

**KASAMAHAN**

**IMPACT**

**REPORT**

**2023**

# OUR STORY SO FAR

## OUR MISSION

We aim to empower and nurture Filipino/a/x mental health professionals, fostering their personal and professional growth by delving into the roots, identity, and culture of the Filipino community in the context of mental health.

We are dedicated to redirecting awareness to the very essence of our existence with the ultimate goal of instilling a profound sense of belonging and enrichment within the broader Filipino community.

Our commitment is embodied in the practice of listening to the needs of the community and attentively integrating the rich tapestry of our history, values, and aspirations of our fellow Filipino/a/x.

Through this mindful approach, we strive to deliver multi-dimensional mental health resources and unwavering support to the Filipino/a/x community and those who serve them, fostering a collective journey towards holistic well-being and resilience.

## OUR PURPOSE

For our dedicated mental health professionals, we aim to provide a comprehensive overview of the support and opportunities we offer. This includes ongoing education, consultations, and a robust social support system designed to enhance their professional growth and personal well-being.

**CONTINUING  
EDUCATION**

CONSULTATION  
**SOCIAL SUPPORT**  
COMMUNITY BUILDING  
**MENTORSHIP**

# OUR 2024 GOALS

1

## CONTINUING EDUCATION

To expand our commitment to Filipino mental health professionals, our goal is to offer more workshops centered on Filipino psychology. These workshops will serve as a platform for mental health providers to showcase their expertise, fostering a community that values cultural competence and enriches our collective understanding of mental health within the Filipino context. Through these educational initiatives, we aim to create a space where knowledge is shared, perspectives are celebrated, and the mental health landscape is continually enhanced.

2

## CONSULTATIONS

Our goal is to broaden our consultation services, this includes the introduction of Tagalog consultations to enhance accessibility for those more comfortable communicating in their native language. Additionally, we aim to diversify our theoretical models, ensuring a comprehensive range of approaches that resonate with the cultural nuances of our community. Furthermore, we aspire to extend our consultation services to students, providing tailored guidance and mentorship to the next generation of Filipino mental health professionals.

3

## SOCIAL SUPPORT

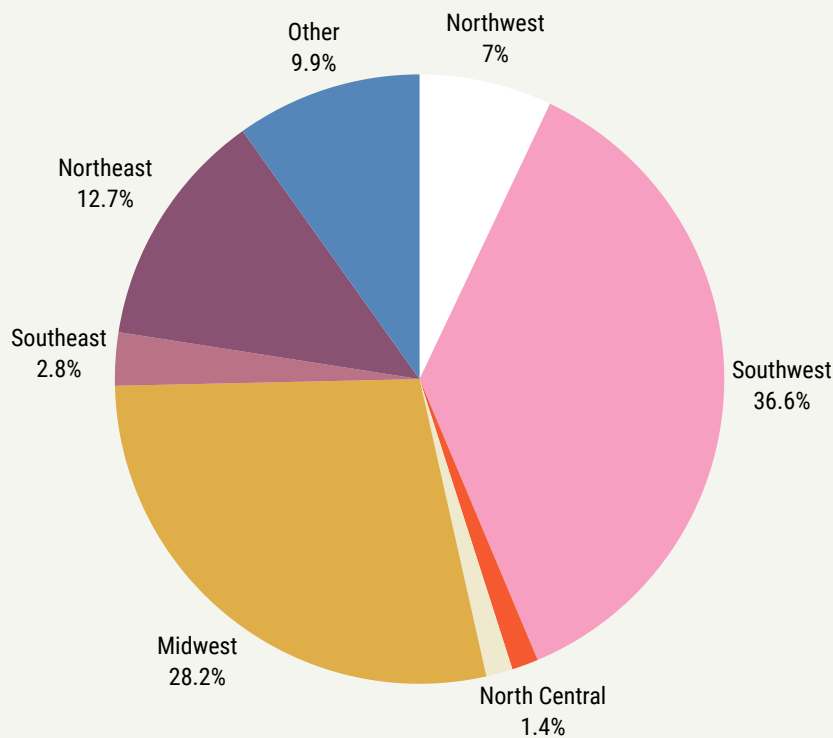
Fortifying social support networks within the Filipino mental health community involves expanding our efforts to provide more in-person gatherings, fostering a sense of camaraderie and community building. Additionally, we aim to establish virtual informal gatherings, creating accessible platforms for mutual support and shared experiences across our diverse membership base. Networking opportunities will be enhanced to facilitate meaningful connections among mental health professionals. Through these initiatives, our objective is to weave a robust tapestry of support, ensuring that members feel connected, valued, and empowered within our vibrant community.

4

## COMMUNITY BUILDING

Our goal is to continue the vital work of destigmatizing mental health within the Filipino community. Through strategic initiatives and outreach programs, we aim to promote open dialogue, raise awareness, and challenge cultural taboos surrounding mental health. Additionally, we are committed to providing accessible resources tailored to the unique needs of the Filipino diaspora, ensuring that mental health support is readily available and culturally sensitive. By fostering a culture of acceptance and understanding, our community-building efforts aspire to create a resilient and inclusive environment where mental well-being is prioritized and celebrated.

# WHAT HAVE WE ACCOMPLISHED?



Northwest: Washington, Oregon, Idaho  
Southwest: California, Nevada, Utah, Arizona  
North Central: Montana, Wyoming, Colorado, North/South Dakota, Nebraska, Kansas  
South Central: New Mexico, Texas, Oklahoma, Louisiana  
Midwest: Minnesota, Iowa, Wisconsin, Illinois, Missouri, Indiana, Ohio, Michigan  
Northeast: Maine, New Hampshire, Vermont, Massachusetts, New York, Pennsylvania, Kentucky, Virginia, West Virginia, Washington D.C., Maryland, Delaware, New Jersey, Connecticut, Rhode Island, Pennsylvania  
Southeast: Arkansas, Mississippi, Tennessee, Alabama, Georgia, Florida, North/South Carolina

As a newly formed non-profit organization, we have achieved remarkable milestones:

- offered 10 impactful workshops attended by 54 individuals
- organic membership growth throughout the US
- received a \$1,000 award for changemaker recognition from Adler University
- successful formalization as a non-profit entity
- collaborations with communities like the Filipino American Association of Pittsburgh and Oakton Community College in Illinois

54

monthly workshop attendees\*

10

FREE workshops focused on Filipino Mental Health

71

members across the US



# CAPTURING CONNECTIONS



# ACKNOWLEDGEMENTS

Maria Cristina Castro, LCPC  
Founder/President

**Kasamahan**

Email: [president@kasamahan.org](mailto:president@kasamahan.org)

Facebook: [KasamahanFilipinoMHP](https://www.facebook.com/KasamahanFilipinoMHP)

Dr. Edward Fajardo  
Secretary

Ma. Czarrina Castro, MSW  
Treasurer

Dr. Patricia H.A. Perez  
Board Member

Michael Morales, LMFT  
Board Member

**WE THANK YOU**  
FOR YOUR CONTINUED SUPPORT IN  
**OUR MISSION**