

Celebrate National Minority Mental Health Month this July

Source: <https://www.westsacuc.care/blog/celebrate-national-minority-mental-health-month-this-july>

NAMI
National Alliance on Mental Illness

Mental illness doesn't choose who is affected by it, but culture, race, gender or sexual orientation can affect access to treatment, support and quality of care for many.

Minority Mental Health Month

Learn More at [NAMI.org/mmh](https://www.nami.org/mmh)

Let's change this. #MinorityMentalHealth

1 IN 5 PEOPLE
EXPERIENCE A MENTAL HEALTH CONDITION

Learn more, share your story and spread the word.
You can make a difference.

Learn more about National Minority Mental Health Awareness Month

Mental health conditions do not discriminate based on a person's color, gender or identity, but these factors can make it more difficult for an individual to receive care. Without adequate treatment, mental health conditions will likely continue and perhaps even worsen. To help people in minority groups get the mental health care they need, the U.S. House of Representatives named July "National Minority Mental Health Month" in 2008.

The main goals of National Minority Mental Health Month are to improve access to mental health services and treatment, and to promote awareness of mental health and mental illnesses, especially in the minority populations.

About Mental Health in Minority Populations

Nearly one in five adults in the United States has a mental health condition, according to the National Institute on Mental Health. While anyone can experience a mental illness, Americans in minority groups are more likely to experience the risk factors that contribute to mental health disorders.

These risk factors include inaccessibility of high-quality mental health care services, discrimination, cultural stigma regarding mental health care, and overall lack of awareness about mental health.

The purpose of Minority Mental Health Month is to bring awareness to mental health among minorities, including African Americans, Hispanics, Native Americans and Asian Americans. The nation's leading non-profit mental health organization, Mental Health America, is working to expand the definition to include people from other marginalized groups, such as those who may identify as LGBTQ, refugees and immigrants, religious groups and others.

People in certain minority groups have higher rates of mental health issues than do others. For example, the American Psychiatric Association (APA) says that American Indian/Alaska Native populations have disproportionately higher rates of mental health problems. Other groups, such as African Americans, have similar rates of mental health disorders but ultimately receive poorer access to mental health services, prescriptions, and outpatient care. African Americans are also less likely to be offered psychotherapy or evidence-based medication therapy for the treatment of their mental illness.

The consequences of mental illnesses in minorities can be long lasting. While African Americans and Hispanics have lower rates of depression, for example, depression in blacks and Hispanics is likely to be more persistent. The APA also notes that among adults with any mental illness in 2015, 48 percent of whites received mental health services, compared with 22 percent of Asian Americans and 31 percent of blacks and Hispanics.



July 2023 Calendar

*National Minority Mental Health Awareness Month
South Asian Heritage Month*

- 3 - Asalha Puja (Buddhism)
- 4 - Independence day (US)
- 6 - Fast of Tammuz (Judaism)
- 10 - Eid al-Adha (Islam)
- 11 - World Population Day
- 15 - World Youth Skills Day
- 16 - Our Lady of Mount Carmel (Christianity)
- 17 - World Day for International Justice
- 18 - Islamic New Year (Islam)
- 18 - Nelson Mandela International Day
- 22 - National Fragile X Awareness Day
- 26 - National Disability Independence Day
- 28 - World Hepatitis Day
- 30 - World Day Against Trafficking in Persons

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Many organizations participate in National Minority Mental Health Month each July. The National Alliance on Mental Illness (NAMI) features the WhyCare? Campaign to bring awareness to the importance of care in the treatment of mental health. The campaign also highlights the importance of care when it comes to everyday relationships with people who have mental health issues. Demonstrating how and why people care about those with mental illness helps raise awareness about the importance of treatment. Simply caring can have a life-changing effect on those with mental health issues.

Mental Health America celebrates National Minority Mental Health Month by asking the public to share videos, pictures, notes, poems and even graphics on social media with the hashtag #DepthOfMyIdentity. The social media posts should help others understand the life experiences, stereotypes, negative preconceptions and biases that can affect mental health and access to treatment. Through their posts, participants can share the labels they use to describe themselves, discuss how the perceptions of others have affected their mental health, and share advice that can help others if they were to encounter a similar situation.

