



Inside *ACCESS*

Newsletter of Asian Christian Counseling & Educational Seminar Services, Inc. (ACCESS)

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Major Changes for ACCESS in 2008

During our 2nd Annual Fundraising Dinner on March 8th, we officially announced a number of major changes for ACCESS. First, we were very happy to introduce our new Advisory Board members, Dr. James Siwy, and Dr. Huey-Jen Chen. Dr. Siwy is an established Christian psychologist in Roswell and a professor at Psychological Studies Institute (PSI), where our own Lydia Teh graduated (Lydia even took a course from Dr. Siwy there). Dr. Chen is a Psychiatric Nurse Practitioner and Visiting Assistant Professor of Nursing at GA State University.

Both Dr. Siwy and Dr. Chen bring a wealth of experience and mental health expertise with them as they join our Advisory Board. We are honored by their willingness to advise us. Dr. Chen has already helped give a couple seminars for us, and Dr. Siwy has already helped advise us on group counseling methods



Lydia Teh and Dr. Huey-Jen Chen at ACCC seminar Aug. 2007

before Lydia conducted the counseling group for depression in February through April this year.

At our fundraising dinner in March, we were also pleased to introduce our two new counselors, Jane Cheng and Yunsuk Jung (see p. 3 for more information on our new staff). Yunsuk started with ACCESS in February, and Jane started in March. We are most excited to have Yunsuk join us, finally having a Korean-speaking counselor on staff (who also speaks Japanese!), and finally being able to start some substantial outreach to the Korean community. In September we also added a male counselor!

It was a bittersweet announcement during the fundraising dinner, to note the expected arrival of Lydia's second child and her need to step down at the end of March to move into a new season of her life as the mother of two little ones. We were thankful for this joy in her life, and for God's immediate provision of a new Chinese Bilingual counselor, but very sad to see her go for an indefinite period of time.

Thankfully, Lydia is still helping ACCESS in whatever way she can from home as a vol-

— By Rebekah Wang, LMFT



Mar. 2008 Fundraising Dinner ACCESS Group Photo (L to R): Tabitha Chee with baby Joshua, Carol Miyake, Yunsuk Jung, Rebekah Wang, Ken Wang, Cecilia Shou, Dr. Jim Siwy, Lydia Teh, and Jane Cheng

unteer, as well as occasional guest speaker (such as on August 16th — see our list of presentations on p. 4). It was fun to surprise her with a special thank you during the fundraising dinner, complete with a plaque recognizing her service to ACCESS and baby gifts.

We anticipate other exciting happenings and changes in the near future, so please stay tuned to our next newsletter for more details. We appreciate your continued support and prayers, especially as ACCESS continues to grow and transition through these various changes. Thank you for being a part of this much-needed mission to help people make positive changes in their lives! We could not do it without your support!

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Bilingual Chinese Counselor

Yi-Shi Hsiao, M.Ed.

Bilingual Chinese Counselor

Yunsuk Jung

Bilingual Korean & Japanese Counselor



“Faith is being sure of what we HOPE for and certain of what we do not see...”

-Hebrews 11:1

Message From the Executive Director

Dear Supporters and Friends:

For those of you who are new to our mailing list from our fundraising event in March, and our workshops and seminars this year, welcome! I apologize for not sending this newsletter out sooner, but I've been short-handed administratively since Lydia's departure earlier this year, and other responsibilities took priority. When Lydia left, there was already a lot of news to report since our last newsletter. Now there is even more. Hopefully it will not take another year before we get the next newsletter out!

As 2008 comes to an end, many individuals, families, and businesses are struggling. Unemployment is high, finances are tight, and fear of layoffs and other

unknowns related to the economy have put a lot of stress and strain on countless people and their relationships.

We at ACCESS hope that all of you are weathering this crisis, and want you to know that we are here to support you, whether you need help managing your stress and anxiety, your marriage has been strained, or you have been laid off and need guidance on job change. We also have sliding scale discounts if you have lost your job and cannot afford our regular fees.

