



## Asian American Community Services (AACCS)



**Who We Are:** Asian American Community Services, Inc. (AACCS), is a non-profit 501 (c) 3 organization dedicated to the well-being of our community. We understand the challenges of fitting in self-care into already busy schedules with competing priorities. We understand your time is valuable, and we seek to focus our advocacy and efforts on hard-to-reach populations including first responders, law enforcement, health care providers, faith leaders, and veterans, servicemembers and their families.

**What We Bring to Our Community:** We understand that physical and mental health are interconnected and often cannot be managed separately. Even more importantly, social determinants of health may contribute to poor outcomes among vulnerable populations and those whose primary responsibility is to care for us. To that end, our services also include financial education, assistance with immigration issues and low-cost housing, and facilitating access to career paths through sponsorship and vocational guidance. We strive to bring awareness to the community and empower participants with tools to manage their chronic conditions, whether physical, emotional, or environmental, and to advocate for themselves, their coworkers, and their families. Acute exacerbation of chronic conditions such as hypertension, diabetes, cardiovascular disease, kidney disease and mental illness often results in individuals presenting with more advanced stages of disease than previously reported.

### **AACS now offers the SELF MANAGEMENT RESOURCE CENTER (SMRC) SUITE OF WORKSHOPS:**

- ☐ **Diabetes Self-Management Program (DSMP)**
- ☐ **Chronic Disease Self-Management Program (CDSMP)**
- ☐ **Chronic Pain Self-Management Program (CPSMP)**
- ☐ **Building Better Caregivers (BBC)**

These programs are evidence-based, available worldwide, and highly interactive. Led by 2 certified workshop leaders, these workshops have been shown to be highly effective due to active participant interaction. Workshops are highly participatory. Mutual support and success build participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Some links to publications can be found here: <https://pubmed.ncbi.nlm.nih.gov/19407333/>

#### **Workshop Format**

- Small groups – 8-12 per workshop
- 2 1/2 hours per session
- 1 session per week for 6 weeks

#### **Participants**

- People with any chronic condition
- People with Type 2 diabetes or with pre-diabetes
- 12-16 participants per workshop (in person); Virtual workshops limited to 8-10 participants
- Family members or caregivers of people with diabetes or chronic conditions

#### **Participant Materials**

- Living a Healthy Life with Chronic Conditions book – will be provided free of charge to participants
- Audio relaxation CD – provided with Living a Healthy Life with Chronic Pain book
- Books and audio tapes can also be purchased at Bull Publishing (see below)

#### **Leaders**

2 trained leaders, one or both of whom are non-health professionals with diabetes themselves.  
Must be trained by certified Master Trainers or must be Master Trainers themselves.

#### **Skills that will be taught:**

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Mindfulness and better sleep
- Appropriate use of medication
- Working more effectively with health care providers
- Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.



## Asian American Community Services (AACSB)



(Note: Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community have reviewed all materials in the workshop. Additionally, each year the content is reviewed and updated to meet current American Diabetes Associations standards and to maintain recognition by the CDC.)

### AACSB also offers Community-Based Mental Health Services

AACSB's Program to Encourage Active, Rewarding Lives (PEARLS) is a national evidence-based program for mild-to-moderate depression, dysthymia, and severe depression that is well controlled. PEARLS brings high quality mental health care into community-based settings that reach vulnerable adults.

→ How is PEARLS different from other depression programs?

PEARLS teaches people skills to actively manage overwhelming problems that contribute to their depression, focusing on the here and now. The participant drives the program – selecting what problems they would like to address, defining reasonable goals, identifying possible solutions and weighing the pros and cons of each solution, and coming up with a feasible action plan. PEARLS was designed to be delivered at home, or in another accessible place for the participant. Some people participate in PEARLS and then engage in other traditional therapies or participate in PEARLS in addition to other programs.

→ PEARLS has been evaluated and included in several national clearinghouses for evidence-based programs:

- SAMHSA's National Registry for Effective Programs and Practices (NREPP): <http://nrepp.samhsa.gov/>
- Administration for Community Living's (ACL) Aging and Disability Evidence-Based Programs and Practices (ADEPP): <http://www.acl.gov/Programs/CDAP/OPE/ADEPP.aspx>
- Agency for Healthcare Research and Quality (AHRQ) Innovations Exchange: <http://www.innovations.ahrq.gov/>
- The Centers for Disease Control and Prevention have included the PEARLS Program in its publication *Addressing Depression in Older Adults: Selected Evidence-Based Programs*
- In addition, PEARLS received the 2011 Archstone Award for Excellence in Program Innovation: [http://www.archstone.org/usr\\_doc/Archstone2011Program.pdf](http://www.archstone.org/usr_doc/Archstone2011Program.pdf)

AACSB can offer the PEARLS program in a number of different languages, with appropriate cultural awareness. Since we are also connected to some high stress social services AACSB may also be able to assist with problem solving and taking action among eligible clients.

FOR MORE INFORMATION, PLEASE CONTACT: 301.281.1786

- **Meet our Executive Director and Chairman of the Board – Shahin Sebastian** is AACSB Executive Director and the program manager of the Patient Navigator Program and the Hindi-Urdu, Russian and Malayalam Medical Interpreter with Cross Cultural Infotech. Ms. Sebastian holds a Master's degree in Microbiology from Odesa State University, Ukraine. Ms. Sebastian is a community health educator, and teaches self-management of Chronic diseases, Chronic pain, and Diabetes and Mental Health First Aid. Ms. Sebastian is also a community mental health counselor with the PEARLS program (the Program to Encourage Active and Rewarding Lives). Ms. Sebastian loves traveling, creative writing, forest bathing and self-improvement through guided meditation, book clubs, family and friends.
- **Meet our Clinical Supervisor – Dr. Cynthia Macri** is a board-certified OB/GYN & Gyn Oncologist, licensed in Maryland. She served 35 years in the US Navy, including leadership roles at the National Naval Medical Center, Walter Reed Army Medical Center, the Uniformed Services University, and the Pentagon before retiring in 2014. Dr. Macri is a peer leader for the suite of SMRC self-management programs and currently works at a big data analytics firm in Herndon, VA. In her spare time, she is an instructor for Flameworking at the Workhouse Arts Center in Lorton, VA, plays competitive adult women's soccer in the many local leagues and serves the Maryland State Veterans Commission, Governor's Commission on Suicide Prevention, and the Veterans Administration Advisory Committee on Women Veterans.