Everyone who needs mental health treatment deserves access to quality care. National Minority Mental Health Month brings attention to the need to serve marginalized communities, and helps millions of minorities get the treatment they need.

Lost in Translation: Hierarchies in Asian Languages

Source: <https://www.mcislanguages.com/lost-in-translation-hierarchies-in-asian-languages/>

The reformation of modern languages has a heavy stress on pronouns. There has been attention devoted to the genders of the pronouns we use, studies and opinion articles have been written, and online debates are provoked for rounds after rounds. However, in the often-overlooked corner, there’s another linguistic feature of pronouns that those who speak English rarely think of: hierarchies.

In the Our Language Rights Canada Conference 2023 that took place in February, panelists discussed how English, as the dominant language in Canadian journalism, sometimes fails to deliver when reporting ethnic stories. An example given by the panelists is the pronoun “you” in Hindi. The “you” word in Hindi has three different forms, “tu,” “tum,” and “aap,” each shows a different degree of respect, hierarchy or intimacy. Whenever these pronouns are used, the relationship between the speaker and the listener is implied, even if it’s not explicitly narrated. These differences and implications, however, are often ignored and lost when reporters translate their interviews into English.

Hierarchy is a ubiquitous feature that widely exists in the languages of Asia. When you enter a Korean family restaurant, greet the owner with “안녕 (annyeong),” the informal form of saying “hello,” the owner will reply to you with “안녕하세요 (annyeonghaseyo),” the standard form of the same word. To the English-speaking ears, the difference between these two greetings might only sound like that of “hello” and “how are you;” but in Korean, the two greetings are determined by their speakers’ roles and can’t be swapped. The owner of a shop will always greet their customers in the standard form because service providers are considered lower in the hierarchy of the Korean language and have to pay their respect to others. If you are giving a speech in public, you might even want to use “안녕하십니까 (annyeonghasimnikka),” the formal form, to show a higher level of respect to your listener.

The system that shows hierarchy is called honorifics. Honorifics can be applied in conversations in the forms of suffixes, particles, pronouns, verbs or titles. With entirely different sets of vocabulary and grammar, Asian languages have an extensive number of ways and latitude from being humble and showing deference, to bragging about one’s status or being demeaning and derogative.

One of the most well-known Asian language for its honorifics is Japanese. Apart from the titles “Mr.” and “Ms.” that can be used to address one’s social equals, there are also titles that imply endearment, utmost respect, respect to professionals, respect to senior colleagues and respect to peers. Even verbs are changed in the honorific polite speech. When speaking about the action of a person of higher status, “寝ます (to sleep)” becomes “お休みになります (yasumi ni narimasu (lit.: to become at rest));” and when speaking about one’s self in a humble way, “入ります (to enter)” becomes “お入りします (hairishimasu (lit.: to do entrance)).” Learning Japanese requires paying close attention to hierarchy in the language, and children are often praised for mastering their honorifics at a very young age.

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Table 1. Thai Personal Pronouns, Which Are Used According to Seniority

Relationship	Person	Personal pronouns
Younger/subordinate to elder/superiors	First	kra ²¹ p ^h om ²⁵ , di ²¹ c ^h an ²⁵ , nu ²⁵ , k ^h a ⁵¹ p ^h a ⁵⁵ caw ⁵¹ , k ^h a ⁵¹ caw ⁵¹ , tua: ³³ ʔe: ^j ³³
	Second	t ^h a:n ⁵¹ , k ^h um ³³ , su ²⁵ t ^h a:n ⁵¹
	Third	t ^h a:n ⁵¹
Elder/superior to younger/subordinate	First	raw ³³ k ^h a: ⁵¹ , ku: ³³ , ʔu:a ⁵⁵
	Second	t ^h a: ³³ , raw ³³ , kɛ: ³³ , ʔe: ³³ , caw ⁵¹ nu ²⁵ , mu: ³³ , lo:n ²¹ , lu: ⁵⁵
	Third	man ³³ , caw ⁵¹ , kɛ: ³³
Between same generation/ same level	First	ku: ³³ , k ^h a: ⁵¹ , ʔu:a ⁵⁵ , kan ³³ , k ^h aw ⁵⁵
	Second	t ^h a: ³³ , mu: ³³ , kɛ: ³³ , na: ³³ , tua: ³³ ʔe: ^j ³³ , lu: ³⁵ , caw ⁵¹ , ʔe: ^j ³³ , mu: ³³
	Third	man ³³ , k ^h aw ²⁵ , t ^h a: ³³ , ʔi: ³³ , lo:n ²¹

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The system that shows hierarchy is called honorifics. Honorifics can be applied in conversations in the forms of suffixes, particles, pronouns, verbs or titles. With entirely different sets of vocabulary and grammar, Asian languages have an extensive number of ways and latitude from being humble and showing deference, to bragging about one's status or being demeaning and derogative.

