

OCA & FCC PRESENT:

# *Asian American in 2018*

IDENTITY · CHALLENGES · OPPORTUNITIES

## *Recognizing Anxiety & Depression in Your Teen*



In this workshop, learn what signs to look for in recognizing anxiety, depression, suicidal tendencies and other mental ailments in teens. Find out ways in which parents should deal with these issues once they arise and the resources families can turn to for help.



### **Dr. Keng-Yen Huang**

Yen is an Associate Professor of Population Health and Child and Adolescent Psychiatry at NYU Langone Health. Yen is a mental health and child Development research scientist, with expertise in translating research evidence to

intervention and health service development for promoting children and families' mental health. In her previous work, she has led several projects that examined causes, service needs, and prevention strategies for diverse populations in the US (including Asian Americans) and overseas. Her recent efforts in Asian American research focus on community mental health service development to broaden child mental health knowledge sharing and evidence-based intervention strategies utilization in service settings where Asian American families are most likely to seek for services. These include using technology strategies for mental health knowledge sharing and parenting promotion, as well as partnership and capacity building strategies for family support services).



### **Sharon Lee**

Sharon is a coach and trainer for a school-based family-centered child mental health program (ParentCorps) at the Center for Early Childhood Health & Development in the Department of Population Health as part of NYU Langone Health.

Sharon is also a Licensed Master Social Worker and a mental health therapist providing clinical interventions and parenting supports to children and families.

In her previous work, Sharon has years of experience providing mental health services to Asian American families with children & adolescents (5-21 years), mainly in the Chinese community in NYC. Services included individual counseling, group counseling, parent groups, and resource connections that promoted healthy social emotional development and mental health.

Sharon's educational background includes graduating from NYU with a BA in Psychology with a minor in Child & Adolescent Mental Health Studies. Sharon also received a full scholarship to obtain a Master of Social Work (MSW) from Silberman School of Social Work at CUNY Hunter College.