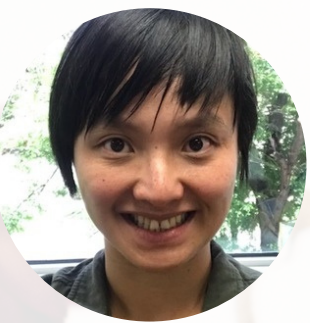




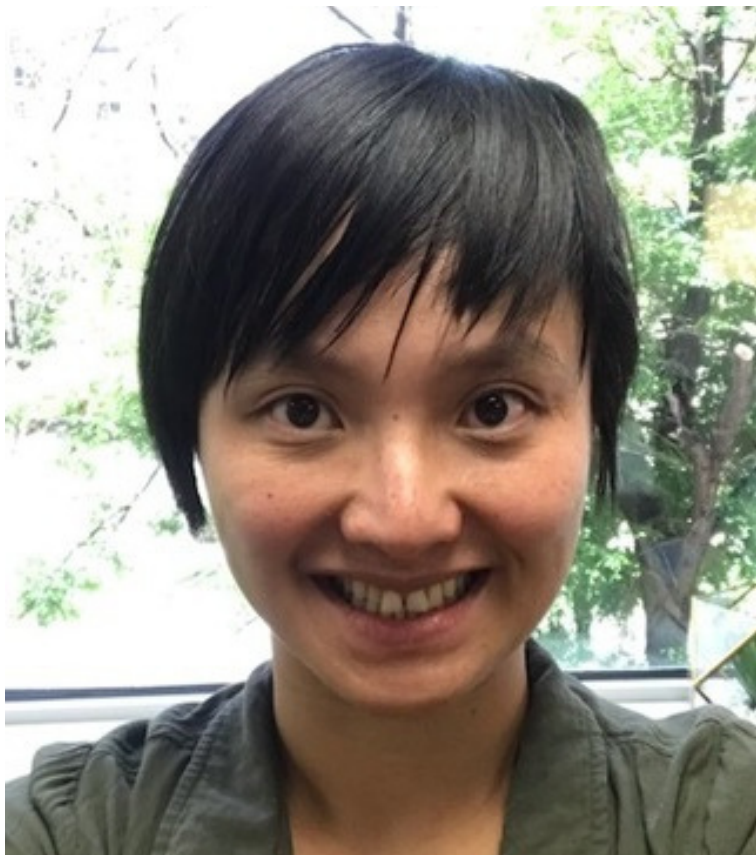
ASIAN AMERICAN AND PACIFIC ISLANDER

HERITAGE MONTH

MAY 27, 2022



In recognition of Asian American and Pacific Islander Heritage Month, The Substance Abuse and Mental Health Services Administration (SAMHSA) Minority Fellowship Program (MFP) at the American Nurses Association (ANA) is proud to highlight several MFP/ANA trailblazers of Asian American and Pacific Islander descent. This month we recognize Wei-chen (Sabrina) Chen, MSN, RN, Napoleon DeVeyra MSN, RN, BSN, PHN, Elaine Do, MSN, RN, PMHNP-BC, Alexander Labrador, MSN, RN, and Udaya Thomas, PhD, MSN, MPH, NP-BC, APRN, CYT, C-NC, CIMHP.



Wei-chen (Sabrina) Chen
MSN, RN

Wei-chen, Sabrina as she prefers to be called, received her master's degree from the University of Colorado Anschutz Medical Campus in Denver, Colorado, where she also received her Bachelor of Science degree in Nursing. She immigrated to the US in 2008 with her Bachelor of Arts in philosophy from the National Taiwan University and master's degree in philosophy from the Tsinghua University in Taiwan. She later chose nursing as her second career because she treasures the interactions she has with people, from

not knowing one another to gradually building trusting relationships. Her first staff position was at the Menninger Clinic in Houston, TX, where she completed the 6-month Betty Ann Stedman Psychiatric Nurse Residency Program. After her graduation from the residency program, Sabrina sought every opportunity to learn about various evidence-based treatments to better serve patients with mental illness, including but not limited to Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Motivational Interviewing. Sabrina's goal is to promote compassion, self-care, and mindfulness in the public and eventually to break the stigma associated with mental illness using educational strategies. She is a graduate of the MFP/ANA Master's C'2019.





