

KAMHA ANNUAL REPORT 2024

Korean
American
Mental
Health
Association

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Thank you and Save the Date!

WELCOME MESSAGE

FROM THE KAMHA PRESIDENT

KAREN LEE, PH.D., LCSW, MSPH

A moment of profound gratitude is offered as we reflect upon the remarkable progress KAMHA has achieved in 2024. As we mark our second year as a registered nonprofit, we have not only expanded our membership base but also strategically fortified our organizational structure with the addition of dedicated and experienced board members from within our community. This strategic growth has enabled us to amplify our impact and refine our activities, ensuring that we remain steadfast in our mission to serve the mental health needs of Korean Americans.

This annual report highlights the significant strides we have made in delivering impactful services and fostering professional development. We have successfully implemented comprehensive training tailored for mental health and allied professionals and the broader public, facilitated crucial networking opportunities for these professionals across Southern California, and engaged in advocacy efforts aimed at dismantling mental health stigma within the Orange County community.

Our core philosophy remains rooted in the belief that empowering mental health service providers through targeted education and cultivating strong professional networks are fundamental to enhancing the quality of care delivered to our community. This year, we have witnessed tangible improvements in the well-being of those we serve, a testament to the dedication of our providers. This positive impact serves as a powerful motivator, driving us to continually expand and refine our efforts.



Each contributor has played an indispensable role in our collective achievements. We remain resolute in pursuing KAMHA's vision and mission, fostering collaborative partnerships with like-minded organizations to ensure the holistic well-being of the Korean American community.

Your unwavering support and commitment are the cornerstones of our success. Together, we are making a significant and lasting impact on mental health services and the lives of Korean Americans.

With sincere appreciation,
Karen Lee

WELCOME MESSAGE

FROM THE KAMHA VICE PRESIDENT

HEATHER PARK, AMFT



We are pleased to announce that KAMHA has experienced another successful year in 2024, thanks to the unwavering dedication of our members and the support of our community. Building on this momentum, we are eager to advance our efforts in serving the Korean American community by further enhancing professional and community education, as well as expanding networking opportunities for professionals. In 2024, we offered educational resources on Attention-Deficit/Hyperactivity Disorder (ADHD) for Korean parents, caregivers, and members of the Korean American community to raise awareness and enhance understanding of ADHD. Aligned with this initiative, KAMHA also provided training aimed at improving professional knowledge and skills in the assessment and treatment of ADHD.

We also hosted the 2024 KAMHA Annual Networking Event, which was open to KAMHA members and other behavioral health professionals.

KAMHA organized this event to foster community among behavioral health professionals, facilitate the sharing of resources, and create opportunities for growth and development among its members. Furthermore, we hosted a Career Exploration Event for those interested in pursuing a career within the behavioral health profession.

As a mental health nonprofit organization dedicated to serving the Korean community, KAMHA participated in NAMIWalks in 2024. This event, hosted by NAMI, the largest grassroots mental health organization in the United States, provided an opportunity to engage in activities aimed at reducing stigma and fostering greater understanding of mental illness. Moving forward, KAMHA is committed to annually participating in events hosted by community mental health organizations to continue advocating for and supporting the community.

This year marks the 10th anniversary of KAMHA, and we are excited to invite our members and the local community to join us in celebration. This milestone provides an opportunity to reflect on KAMHA's journey over the past decade and reaffirm our commitment to supporting the Korean American community. Moving forward, KAMHA will remain committed to make a significant impact on the mental health landscape, particularly in reducing stigma surrounding mental illness and promoting awareness toward mental health within the Korean American community.



Korean American Mental Health Association at a Glance

1

Mission

The Korean American Mental Health Association (KAMHA) is an association of mental health and human service professionals working to advance the mental well-being of Korean Americans in Southern California through networking, education, and advocacy.

2

Vision

Our vision is to break through barriers and promote access to behavioral health services in the Korean American community.

