

Understanding the Mental Health of South Asian Immigrants, Their Children and Adapting Parenting Interventions

presented by

Manal F. Khan, MD

Manal Khan is an Assistant Professor of Psychiatry and Associate Program Director for Child and Adolescent Psychiatry Fellowship at University of California, Los Angeles. Dr. Khan grew up in Pakistan where she completed her medical education. After relocating to the US, she completed her general psychiatry residency training at the University of Washington, Seattle. During her residency, Dr. Khan served as the resident-lead for cultural psychiatry and global mental health career enrichment track and as the chief resident of recruitment and wellness. Dr. Khan completed her child and adolescent psychiatry fellowship at University of California, Los Angeles. During her fellowship, she served as the inaugural justice, equity, diversity, and inclusion chief. After graduating, she joined UCLA as faculty. Dr. Khan currently works on the inpatient unit, supervises trainees in the neurodevelopmental disorders' clinic, and is also completing the Max-Gray fellowship which is aimed at developing further expertise in pediatric mood disorders. Her select leadership roles include serving as the Representative of Minority and Underrepresented Groups through Southern California Psychiatric Society and as the Co-Chair of IMG caucus through AACAP. Dr. Khan's areas of interest include South Asian mental health, childhood trauma, and psychotherapy.

1/04/24 12–1:15 PM

<https://hartfordhealthcare.zoom.us/j/99337580599>

Learning Objectives: *As a result of participating in this Live Internet Activity, participants should be able to:*

- *Understand the mental health challenges involved with immigration.*
- *Describe the mental health challenges faced by South Asian American children and youth.*
- *Develop an awareness of clinical considerations in their work with South Asian American children, youth, and families.*
- *Adapt and deliver parenting interventions in a culturally informed manner for South Asian American children, youth, and families.*

Accreditation & Credit Designation Statements: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

- **Physicians:** Hartford Healthcare designates this Live Activity for **1.25 AMA PRA Category 1 Credit(s)TM**. Physicians should only claim credit commensurate with their participation.
- **Psychologists:** Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.
- **Nurses:** This activity is approved for **1.25 ANCC contact hour(s)**.
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- **Other Learners:** All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for AMA PRA Category 1 CreditTM from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Planning Committee: None
- Speakers: None



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