



“PTSD: Mass Violence and Tragedy - Prevention and Interventions”

On October 19, 2012, Asian Health and Social Service Council (AHSSC) held a monthly conference of “PTSD: Mass Violence and Tragedy - Prevention and Interventions” at Charles B. Wang community Health Center

On 10/19/12, Kenny Kwong conducted a presentation titled "Mass Violence and Tragedy - Prevention and Interventions" at the Asian Health and Social Services Council monthly meeting. He used the Colorado Shooting Tragedy as an example to assess the inner psychology of the mass killer based on developmental psychology and ecological frameworks and discussed both developmental risk and lack of protective factors that may put individuals at greater risk of committing senseless acts. It is important to foster emotional and interpersonal competence among Asian American children and strengthen parenting education in the Chinese community to prevent this tragedy happen again. Social workers often face tremendous work related stress - particularly among those working with victims of mass violence or tragedy and those providing direct services in health or mental health sectors. Kenny also facilitated a discussion and sharing among council members to enhance our understanding of causes of work-related stress and the deleterious impact of distress, secondary traumatic stress, and compassion fatigue, and burnout, and suggest strategies and tips to practice self care to minimize the effects of stress.

Dr. K. Loan Mai presented "Reactions to Trauma and Clinical Treatment for PTSD." Post traumatic stress disorder (PTSD), an anxiety disorder with a cluster of symptoms ranging from a continuous re-experiencing of the traumatic events, avoidance behaviors, and a hyperarousal state of awareness, was first studied in World War II Veterans first diagnosed with "Battle Fatigue." Traumatic events triggering PTSD include the potential of, or actual occurrence of violent personal assaults, natural or human-caused disasters, accidents, and military combat. People diagnosed with PTSD have persistent frightening thoughts and memories of a specific ordeal or a series of high-risk events; may experience disturbed sleeping patterns; express a sense of detachment or numbness from their own feelings; and, or be easily startled. Chronic physical and medical issues, such as enuresis, substance addiction, and abnormal eating pattern may also be reported. In particular groups, a high rate of somatization, ranging from digestive difficulties to chronic physical pain, may indicate long term PTSD symptoms. A heightened state of arousal resulting in increased levels of cortisone, can lead to inflammation, atrophy and death of neurons in the prefrontal cortex, home of higher cognitive functions such as memory, learning and fear processing. Research on best practices indicate combined therapies as most effective and may include medication, DHEA treatment to build back neural plasticity, bio-feedback to re-learn fear processing, trauma-focused CBT to identify coping and triggers, EMDR to re-process trauma memory and develop new coping, and creative therapies to support emotive processing. Other therapies effective for trauma include the use of animals/pets, outdoor nature challenges, various play therapies, and meditation and acupuncture. Specific vulnerable Asian American Pacific Islander (AAPI) populations include immigrants groups with violent migration histories (such as the Southeast Asian refugees), AAPI Veterans (such as recently discharged AAPI Army Vets who have the highest rate of suicide), and AAPI females who are survivors of domestic violence and/or human trafficking. Cultural specific therapies are needed to address each of these sub-populations to leverage treatment adherence and evidence treatment effectiveness.





The **National Association of Social Workers (NASW)**, the NYC Chapter, had an annual recognition award ceremony for social workers performing extraordinary work in New York City on December 6, 2012 . This year, **NASW-NYC** honored 26 social workers and **John Tsoi, AHSSC's President**, was one of the honorees.

On December 6th at the awards dinner at Jing Fong Restaurant, John was recognized as a **Mid-Career Exemplary Leader** for his longstanding and dedicated 25 years of social work service and his success in bringing others together to make an impact in the lives of those in need. It is a very distinguished award and marks a professional presence that is remarkable in its achievement and exemplifies the core of social work and service. As John would be the first to humbly deflect that the award is possible only with the support of others; we, at AHSSC and others who have had the pleasure of being by his side, can attest to John's solely deserving this award for his very clear dedication, commitment, generosity, intelligence, and endless zeal for the work to be done. His compassion, clarity in the mission of service and ability to bring others together for the greater service of advocacy, care and social change is an inspiration and a much needed asset in the community and the Council.

AHSSC Board of Directors and Members wish to thank you, John, for your tremendous leadership and look forward to your continued guidance of building our communities stronger. Congratulations and much deserved!



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Next Monthly Meeting Agenda

"Housing Succession Right"

Date: 1/18/13 (Friday)

Place: VNSNY Chinatown Community Center

7 Mott Street, New York, NY 10013

9:00 Coffee/Networking

9:30 Welcome Remarks –

Maggie Wong, Coordinator of Marketing Programs,
CBWCHC

Teresa M. Lin, Dir., Asian program, CHOICE Health
Plans and Home Care, VNSNY

Moderator: Rosie Wong

9:35 Presentation:

Samuel Lui, Senior Staff Attorney, Manhattan Legal
Services

10:05 Kieu-Loan Mai, Ph.D., Research Consultant and
Psychologist

10:25 Q & A

Donna Chiu, Senior Staff Attorney, MFY Legal
Services

11:00 Agencies Sharing:

11:30 Closing