3

Bylaws





EXECUTIVE BOARD

PRESIDENT	Karen Kyeunghae Lee, Ph. D., LCSW
VICE PRESIDENT	Heather Park, AMFT
SECRETARY GENERAL	Mija Lee, LPCC, NCC
TREASURER	Inae Yoo, LMFT
CLERK	Jung won Kim, LMFT

COMMITTEE CHAIRS

EDUCATION COMMITTEE	Juye Ji, Ph. D.
EXTERNAL RELATIONS COMMITTEE	Sylvia Kwon, LMFT
STRATEGIC COMMITTEE	Ga-Young Choi, Ph. D.

FOUNDER

Mikyong Kim-Goh, Ph. D., LCSW

BOARD OF DIRECTORS

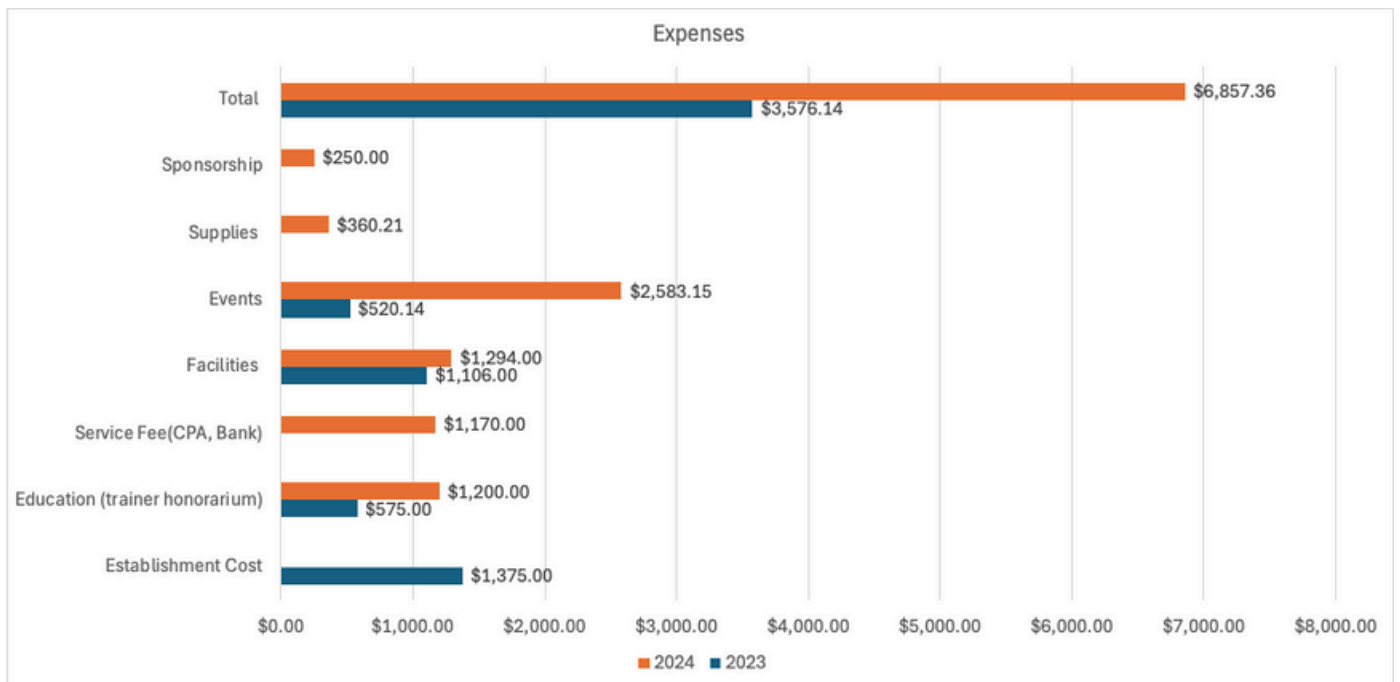
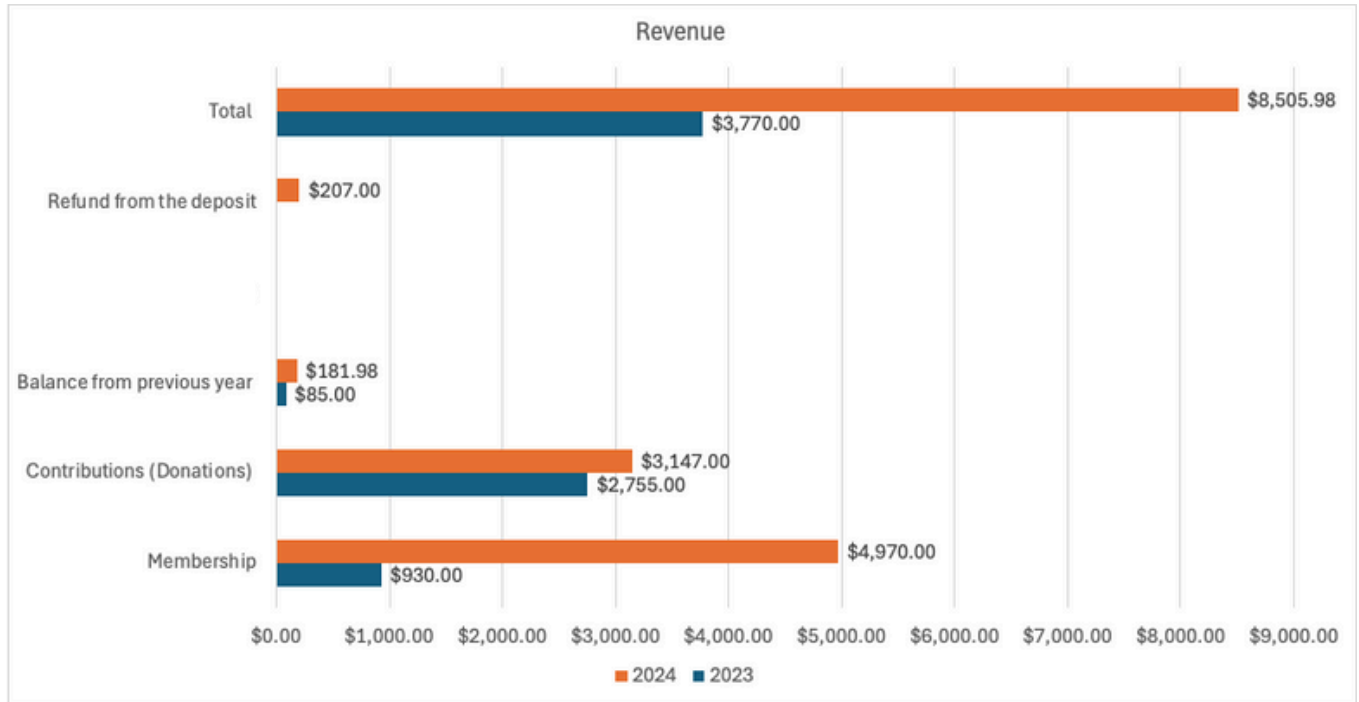
David Ha

