

哈维中文学校健康公平项目专题

资金来自地平线基金会 2019 健康公平基金的支持

HOWARD COUNTY CHINESE SCHOOL
HEALTH EQUITY GRANT PROJECT PILOT PROGRAM
Sponsored by Horizon Foundation 2019 Health Equity Grant

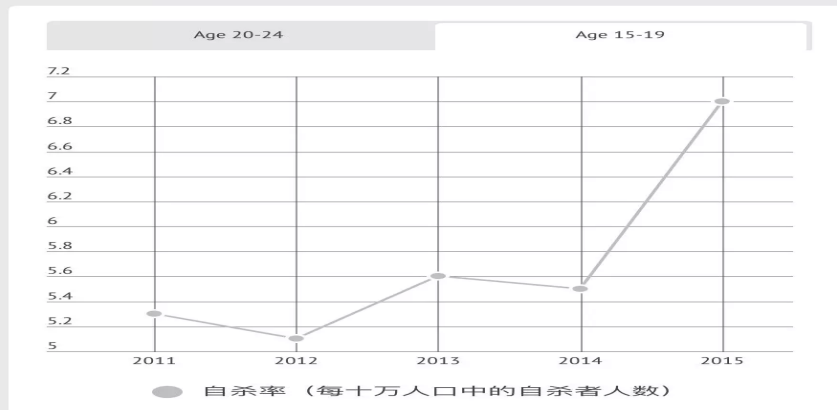
亲子沟通与心理健康

PARENTING AND MENTAL HEALTH

亚裔社区的许多人认为自杀和精神疾病仿佛离自己很远，所以很少谈论精神疾病，长期的沉默让亚裔社区付出了沉重的代价，尤其是亚裔的年轻一代。根据美国国家疾病控制和预防中心（NCDCP）的死亡率数据，虽然亚裔年轻人的自杀率没有高于全国总体水平，但这一数字却从 2011 年到 2015 年逐渐上升。

15-19 岁年龄组 (Age 15-19)

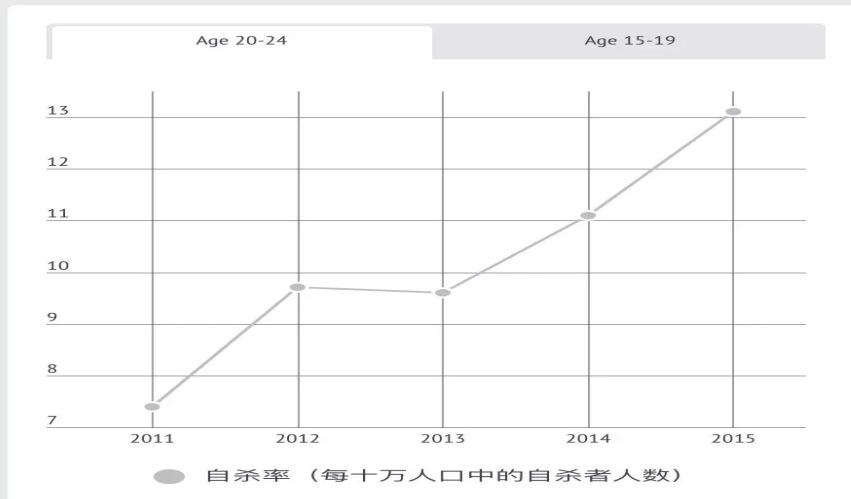
亚裔青年自杀率 (2011-2015)



来源：2011-2015 全国疾控及预防中心的死亡人口统计表

20-24 岁年龄组 (Age 20-24)

亚裔青年自杀率 (2011-2015)



来源：2011-2015 全国疾病及预防中心的死亡人口统计表

2019 年初哈维中文学校获得了哈维郡地平线基金会的基金，并成立了哈维健康公平项目组社区建设项目，服务于亚裔社区。针对亚裔社区对心理健康资源的需求，哈维中文学校健康公平项目组成立了心理健康团队，主要方向是加强亚裔社区对心理健康知识的了解，消除大家对心理疾病的负面认识，鼓励大家讨论和探讨心理健康有关的话题，并为社区居民提供对亚裔有帮助的心理健康资料和寻求帮助的渠道。