Of course, ACCESS has not been immune to the effects of the recession. Like many non-profits, donations are down, and some of our clients are not able to come in as often because of uncertainties and tightening of their finances. Despite all

the recent news about the current financial crisis, however, you will see that there have been many exciting new developments in 2008, and we look forward to celebrating our 5th Anniversary next fall. Stay tuned for more details on that celebration in the future.

During times like these, we are particularly grateful for your support and prayers. If you have not already done so, we hope you will consider a year-end gift. On behalf of the Board of Directors and Staff at ACCESS, we wish you a wonderful holiday season, a very Merry Christmas, and a Happy New Year!

Holiday Blessings,

Rebekah Wang, LMFT
Executive & Clinical Director

ACCESS Group Program Breaks New Ground!

Thanks to a mini-grant from the *Center of Excellence on Health Disparities at Morehouse School of Medicine* subsidizing \$2,181 of expenses involved, ACCESS conducted its first counseling group during mid-February through early April of this year, led by Lydia Teh.

This grant to help eliminate mental health disparities in underserved communities made possible a counseling group in Chinese, and focused on overcoming depression (the first ever in Georgia!).

The overall goal of the program was to increase access to education and treatment of depression amongst the Chinese-

speaking population in Atlanta, as one of the many underserved minority groups in the Metro Area. Offering a program in Chinese is particularly important for those with limited English proficiency, and therefore cannot use services provided elsewhere in English, or those who feel more comfortable themselves in Chinese, especially deep emotional topics.

We are happy to report that the eight-week group program was a success! We hope to be able to offer more counseling groups again in the future. If you or someone you know might be interested in joining a counseling group or support group (in various languages available), please feel free to let us know!



Meet Our Newest Counseling Staff

Jane Huei-Chen Cheng, M.S., LPC graduated from Georgia State University with a M.S. in Professional Counseling, as well from Regent University with a M. A. in Christian Counseling and Emory University, Candler School of Theology with a M.Div. She has served as a pastor, chaplain, pastoral counselor, and professional counselor in various locations. With a background also in pharmacy, she has a passion for promoting spiritual, emotional, and physical healing, especially in educating and counseling Asian immigrants and Asian Americans. She enjoys speaking on various topics such as stress management, marriage relationships, parenting, and leadership development for positive living. Born and raised in Taiwan, Jane is fluent in Mandarin, Taiwanese, and English.

Yunsuk Jung is finishing up her M.A. in Community Counseling at Mercer University, and has a heart for serving minority groups and marginalized communities who are struggling with greater challenges and hardships. Her professional interests include interpersonal and intrapersonal relationships, cultural issues, identity issues, marital problems, and working with women or teenagers. Having lived in both Korea and Japan, she is fluent in Korean and Japanese languages, in addition to speaking English.

Yi-Shi Hsiao, M.Ed. is a doctoral practicum clinician. He received his master's degree in Community Counseling program at University of Missouri-St. Louis and is currently a fourth-year doctoral student in the Counseling Psychology program at Georgia State University. Recently he has worked as a psychotherapist in the student counseling centers of Georgia State University and Georgia Institute of Technology, and at the Auburn Renaissance Center of Grady Memorial Hospital. As an international student, his professional interests include multicultural issues among Asian Americans and adjustment issues of international students, in addition to his interests in working with mood disturbances, career counseling, and marriage and family issues. Yi-Shi is able to provide counseling services in Taiwanese, Mandarin, and English.

2nd Annual Fundraising Dinner A Success!

As alluded to on the front page article, ACCESS held its 2nd Annual Fundraising Dinner on Saturday, March 8, 2008 (see photos to the right). Under the theme of "Transformation: A Journey of Growth and Healing," this event featured special guest speaker Carol Miyake, LCSW, a licensed therapist and the Outreach Director at *Asian American Christian Counseling Service (AACCS)* in Southern California, after which ACCESS is largely modeled. Carol shared from both her professional and personal experiences with transformation and healing. Many were deeply moved by her sharing.