Young H Choi

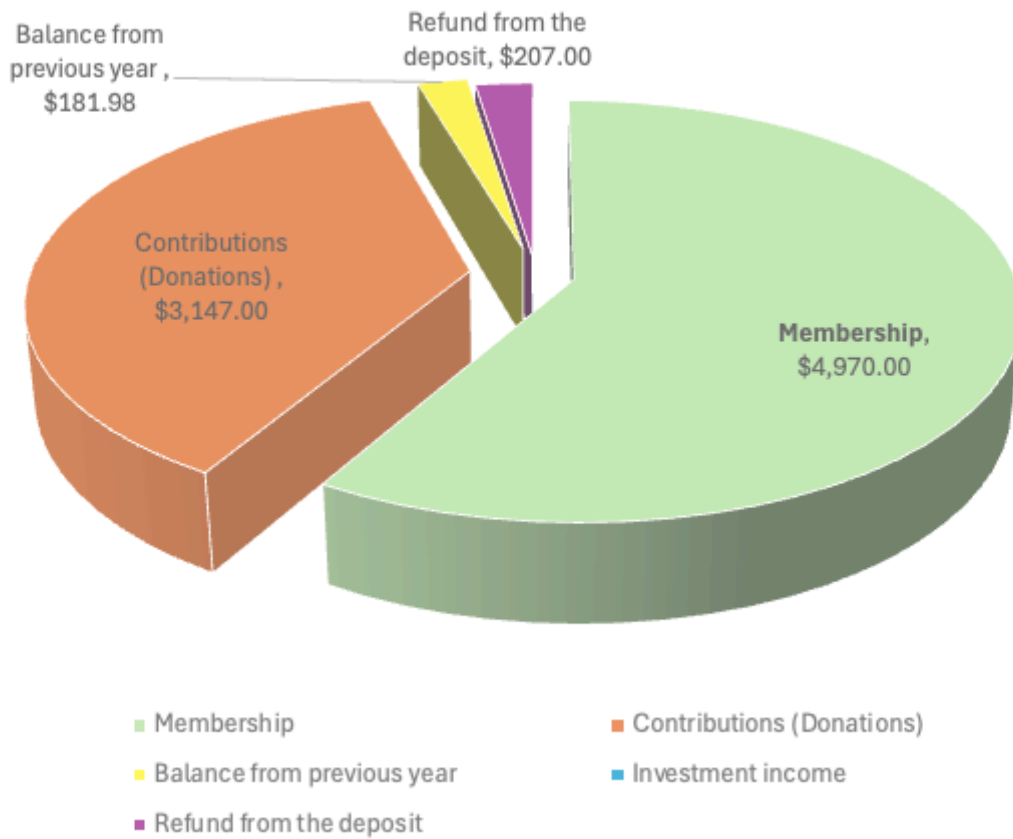
Edward Kim

Jean Kim

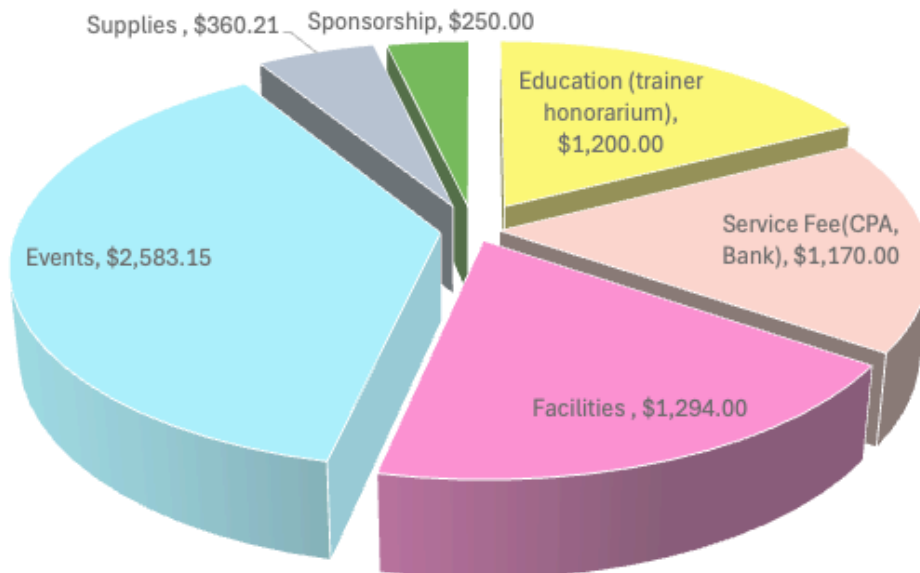
FISCAL REPORT



2024 KAMHA Revenue



Expenses



SPECIAL THANKS TO THE DONORS!