第一阶段的重点是亚裔学龄儿童，青少年，年轻人和家长。作为亚裔家长，与子女的沟通既是一种责任，一种艺术，但也是一种挑战。心理健康问题（比如焦虑、抑郁）在青春期很常见。美国国家疾病控制中心数据显示至少 20% 的儿童和青少年会有心理健康疾病，并严重影响他们的学习和生活。我们很多家长飘洋过海来到美国奋斗，但有时候我们并不了解自己的孩子以及他们在美国校园里面遇到的挑战。如何在子女成长中，解决两代人之间的文化冲突，减少青少年心理问题，是每一个亚裔家长都需要学习的课程。

Many people in the Asian community thought that suicide and mental illness issues are far away from them, so they rarely talk about mental illness. The Asian community paid a steep price due to the long-term silence and avoidance about the topic, especially the younger generation of Asians. According to mortality data from the National Centers for Disease Control and Prevention (NCDPCP), although the suicide rate of Asian young people is not higher than the national average, suicide rate for the group has gradually increased from 2011 to 2015.

At the beginning of 2019, Howard County Chinese School was awarded Health Equity Grant from the Howard County Horizon Foundation. HCCS established the Howard County Chinese School Health Equity Project Group to serve Asian residents through community strengthening and building activities. In response to the needs of

Asian communities for mental health resources, the Howard County Chinese School Health Equity Project Team formed a mental health sub-group whose main focus is to improve awareness mental health education and knowledge among Asian residents, eliminate stigma/negative perception of mental illness, encourage open discussion of topics related to mental health, and provide community residents with mental health education, access to care information and helpful behavioral health resources for Asians.

The first phase of the mental health workgroup focuses on school aged children, adolescents, young adults and parents. For Asian parents, communication with children is a responsibility, an art, but also a challenge. Mental health problems (such as anxiety, depression) are common during adolescence. Center for Disease Control (CDC) reports show that at least 20% of children and adolescents have mental health problems and seriously impact their school and life. Many of Asian parents in the community immigrated from overseas and had their own struggle immigrating to the United States. But sometimes we don't understand our children and the challenges they face in school. How to resolve the cultural conflict between the two generations and to avoid the psychological problems of young people when they grow up is a course that every Asian parent needs to take and learn.

最新动态和新闻(NEWS AND ANNOUNCEMENT) :

2019 年十月二十七日, 经过中文学校心理健康团队的努力, 我们请来了马里兰大学心理教育系的王慈欣教授和李佳力博士给哈维郡的亚裔父母们做一次亲子关系和心理健康的讲座。这是哈维中文学校第一次举办这个主题的讲座。受到了与会七十多位家长的热烈好评。

王慈欣教授和李佳力博士根据心理学理论研究以及临床经验, 结合自己作为亚裔家长的反思研发了 Parent Teen Connect 这一系列课程, 帮助家长提升亲子关系。该课程理论与实践相结合, 去年秋天在波城希望中文学校开课, 深受家长的喜爱。这次哈维讲座是王教授 13 个星期系列课程的浓缩版, 主要讨论 :

- 青少年大脑发育特点, 以及亚裔青少年在美国社会面临的挑战
- 如何和青少年沟通并建立良好的亲子关系

On October 27, 2019, the Chinese School Mental Health Workgroup invited Professor Cixin Wang and Dr. Jiali Liu from the Department of Psychological Education at the University of Maryland to do a seminar on parenting and mental health for the Asian parents in Howard County. The seminar was first of its kind in Howard County and was applauded by 70+ parents attending the seminar.

Based on psychological theory research and clinical experience, Dr. Cixin Wang and Dr. Jiali Liu have developed a series of Parent Teen Connect courses to help Asian parents improve parent-child relationship. The combination of theory and practice of the course started in the Montgomery County Hope Chinese School last fall and was very popular among parents. The seminar presented this time in Howard County is an abridged version of the 13-week long course with focus on:

- Characteristics of brain development during adolescence and the challenges Asian teens face in American society
- How to communicate with youth and build good parent-child relationships

2019 哈维中文学校亲子沟通和心理健康讲座 : 怎么跟孩子说话他们会听 ?