One of the most well-known Asian language for its honorifics is Japanese. Apart from the titles "Mr." and "Ms." that can be used to address one's social equals, there are also titles that imply endearment, utmost respect, respect to professionals, respect to senior colleagues and respect to peers. Even verbs are changed in the honorific polite speech. When speaking about the action of a person of higher status, "寝ます *nemasu* (to sleep)" becomes "お休みになります *oyasumi ni narimasu* (lit.: to become at rest)," and when speaking about one's self in a humble way, "入ります *hairimasu* (to enter)" becomes "お入りします *Ohairishimasu* (lit.: to do entrance)." Learning Japanese requires paying close attention to hierarchy in the language, and children are often praised for mastering their honorifics at a very young age.

The Chinese language used to have arguably the largest and most complex system of honorific and derogatory pronouns. Back in the days when China was an empire, the emperor, empress, dowager empress, concubines, princes, maids and male servants each would have a different first-person pronoun exclusive for their position for the simple denotation of "I." Civilians, depending on status, gender, age and identity, used pronouns in a wide range from honorifics like "尊驾 (you, lit.: your high carriage)," "閣下 (Your Excellency)" to humble pronouns like "不才 (I, used by male, lit.: this untalented one)," "晚生 (I, used by male, to teachers and senior colleagues. Lit.: I who was born after you)," "老朽 (I, used by senior male, lit.: old and decaying)" or "民女 (I, used by female, to officials. Lit.: this common girl)," etc. After the revolution in China, hierarchical language was considered to be compromising social equity and was therefore abolished. The only surviving honorific pronoun, "您 (you)," now serves as the equivalence of French "vous" or German "Sie."

It's remarkable to observe how much significance and power humans have given to languages throughout history while seeing the rise or fall of honorifics in Asia. The simplest vocabularies never fulfill the desire to convey more connotation, and words have to be created and used extravagantly. Even in languages like modern English, where hierarchical pronouns don't exist anymore, people still have formed an almost undetectable social rule around third-person pronouns – when they're used on pets and infants. More people today are reluctant to use the standard "it" on babies they know of, and even cats can occasionally earn respect by being addressed as a "he" or "she" if they are attractive. The use of hierarchical language seems to have been rooted in human nature, even though most of the time we never realize it.

New Staff Profile: Silvia Rosas



Silvia is the newest interpreter joining the UC Davis Health Spanish interpreting team. She was born in El Salvador and moved to the United States in the late '80s. She lived in the San Francisco Bay Area for over 20 years. In 2017, she and her family relocated to the Greater Sacramento region. She has worked in the healthcare and social services fields for over 20 years and held a variety of employment positions, including patient services representative, healthcare enrollment service representative, and healthcare interpreter. While working as a patient services representative in the healthcare field, she often found herself interpreting for patients and medical professionals. This is when she caught the "interpreting bug" and considered going back to school to become a full-time healthcare interpreter.

Silvia attended Diablo Valley College in the Bay Area and American River College in Sacramento, where she received a Healthcare Interpreter Certificate in 2020. In 2022, she achieved National Certification as a healthcare interpreter by passing the rigorous assessment through the Certification Commission for Healthcare Interpreters (CCHI). As an interpreter, the things she finds most rewarding is being part of the healthcare conversation while giving a voice to the voiceless and giving patients a sense of empowerment and control over their healthcare decisions, and that each workday is filled with a sense of accomplishment.

Silvia enjoys spending time with her family, travelling, attending music concert, cooking, reading, and watching true crime shows.

Welcome to the UC Davis Medical Interpreting team, Silvia! We are happy to have you onboard!