Sylvia Kwon, MiKyong Kim-Goh, Young Choi, Sarah Ko, Ga -Young Choi
Linda Yoon, Heather Park, Sunhae Lee (Grace Yoo)

kamha Highlights - a Quick View

KOREAN-AMERICAN MENTAL HEALTH ASSOCIATION

03/2024

KAMHA Professional Training Series

Evidence-based assessment and treatment for Children & Adult ADHD

04/2024

KAMHA Annual Networking

Annual networking event with ART therapy for healing

07/2024

Summer Assembly & Member Training

Summer assembly and Member training: "Intergenerational Trauma"

09/2024

Career Exploration

Explore careers in mental health field and navigating the career path

10/2024

Parenting Seminar

Virtual parenting seminar on ADHD among school aged children

11/2024

NAMI Walks Orange County

Promoting well-being and advocate for mental health in all communities

12/2024

End of Year Party

All KAMHA members, friends, and supporters gather to celebrate 2024 together

KAMHA TRAINING SERIES

PROFESSIONAL TRAINING SERIES(MARCH 2024)

In March, 2024, KAMHA had two ADHD trainings with experts in children's ADHD (Dr. Patrick Goh) and assessment and treatment of adult ADHD (Dr. Joseph Kim).

KAMHA
PROFESSIONAL TRAINING SERIES PART - I

**EVIDENCE-BASED
ASSESSMENT & TREATMENT
FOR CHILDREN WITH ADHD**

**CURRENT METHODS
AND RESEARCH**



Patrick Goh, Ph.D.
Clinical Psychologist
Assistant Professor at the University
of Hawaii at Manoa

Dr. Patrick Goh specializes in
ADHD research and therapy
focusing on early identification
and culturally sensitive
interventions.

He will share up-to-date strategies
for managing ADHD in various
settings.

ONLINE SEMINAR

 **March 10, 2024 (Sun)**

4:00 PM - 5:30 PM PDT

1.5 Free CEU

KAMHA
Professional Training Series Part- II

**Evidence-Based Assessment and
Treatment of Adult ADHD**

Online Seminar

Mar 24, 2024 (Sun)
4:00 PM – 6:00 PM PDT
with 2 free CEU



Joseph Kim Ph.D.
Neuropsychologist
Center for Brain/Mind Medicine,
the Brigham and Women's Hospital
Member of the Faculty of Neurology,
Harvard Medical School



[HTTPS://SHORTURL.AT/EHKW3](https://shorturl.at/ehkw3)

REGISTER NOW

*Upon completion of the training, free CEUs will be provided to LCSWs, LMFTs, and LPCCs
by the CSUF Department of Social Work (provider #4345)

kamha
KOREAN AMERICAN MENTAL HEALTH ASSOCIATION

WWW.KAMHAOC.ORG

SUMMER ASSEMBLY & MEMBER TRAINING

**2024 KAMHA
SUMMER ASSEMBLY &
MEMBER TRAINING**

 **JULY 13 (SAT)**

 **10 AM - SUMMER ASSEMBLY
10:30 AM - MEMBER TRAINING
"INTERGENERATIONAL TRAUMA"**



JOIN US

Dr. Jean Kim, a member of KAMHA Board of Directors, graciously offered a training session for our members on "Intergenerational Trauma" during the Summer Assembly & Member Training in July.

COMMUNITY SEMINAR



2024 CAREER EXPLORATION IN MENTAL HEALTH

Sep 7th, 2024
10: 00 - 11:30 a.m.
Virtual Event

Explore careers in mental health field and how to navigate the career path!

Hear from esteemed counselors working in nonprofit & private agencies, and government agencies.

Find out if a mental health career is right for you and get ask questions to experienced professionals.

Register HERE!