2019 Howard County Chinese School Parenting and Mental Health Seminar: HOW TO TALK SO KIDS WILL LISTEN?

讲座 PPT 资料 (Seminar PPT Presentation) :

[Link](#)

讲座嘉宾介绍 (Introduction of Speakers):

[Link](#)

讲座影像资料 (Video file of the Seminar):

[Link](#)

中文学校 PTA 的评价 (Response from HCCS PTA)

[Link](#)

哈维中文学校社区家长的反映和建议 (Comments/Suggestions from HCCS parents) :

“感谢王教授专门为我们华裔家长量身定制的讲座，受益匪浅。谢谢所有支持和参加讲座的朋友们。我们被你们感动了。让我们一起同行，互相帮助和鼓励。”

“今天的讲座很精彩。我觉得”自控能力”特别重要，自控能力好的孩子一般都自律，自律的孩子成绩是不会差的。而我作为父母的，能够在孩子情绪低落的时候控制自己的情绪，不被孩子的负能量影响也很重要。”

“今天讲座信息量很大，包括亚裔和其他家长的文化区别……。还有一点对我很有启发：鉴定一个孩子成功与否要看他是否具有：Grit, Self-control, Zest, Social Intelligence, Gratitude, Optimism, and Curiosity。”

“今天收获很大，不过我准备循序渐进，先争取做到两点：1. 说话以前先想，THINK: True, Helpful, Inspirational, Necessary, Kind. 2. 争取做到对孩子夸奖和批评的比例 5: 1。”

“再次感谢组织! 期待下期继续!”

“今天的讲座真的非常好，很受益，希望王教授来哈维开系列讲座!”

“Thank you, Professor Wang, for delivering the customized parenting seminar for our Chinese parents. I learned a lot. Thank you all, the Chinese School friends who supported and participated in the seminar. We very much appreciated this event. Let us support each other during the journey moving forward...”

“Today’s seminar is very exciting. I feel that “ability to self-control” mentioned is especially important. Children with good self-control ability are generally very self-disciplined and perform well. And as a parent, it’s also important to control my own emotions and not to be affected by negative emotions/mood of my children when they are experiencing negative emotions/mood.”

"Today's seminar is very informative, including the cultural differences between young Asians and other parents.The other part that is very inspiring is: to determine whether a child is successful or not depends on whether he has: Grit, Self-control, Zest, Social Intelligence, Gratitude, Optimism, and Curiosity."

"Today I gained a lot from the seminar. I will gradually try to achieve the two goals: 1. Think before you speak, THINK: True, Helpful, Inspirational, Necessary, Kind. 2. Strive to achieve a ratio of 5:1 between praise and criticism when communicating with children...."

“Thank you again for organizing the seminar! Looking forward to the next one!”

“Today's seminar is very good and very helpful. I hope Professor Wang will be able to give a series of seminars in Howard County.”

哈维郡亚裔社区心理健康资料：

Howard County Mental Health Resources for Asian Community

社交平台群组/账户 (Social Media Groups/Accounts)：

亲子沟通和心理健康微信群 (Parenting & Mental Health WeChat Group)

如果有兴趣，请发邮件到 MHealthHoward@gmail.com 申请加入。

If interested, please send email to MHealthHoward@gmail.com for instructions to join the group.

亚裔社区心理健康有关资料：

1. 哈维中文学校编纂的马里兰华人医生名录 (Maryland Chinese Doctors Directory compiled by Howard County Chinese School grant team)
https://hccs-files.s3.amazonaws.com/docs/horizon_foundation.pdf

2. 马里兰华人心理医生及咨询师资料大全(Maryland Listing of Chinese Psychiatrists and Counselors) pdf

3. 哈维郡基层危机干预中心(Howard County Grassroots Crisis Intervention Center)

服务项目简介 (Fact Sheet)

<https://20pchu22yff32ewk1s3dryst-wpengine.netdna-ssl.com/wpcontent/uploads/sites/8/2019/08/Fact-Sheet-FY-19.pdf>

24-Hour Crisis Hotline 410.531.6677

Crisis Chat Links:

Click through the links and follow instructions on landing pages.

