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MaiFS LAUNCHES LIGHTHOUSE **Michigan's first youth wellbeing program for Asian American communities.**

Mai Family Services (MaiFS) has achieved a remarkable milestone with the successful launch of Lighthouse, a groundbreaking initiative that sheds light on mental health and substance abuse issues impacting Asian communities in Michigan. The event brought together parents and students in a safe and inclusive space, fostering open dialogue and resource sharing.

Dr. Jason Vannest's interactive lecture delved into mental well-being and parental intervention at the right stage, while organizations like McAskil and Being Human provided insights into their supportive services. The student panels, featuring the University of Michigan (AA) team and parents Viji Velayutham and Sampath Prahlad, explored generational and communication gaps. U of M participants included Grace Lee and Arun Nagappan and moderator Ganesh Palaniappan. The MSU School of Osteopathic Medicine Substance Abuse Prevention task force delivered a powerful presentation on the impact of substance use on well-being. Krishna Gogineni and Urja Parikh shared valuable insights that kept the audience glued to their work.

Thanks to Rajesh Radhakrishnan for sharing his personal story on judgmental and biased views of the community. The short survey at the event revealed that academic stress and social anxiety are the top triggers for mental health issues.

Anu Gopalakrishnan, President of MaiFS, unveiled the blueprint for Lighthouse, emphasizing its student and parent-focused services. The program's talented leadership and event hosts, Manju Patnaik, Vyas Shenoy (also the emcee), and student leads Ganesh Palaniappan and Rishi Rao will guide Lighthouse towards breaking stigmas and empowering individuals to seek support. All student participants were provided with MaiFS community service hours certificate.

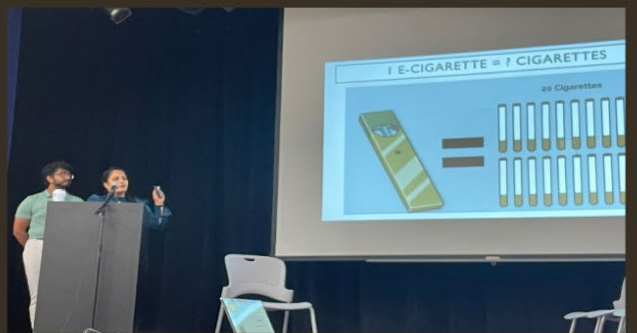
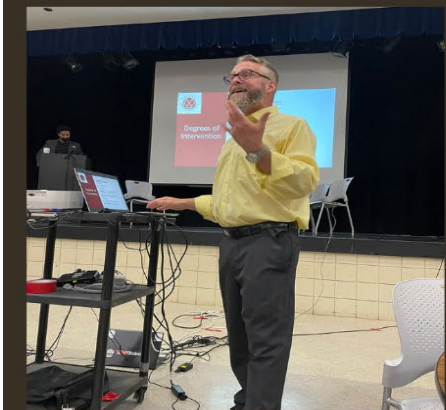
Special thanks to Mona Sashital, Vatsala Upadhyay, Lalita Kambhampati, Dhanya

Menon, and Preeti Tyagi for their timely support.

Thank you sponsors Comerica and Rotary Club of Troy – your contributions and support to the community is invaluable.

Lighthouse stands as a beacon of hope, illuminating the path towards better mental health and substance abuse awareness within Asian communities in Michigan. With unwavering dedication, MaiFS is poised to make a lasting impact, guiding families towards a brighter, healthier future.

For program inquiry, please email youthprograms@maifs.org



MONTHLY STATISTICS



How was our May?

29

Current active survivors

1

Youth Issue

2

Senior abuse

7

Referrals and Resources



DONATION APPEAL

MaiFS is serving 36 survivors who have been physically, mentally, emotionally, verbally, financially, and sexually abused. Additionally, 21 individuals have called the MaiFS helpline and office seeking resources to handle their crises since the start of the year 2024. We need your help to raise awareness and provide quality service to all those seeking support - some of whom have a voice and some suffering in silence.

Make a difference today!

Your donation to Mai Family Services can change lives. With your support, we can help survivors of abuse find the resources and care they need to heal and thrive. Join us in raising awareness and providing quality counseling services to those who need it most. Together, we can do this. Use any of the channels below to donate and be a beacon of hope for those in need.



Mai Family Services
Support when you need it most

Addressing the issue of South Asian trauma and domestic violence is crucial to bringing about meaningful change and supporting those who have experienced intergenerational abuse.

Domestic violence within South Asian communities often stems from deeply entrenched cultural norms, which can perpetuate cycles of abuse across generations. It is important to recognize that trauma resulting from such violence has a profound impact on individuals and their mental well-being.

