



Film Screening of *Coffee Talking Out of Mental Coffin*

“*Coffee Talking Out of Mental Coffin*” is short documentary film about JR Kuo’s mental health journey as an immigrant. The 5-minutes documentary recounts the moment that JR received his green card after 27 years of struggling with the immigration system in the US and how the immigration system impacted his mental health and family.

Two of third Asians/Asian Americans are either immigrants themselves or they have close relatives or friends that are immigrants. By addressing and understanding our humble and great cultural significant of immigrant pasts, not only we can learn from them, we all can continue to grow and thrive as a community in the US and better equip us with to battle anti-Asian racism, mental health stigma.

Due to stigma around mental health and immigration, Asian Americans don’t talk about their inner struggles and share their amazing cultural heritage. In this film screening, we will use the film as a medium of reflection to have a guided discussion about the intersectionality between mental health, the impact of immigration within Asian American communities, and Asian American cultural identities and experiences.

The participants will view the film in the beginning. Then, with a variety of virtual exercises like polls and breakout rooms, participants will explore their connections with immigration. Through the exploration of their immigrant pasts, participants will find their pride and strengths within their unique and remarkable cultural identities. Using their inner strengths and pride, we will break down mental barriers and destigmatize mental health.



Film Screening Outline

1. Welcome and Introduction
2. Film Screening
3. Q&A
4. Understanding the Impact and Connections between Immigration and Mental Health
5. Building Resiliency: from feeling shame to feeling proud as an immigrant