Maryland – M-F from 4-9 pm: www.help4mdyouth.org/chat/

Nationwide – 24/7: www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx

4. 哈维卫生部行为心理健康服务局 (Howard County DHHS Bureau of Behavioral Health)

致电 410-313-6202，与该机构问询心理健康资源和转诊问题。

Call the agency at 410-313-6202 to discuss Behavioral Health resources and referrals

<https://www.howardcountymd.gov/gethelp>

5. **哈维郡卫生部行为心理服务机构心理健康服务资料大全** (包括诊所, 医生, 心理咨询师等等)
Howard County DHHS Directories of Behavioral Health Services (including clinics, psychiatrists, therapists etc.)
 - 儿童和青少年 Children and Adolescents
<https://www.howardcountymd.gov/LinkClick.aspx?fileticket=YqNL6aSvqfc%3d&tabid=2844&portalid=0>
 - 成人 Adults
<https://www.howardcountymd.gov/LinkClick.aspx?fileticket=zYbF1ZnSLpl%3d&tabid=2844&portalid=0>

6. **蒙郡亚裔美国人健康服务机构心理健康资料**(Montgomery County DHHS Asian American Health Initiative Program Mental Health Resources) (<http://aahiinfo.org/aahi-resources/>)
 - 心理健康/了解它是第一步 (Mental Health/Understanding is the First Step)
http://aahiinfo.org/phpages/wp-content/uploads/2015/07/Mental-Health-Photonovel_Chinese_Final2.pdf
 - 不只是压力 (More Than Just Stress)
http://aahiinfo.org/phpages/wp-content/uploads/2017/10/Mental-Health-Photonovel-3_CHI_Final.pdf
 - 心理健康/获得你需要的护理(Mental Health/Getting the Care You Need)
http://aahiinfo.org/phpages/wp-content/uploads/2016/11/Mental-Health-Photonovel_Vol2_Chinese_FINAL_compressed.pdf

7. **精英学校的学生现在被称为“高风险”群体-华盛顿邮报**
Students in high-achieving schools are now named an “at-risk” group - The Washington Post
<https://www.washingtonpost.com/lifestyle/2019/09/26/students-high-achieving-schools-are-now-named-an-at-risk-group/>

8. **马里兰州青少年风险行为调查哈维郡报告**(Maryland Youth Risk behaviors Survey Results for Howard County)
哈维高中调查报告 (Howard County High School Report)
<https://phpa.health.maryland.gov/ccdpc/Reports/Documents/2016%20YRBS%20YTS%20Reports/2016HowardHS%20Summary%20Tables.pdf>
哈维初中调查报告 (Howard County Middle School Report)
<https://phpa.health.maryland.gov/ccdpc/Reports/Documents/2016%20YRBS%20YTS%20Reports/2016HowardMS%20Summary%20Tables.pdf>

9. **马里兰大学亚裔美国研究中心连接期刊**(Connect Newsletter by University of Maryland Asian American Study Program)
Spring 2019 Edition: 在亚裔美国人父母和青少年之间培养积极的沟通和有效的解决问题的能力
https://www.aast.umd.edu/wp-content/uploads/2019/08/ConnectNewsletter_SPRING2019.pdf

10. 美国心理健康急救(Mental Health First Aid USA)

[Mental Health First Aid USA](#)

11. 今日心理学精神科医生/心理咨询师资源 (Psychology Today Online Resources of Psychiatrists/Therapists)

<https://www.psychologytoday.com/us/therapists>

DISCLAIMER (免责声明)

请记住，抑郁症和其他精神疾病的诊断和治疗需要训练有素的医疗专业人员。本网站上提供的信息或其他信息的链接仅设计用于教育和/或社区支持，并不能替代寻求专业人士诊断和治疗任何精神疾病。您可能需要联系当地的危机热线，社区心理健康中心，私人医生或神职人员。

如果您遇到危机，请拨打 911 或哈维郡 24/7 基层危机干预中心危机热线，电话为 410-531-6677，或致电 1-800-273-TALK (1-800-273-8255) (预防自杀生命热线)。

Please remember that the diagnosis and treatment of depression and other psychiatric disorders requires trained medical professionals. The information provided on this website or links to other information are to be used for education and/or community support only. It should NOT be used as a substitute for seeking professional care for the diagnosis and treatment of any mental/psychiatric disorders. You may want to contact your local crisis hotline, community mental health center, private practitioner or clergy.

If you are in crisis, call 911 or Howard County 24/7 Grassroots Crisis Intervention Center Crisis Hotline at 410-531-6677 or reach out to 1-800-273-TALK (1-800-273-8255) the National Suicide Prevention Lifeline to get help.