KAMHA

Linda Yoon, LCSW
Founder of Yellow Chair Collectives

Jennifer Oh, LCSW
Deputy Director at KFAM

Joo "Eric" Lee, LMFT
L.A. County DMH

2024 CAREER EXPLORATION IN MENTAL HEALTH

KAMHA's annual "Career Exploration in Mental Health" event offered community members an opportunity to learn about careers in the mental health field through a panel discussion. We appreciate the contributions of our panelists—Linda Yoon, Jennifer Oh, and Joo "Eric" Lee—who shared their professional experiences and insights.




kamha KOREAN AMERICAN MENTAL HEALTH ASSOCIATION **미주한인정신건강협회 2024 부모 교육 세미나**

ADHD 브레인 잠재력 일깨우기: 학교와 가정의 전략 재검토

날짜: 10월 20일 (일요일)
시간: 오후 4시 - 5시 30분 (PT)
온라인 줌 세미나

우리 아이가 이렇다면 함께 이야기해요

- ✓ 집중력이 떨어저요
정리정돈이 안 되요
- ✓ 학교 숙제를 자주 잊거나
끝내기를 어려워해요
- ✓ 아이의 IEP/504 Plan을
어떻게 도와줘야 할지
모르겠어요
- ✓ 형제자매나 친구들과
잘 못 어울려요
짜증이나 화를 자주 내요

무료 등록 하기

테레사 안, Ed.S., M.A.
Licensed School Psychologist in Orange County, CA

이 미자, LPCC, NCC, CAS
Licensed Professional Clinical Counselor

Korean American Mental Health Association www.kamhaoc.org

2024 PARENTING SEMINAR

In October, KAMHA hosted its annual community seminar, featuring school psychologist Theresa Ahn and LPCC Mija Lee. The seminar provided valuable strategies for supporting school-aged children with ADHD both at home and in the classroom.

ANNUAL NETWORKING

KAMHA held an Annual Networking event for professionals in April. Rachel Kim, AMFT, ATR-P, demonstrated ART therapy integrated with ACT Therapy.

MESSAGE

FROM BOARD OF DIRECTORS

JEAN KIM., DMFT, LMFT

In 2024, I had the privilege of speaking on intergenerational trauma at KAMHA on July 13. This experience reinforced the vital role that KAMHA plays as a bridge for immigrant families, helping them navigate the complexities of mental health, cultural adjustment, and identity. As an organization deeply rooted in the immigrant experience, KAMHA has become a source of support and guidance, fostering awareness and connection within our community. Having joined KAMHA in 2015, this year marks a decade of my involvement. Over the years, I have witnessed its transformation from a passionate group of individuals working toward a shared vision into a well-structured nonprofit organization with a more intentional focus on community mental health. What began as a small initiative has now grown into a platform where mental health professionals, community leaders, and families come together to promote awareness, provide education, and offer support.

KAMHA is more than just an organization; it is a space of connection and empowerment. It has built a strong network of mental health professionals who are committed to advocating for the well-being of immigrant families. It has also served as a place where individuals, regardless of their background or expertise, can contribute to making a difference. Moving forward, I hope KAMHA continues to expand its reach, bringing together both professionals and non-professionals to create a lasting impact. No one in our immigrant community should feel isolated or hopeless due to mental health challenges. I envision KAMHA playing an even greater role in breaking down stigmas, raising awareness, and strengthening the support systems that ensure mental health care is accessible to all. As we look to the future, we must also take a moment to honor those who have dedicated themselves to KAMHA's mission.



The growth and success of this organization would not have been possible without the unwavering dedication, sacrifice, and hard work of past and present leadership. We must never forget the efforts of those who laid the foundation, including our founding president, Dr. Mikyong Kim-Goh and many leaders who have contributed tirelessly over the years. Their vision and commitment have allowed KAMHA to become what it is today—a beacon of hope and support for many. Looking ahead, I hope KAMHA continues to nurture and empower the next generation of leaders. Our work is far from over, and there is still much to be done in ensuring that mental health awareness and services reach every corner of our immigrant community. By strengthening our networks, fostering meaningful collaborations, and remaining steadfast in our mission, I believe KAMHA will continue to grow as a powerful advocate for mental health and a source of hope for those in need.

KAMHA EXTERNAL RELATIONS COMMITTEE REPORT

SYLVIA KWON, LMFT CHAIR OF THE EXTERNAL RELATIONS COMMITTEE

Founded in 2015, KAMHA has steadily grown over the past decade, evolving into the organization it is today with both internal maturity and structural development. KAMHA continues to focus on strengthening its capabilities to effectively manage its expanding projects and activities with a dedicated team of professionals and passionate leaders.