Mai Family Services works towards breaking these cycles of abuse, promoting healing, and ultimately creating safer environments for individuals affected by trauma and domestic violence.

Could we count on your support? You can set up a monthly recurring payment or make a one-time donation to join the team making a difference. We thank you for your time and continuous goodwill.

Website:
<https://maifs.org/donate/>

Scan the QR Code 

Accommodation - 25%
Medical - 15%
Legal - 40%
Daily Needs - 20%

Image credit: adb.org



<https://maifs.org/donate/>



MaiFS MAY OUTREACH ACTIVITES

Henry Ford Health Expo -

MaiFS board and volunteer team participated and raised awareness about agency services and programs at the Asian American Health and Wellness Expo coordinated by Asian Center of SE Michigan and Henry Ford Health. Kusum Rashid, Varsha Pathre, Deepali Kozarekar, Mona Sashital, Sudha Gadgil, and Bhavana Kamath represented MaiFS.

Asian Night Market Festival - Detroit (Eastern Market) -

MaiFS board and volunteer team participated in the Asian Night Market Festival - one of Michigan's largest and most culturally diverse events. Night markets are such an integral part of Asian culture, community, tradition, and cuisine! MaiFS was one of the three beneficiaries of this event. Anu Gopalakrishnan, Preeti Tyagi, Vatsala Upadhyay and Lalita Kambhampati represented the agency and interacted with hundreds of visitors who stopped by the table to learn more.



MaiFS - IMPORTANT DATES TO REMEMBER

August 2024

- **Sunday, August 25:** MaiFS Annual Seniors Day Celebration
 - **Venue:** Indo-American Community Services (IGGF)
 - **Details:** A day dedicated to honoring and celebrating the senior members of our community. Enjoy various activities, entertainment, and refreshments tailored for our cherished seniors.

September 2024

- **Sunday, September 14:** MaiFS Walkathon
 - **Location:** Lakeshore Park, Novi
 - **Details:** Join us for a refreshing walkathon at Lakeshore Park. This event aims to promote health and wellness within our community while raising funds for MaiFS initiatives. Participants of all ages are welcome.

November 2024

- **Saturday, November 23:** MaiFS Annual Holiday Fundraiser
 - **Location:** Radisson, Southfield
 - **Details:** Our annual holiday fundraiser is an elegant evening featuring dinner, entertainment, and an auction. All proceeds support Mai Family Services' programs and services. Dress in your finest attire and join us for a night of celebration and giving.

Mark your calendars for these exciting events! For more details and to register, please visit the MaiFS website.

PARTNER ANNOUNCEMENTS

IRB: STUDY00009728

Date approved: 10.26.2023



Are you an Asian Indian/Indian American student in grade 6-12 attending a school in the United States? We would like to know more about your experiences.

The research study aims to understand the experiences of Asian Indian students in a middle- or high-school in the U.S.

You can participate in the study if you are:

- In any grade between grades 6 to 12
- If you or one of your parents moved to the U.S. from India and identify as Asian Indian
- Currently attend a public, private, or charter school in the United States

If you want to learn more about the study, email the Principal Investigator:

- Ms. Lamja Bagasrawala, M.A., Ph.D. student, Michigan State University: bagasraw@msu.edu
- Dr. Courtenay Barrett, Ph.D., LP, NCSP, Assistant Professor, Michigan State University: marstcou@msu.edu

You can participate in the survey or interview or both.

If you want to participate in the survey, you will be asked to:

- Complete a set of questions which have choices for answers and will take about 15 minutes. These questions will ask you about:
 - Yourself and your identities
 - Your experiences in school, and
 - Your emotions and feelings

Participants will receive a \$10 incentive for participating in the survey.

To participate in the survey, scan this QR Code or [click here](#):



If you want to participate in the interview, you will be asked to:

- Participate in a confidential 90- minute individual interview on Zoom. During the interview, you will be asked to:
 - Share your school experiences
 - Reflect on your different identities,
 - Share your feelings related to your school experiences.

Participants will receive a \$30 incentive for participating in the interview.

To participate in the interview, scan this QR Code or [click here](#):





Client Testimonial



I was destitute a few years ago, on the verge of being homeless. I discovered Mai Family Services. I am now thriving and working for a Fortune 500 company. My success and second life is because of you. Thank you, Mai Family Services for your support and assistance. I will always remember.

MAIFS SURVIVOR



Thank you for supporting Mai Family Services!



Our mailing address is:
MAI FAMILY SERVICES
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Livonia, MI 48152

