

# Shame & Silence

A training DVD to promote the understanding of stigma and shame associated with mental disorders confronted by various Asian Americans ethnic groups

**Moderator:** Francis G. Lu, M.D., Professor of Psychiatry, University of California, San Francisco

This video presentation consists of five vignettes, each focusing on a different ethnic group: Chinese, Filipino, Asian Indian, Vietnamese and Korean. These groups comprise the five largest Asian ethnic groups living in the United States. The patients portrayed in the video are of different ages and different levels of acculturation. Each will present with typical subtle symptoms of a mental disorder that is common to his or her culture of origin and the subtle signs of stigma.

According to the Supplement to the Surgeon General's Report: Mental Health, Race and Ethnicity, stigma is the most pervasive problem preventing members of all minority groups from seeking behavioral health care. Stigma is a particularly critical problem among members of Asian American ethnic groups, whose knowledge, attitudes and beliefs about mental illness are rooted in the teachings of Confucianism, Taoism, and animism, and whose myriad of languages and dialects often are not spoken outside their immediate communities. This video may serve to provide education and continuing education for behavioral health students and behavior health and primary care practitioners in helping them to better recognize and reduce stigma in the clients they service. This video is two hours long but is divided into five vignettes so that learners or instructors can use it one segment at a time.

This film has educational utility for resident physicians in psychiatry, practicing psychiatrists and other behavioral health providers (e.g., clinical psychologists, social workers, nurse practitioners and mental health nurses, mental health counselors and case managers) as well as non-behavioral health and social services providers who are required to complete cultural competency training. Academic and clinical instructors may use this video as a training aid and discussion tool:

- To explore how stigma related to mental illness is played out in various subtle forms in different generations and levels of acculturation in the Asian cultures;
- To discuss how stigma related to mental illness in the Asian cultures impacts on help-seeking behavior; and
- To examine culturally relevant best-practice modalities in overcoming stigma.

This training video is produced by the New York Coalition for Asian American Mental Health with funding supported in part by educational grants from Janssen Pharmaceuticals and Eli Lilly & Company. All rights preserved. This DVD cannot be reproduced or duplicated without the express written permission of the New York Coalition for Asian American Mental Health

New York Coalition for Asian American Mental Health is a not-for-profit 501 (C) organization with a mission to improve the quality of mental health care services available to the Asian American population in the New York City metropolitan area.

**To purchase the Shame & Silence DVD, please see order form for details or visit [www.asianmentalhealth.org](http://www.asianmentalhealth.org)**



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## DVD Order Form

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