Problem:
Torn between traditional family values and expectations and western culture, some Vietnamese youth become depressed and rebellious. Mental health stigma and cultural taboos prevent parents from seeking help for themselves and their children.

Solution:
Overcome the stigma and taboos of mental health problems by bringing bi-cultural and bilingual mental health services for students and their families into middle schools and the communities where they live.

Program:
Tam An is a school-based and community-based intervention that provides mental health services offered by a bi-cultural, bilingual therapist. Treatment services include family, individual and group therapy.

Community outreach includes a monthly radio show, placement of articles on mental health issues in Vietnamese newspapers, and public service announcements in Vietnamese local media.

Impact:
Vietnamese students who received services rated themselves as happier overall and did better in school.