Since 2024, KAMHA has established a new External Relations Committee, including external advisors, to broaden its reach and foster collaborations with various institutions and experts. This initiative enables KAMHA to expand beyond its initial regional scope, raising awareness of mental health issues and working alongside key partners to further its mission.

Since its beginning, KAMHA has been committed to improving mental health awareness and supporting those facing psychological challenges. In particular, through mental health seminars, we continue to promote social awareness and deliver encouraging messages to those in need. Moving forward, the External Relations Committee will focus on securing new resources and driving momentum for these meaningful initiatives.

As the Chair of the External Relations Committee, I would like to take this opportunity to express my heartfelt appreciation to everyone who has been instrumental in KAMHA's growth. Your wholehearted support, dedication, and belief in our mission are truly invaluable.



It is with the combined effort of all our partners, advisors, and team members that we continue to move forward with confidence. I am proud of what we have accomplished together and excited for the future as we work to expand our impact and continue supporting those who need it most. We sincerely appreciate everyone who has contributed to KAMHA's success. As we move forward, KAMHA remains dedicated to being a steadfast partner in the field of mental health, striving toward a greater vision for the future.

OC NAMI WALKS

In November 2024, KAMHA joined the Orange County (OC) NAMI walks in our commitment to advocate for the well-being and mental health in our community. Among 185 teams that participated in the OC NAMI Walks, KAMHA ranked 21st, raising \$1,140.

Together, we are breaking barriers and advancing access to behavioral health services, creating a stronger, more inclusive future. Thank you for your support in making a difference!



KAMHA BOOKCLUB

KAMHA Education Committee led the book club with members successfully. The success of the book club has paved the way for it to become an annual tradition, promising to bring together members with diverse perspectives to explore new ideas and foster a sense of community.



MESSAGE

FROM KAMHA MEMBER

MINJUNG RACHEL KIM, AMFT, ATR-P - MEMBER

My time volunteering at KAMHA has been both insightful and transformative, offering invaluable experiences as I navigated my career path after earning my sociology degree.

The opportunity to engage with a diverse group of professionals, as well as participate in workshops and seminars hosted by KAMHA, has greatly deepened my understanding of the mental health field. Listening to the stories and experiences of KAMHA members allowed me to see their genuine passion for helping and advocating for their community.

Their unwavering commitment to improving support systems within the community has been truly inspiring. Furthermore, the connections I formed with KAMHA members, who were always willing to guide and encourage me in my career, have been an important aspect of my personal and professional growth. I am deeply grateful for the opportunity to be part of such a dedicated and supportive network.



As I move forward in my career within the mental health field, I am excited to apply the knowledge and insights I gained from my time at KAMHA. I look forward to contributing to mental health advocacy and continuing to expand my expertise to become a strong, supportive advocate for those in need. My time at KAMHA has equipped me with the tools and perspective to strive for excellence in my ongoing development within this field.



Picture from 2024 KAMHA Annual Networking event

MESSAGE

FROM KAMHA MEMBER

SOLOMON JOO - MEMBER



Hello! I am currently pursuing an MSW at California State University, Los Angeles (Cal State LA). I was first introduced to the KAMHA event in April of last year through Professor Ga-Young Choi from our school. I understand that KAMHA is primarily a gathering of mental health professionals in Southern California, so being invited as a student felt like a tremendous privilege and honor. One of the most meaningful experiences for me was participating in the Annual Networking Event, one of KAMHA's major programs. It was a valuable opportunity to meet dedicated and professional practitioners in person. In addition, through the Art Therapy Activity, I was able to reflect on my inner self, learn new skills to better support clients, and experience the powerful sense of solidarity and encouragement among peers—these are treasures that I believe I could have never encountered anywhere else but at KAMHA.