We were grateful to have Joe Kelly, who served as our co-Master of Ceremonies last summer at our Yunnan Ethnic Music and Dance benefit performance, to emcee again for us, as well as to have Eric Shin, who performed at our 1st Annual Fundraising Dinner, return as our musical guest, this time accompanied by Josh Feit (bass guitar) and Peter Choi (keyboards). Approximately 170 guests delighted in the nine-course Chinese banquet by Canton House Restaurant and the live music by Eric, Josh, and Peter, before Carol spoke. Several guests left with great door prizes from the drawing at the end of the evening.

Many thanks to all who attended, as well as to all our generous sponsors and donors! We could not have done it without you all. A big thank you also to our wonderful volunteers who participated and helped in the event!



2nd Annual ACCESS Fundraising Dinner Guests



Fundraising Dinner Musicians Peter Choi (left) and Eric Shin (center); not pictured, Josh Feit



Fundraising Dinner Door Prize Drawing by Emcee Joe Kelly, assisted by Rebekah Wang



Special Guest Speaker Carol Miyake at our 2nd Annual ACCESS Fundraising Dinner in March



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2008 Presentations by ACCESS

January 6, 2008 — “The Art of Communication”
(Atlanta Chinese Christian Church Qing Quan Fellowship)
Speaker: Lydia Teh

**February 9, 2008 — “Holding Hands for a Lifetime”:
“The Foundation and Making of a Happy Marriage”**
(Cross-Church Marriage Seminar at ACCC)
Speakers: Jane Cheng, Lydia Teh

**March 8, 2008 — “Transformation: A Journey of Growth &
Healing” 2nd Annual ACCESS Fundraising Dinner**
(Canton House Restaurant, Chamblee, GA)
Guest Speaker: Carol Miyake

**April 19, 2008 — “Parenting Challenges” Seminar:
“Teenagers & Internet Addiction” and “Sibling Rivalry”**
(Cross Church Parenting Seminar at ACCCN)
Speakers: Jane Cheng, Dr. Edward Lai

April 19, 2008 — “Stress Management”
(ACCC NW Sister’s Fellowship)
Speaker: Jane Cheng

May 10, 2008 — “How to Live a Balanced Life”
(ACCC East Fellowship 2)
Speaker: Jane Cheng

June 29, 2008 — “Identifying Unhealthy Communication”
(ACCC Couples Sunday School)
Speaker: Rebekah Wang

July 13 & 20, 2008 — “Healthy Communication in Marriage”

(ACCC Couples Sunday School)
Speaker: Jane Cheng

July 24, 2008 — “How to Have a Happy Life”
(Chinese Catholic Seniors Group—All Saints Catholic Church)
Speaker: Jane Cheng

July 25-26, 2008 — Ignite 2008 Atlanta Asian American Conf.
Community Resource Information Table
(Perimeter Church—Duluth, GA)
Representative: Rebekah Wang, Yunsuk Jung

August 16, 2008 — “Blessing Your Children” Seminar
(Cross Church Parenting Seminar at ACCC)
Speakers: Lydia Teh, Jane Cheng

September 6, 2008 — Malaysia Fest 2008
Community Resource Information Table
(Duluth Festival Center, Duluth, GA)
Representative: Rebekah Wang

October 3, 2008 — “The Art of Communication” and “Choosing a Career”
(Atlanta Taiwanese Presbyterian Church Young Adult Fellowship)
Speakers: Jane Cheng, Yi-Shi Hsiao

October 31, 2008 — “How to Have a Happy Life”
(ACCC NW Fellowship 5)
Speaker: Jane Cheng

November 1, 2008 — Young Achievers Awards Ceremony
(Monte Jade Science and Technology Association)
Speaker: Rebekah Wang

