

*Culture to Culture Foundation Chinese American Mental Health Scholarship 2007*

Speech by Lindsay Ip

Hi everyone, my name is Lindsay Ip and I'm a second year doctoral student at the PGSP-Stanford PsyD Consortium. It is my honor to be here today as a recipient of the 2007 Chinese American Mental Health Scholarship and I would like to express my deepest gratitude to Culture and Culture foundation and the sponsors of the scholarship.

The scholarship has been meaningful to me in several ways. First it is a great encourager and motivator for me to get connected with other mental health workers who have the same goal of reaching out to the Asian American community. For instance I met with Chia Chia recently and we got excited about the opportunity to collaborate on a variety of activities like writing grants and performing in plays about Asian American mental health issues in the future. Second, I'm interested to incorporate elements of Chinese culture in my dissertation in the near future, and getting involved with outreach activities to the Asian American community may give me some inspiration and direction.

According to the National Latino and Asian American Study 2003, Asian Americans as a group have lower rates of mental illness but they are also much less likely to seek help. Furthermore, second generation Asian Americans are most likely to have emotional disorders. The data resonates with my personal encounters with two of my previous Chinese American roommates, who developed depression partly because of familial conflict and cultural clash, and whom are resistant to seek help because of the stigma of mental disorders. Therefore, I'm delighted to learn of the many Asian American mental health providers that are enthusiastic about giving back to the community and help with bridging cultures. Once again I'm very grateful for the scholarship and the opportunity to work with Culture to Culture Foundation. Thank you.