The Summer Book Club I joined last summer is something I highly, highly recommend. In our hectic lives, it's often hard to make time to read books on our own, but this short, focused program allowed us to share diverse perspectives through the book, which truly opened my eyes. Beyond that, the various professional training sessions offered through KAMHA are rich in content and provide benefits in self-care, peer support, and networking all at once. (In Korea, we might call this a "one-shot-three-kill" deal.) As a Korean mental health professional and a proud member of KAMHA, I hope to continue working diligently with a strong sense of pride, serving as a catalyst for enhancing the mental well-being of the Korean community in our region.

안녕하세요. 저는 현재 Cal State LA 에서 MSW 과정 중에 있습니다. 저는 작년 4월에 우리 학교의 최가영 교수님을 통해 KAMHA 행사에 처음 오게 되었어요. 저는 연례 네트워킹 행사에서 전문적이고 헌신된 실무자들을 직접 만나 뵈었던 귀중한 시간을 가졌습니다. 게다가 Art Therapy Activity를 통해 우리 자신의 내면을 성찰해보고 클라이언트를 더 잘 돕는 기술들, 그리고 서로를 아낌없이 응원하며 연대했던 그 기회들은 KAMHA가 아니면 절대 경험할 수 없는 보물들이라고 생각합니다.

지난 여름에 참여했던 SUMMER BOOK CLUB은 강력히 추천을 드려요. 혼자서는 책 읽을 시간 내기도 힘들뿐더러 정신없이 살아야 하는 환경인데, 이렇게 단기간 집중적으로 책을 통한 동료들과 다양한 관점들을 공유하면서 제 눈을 뜨게 하는 시간이었어요. 그 외에도 제공되는 다양한 전문 교육 세션은 내용이 풍성하고 Self Care, Peer Support, and Networking 까지 모두 다 누릴 수 있는 혜택이라고 생각합니다. 한국에서는 이런 상황을 두고 '일타삼파'라고도 부르기도 합니다. 저는 한인 정신건강 전문가로서 그리고 KAMHA의 멤버로 더 자부심을 갖고 열심히 노력해서 지역 내 한인 사회의 정신 건강 웰빙을 증진하는데 쓰임 받는 마중물이 되고 싶습니다.

MESSAGE

FROM KAMHA VOLUNTEER

RACHEL LEE - VOLUNTEER

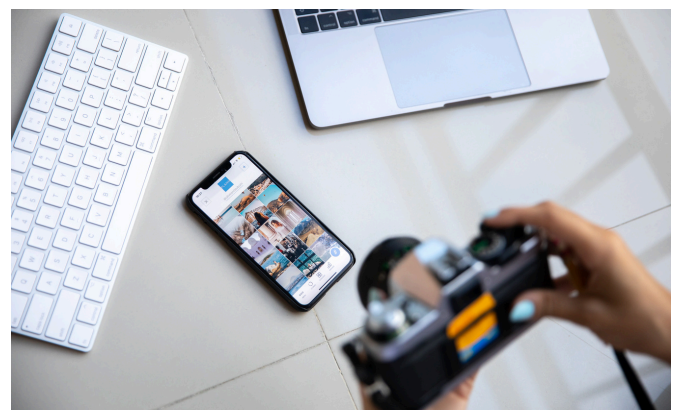


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Furthermore, the connections I formed with KAMHA members, who were always willing to guide and encourage me in my career, have been an important aspect of my personal and professional growth. I am deeply grateful for the opportunity to be part of such a dedicated and supportive network.

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CELEBRATE WITH US AS WE REFLECT
ON THE MEANINGFUL STRIDES WE
HAVE MADE OVER THE PAST DECADE
IN THE FIELD OF MENTAL HEALTH!



SAVE THE DATE
FOR
KAMHA's
10th Anniversary

September 27, 2025
La Habra Community Center
101 W La Habra Blvd, La Habra, CA 90631

2024 Annual Report Editors

Tiffany Chang and Eunice Jeon

2024 Annual Report Contributors

Karen Lee, Heather Park, Jean Kim, Sylvia Kwon, Rachel Kim, Solomon Joo, and Rachel Lee