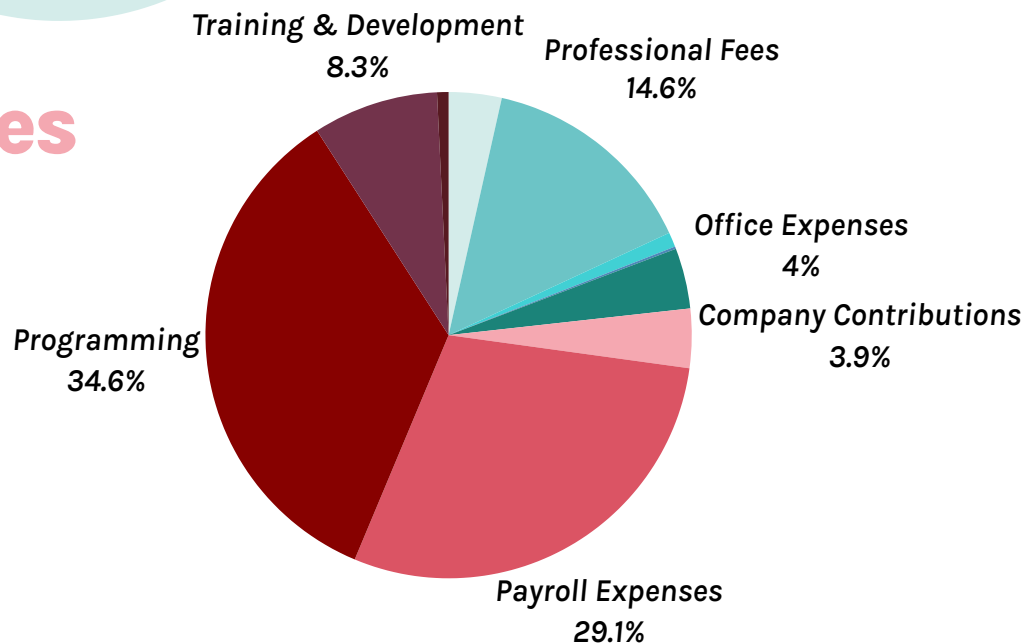
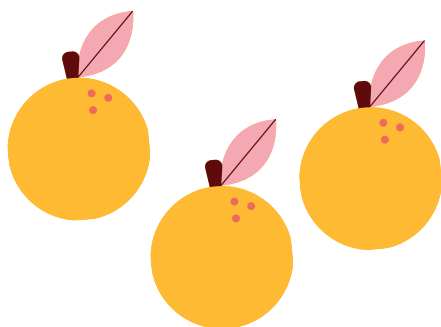
Donations by Individuals  
38.6%



Corporate & Foundation Grants  
61.4%

## 2023 expenses

**Total Expenditures**  
\$314,306.19



# CLINICAL PROGRAM HIGHLIGHTS

## lotus therapy fund



- Doubled the value of Lotus Therapy Fund with thanks to key donor Hot Topic Foundation
- Increased from 25 recipients to 30 recipients per cohort
- Transitioned LTF from being managed by an external party to being managed completely by our team

## support groups

- 6 support groups
- 46 support group sessions
- 412 attendees registered
- Topics covered: intimate relationships, adoptee experiences, intergenerational cultural conflicts, LGBTQIA+ experiences, building resilience, and more

- GIVING TUESDAY -

"Shame is such a prominent theme in Asian cultures, that it was insightful to hear other who identify as Asian share their stories.

I've never had access to something like this - a space to share and listen and be understood with other Asian Americans like myself."

-- COMMUNITY SUPPORT GROUP PARTICIPANT

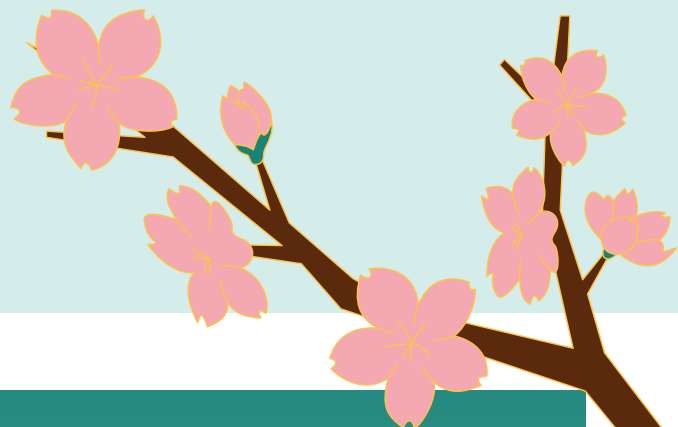


## therapist directory

With roughly 900 therapists added this year, we have reached 2,600 therapists!



# COMMUNITY RESOURCES



## crisis response & processing spaces

We hosted healing, processing spaces in collaboration with mental health providers & partner organizations for tragic events in Half Moon Bay, Monterey Park, and Gaza.

### processing collective grief

led by sara stanizai, afghan-american therapist  
and manpreet kaur, breathwork facilitator &  
meditation guide

emotional wellness check in for  
those affected by the  
palestinian genocide

mon nov 6  
virtual via zoom

6PM PST  
9PM EST



asian  
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## transformasian



The conference saw 570 registrants, 178 attendees at any given time, and 16 unique panelists and performers featuring wesley chan of wong fu productions as our keynote speaker.

## subtle asian mental health

Our Facebook group reached 61, 653 members sharing their mental health stories and concerns, and providing peer support to each other.