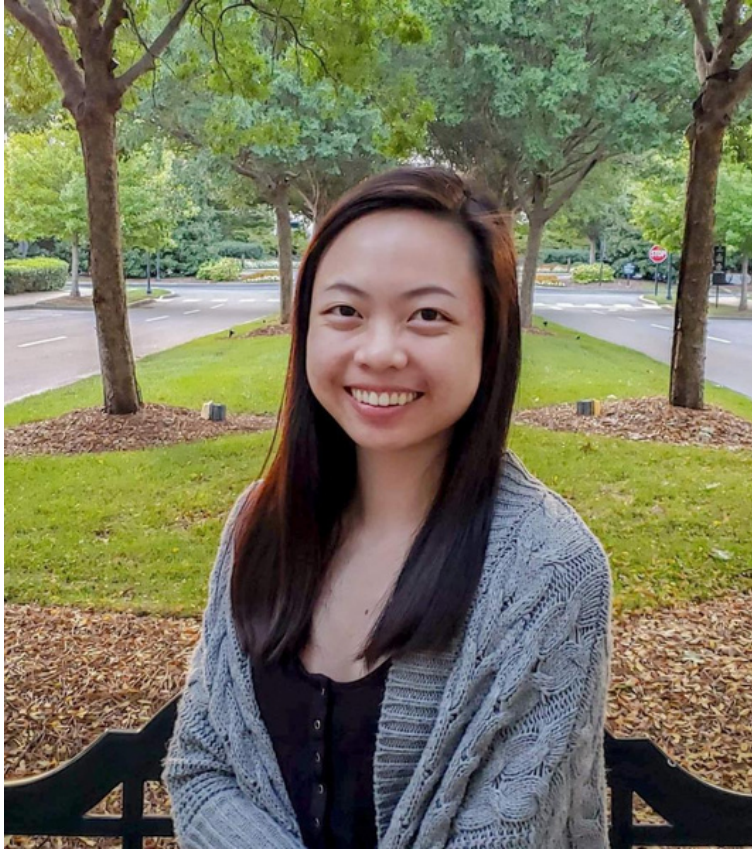
**Napoleon DeVeyra
MSN, RN, BSN, PHN,**

Napoleon DeVeyra was a fellow in the Minority Fellowship Program-Youth (MFP-Y) in 2016 and was among the inaugural cohort. While being funded by the MFP/ANA he was enrolled in the Master of Science in Nursing, Family Psychiatric Mental Health Nurse Practitioner program at the University of California, San Francisco (UCSF). He received his associate degree in Nursing from Solano College in Northern California and obtained his baccalaureate in nursing from the University of Texas at Arlington where

he graduated Magna Cum Laude. His research and clinical interests include integrative and multidisciplinary approaches to primary and mental health care, racial, intergenerational, and sociocultural implications of mental health, global healthcare, as well as the integration of music and medicine. Mr. DeVeyra is a member of the Sigma Theta Tau International Honor Society of Nursing, the American Psychiatric Nurses Association, American Nurses Association, the International Society of Psychiatric-Mental Health Nurses, Neuropsychiatric Education Institute, and the International Association of Music and Medicine. In 2015 he was the recipient of the American Psychiatric Nurses Association's Board of Directors Scholarship.

Previously, Mr. DeVeyra had the opportunity to be a part of the San Francisco Department of Public Health's Filipino-American Counseling and Treatment Team as a clinical/community health nurse where he was able to take part in the implementation of the Primary Behavioral Health Care Initiative (PBHCI), providing integrated mental health and medical, outreach services for the Filipino-American community in San Francisco. Currently, he lives in New York City where he relocated in 2016 after completing the PMHNP program at UCSF. In

2017, he completed the first community psychiatry NP fellowship program in New York State. Since 2018, he has been employed as a psychiatric nurse practitioner in an inpatient facility in the New York-Presbyterian Healthcare System. The healthcare system has an Asian psychiatry unit where specialized inpatient mental health services are provided. He is a graduate of the MFP/ANA Master's C'2016.



Elaine Do
MSN, RN, PMHNP-BC

Elaine Do is a Psychiatric Mental Health Nurse Practitioner (PMHNP) fellow in the UC San Diego PMHNP Child & Adolescent Psychiatric Fellowship Program. She graduated from Vanderbilt University School of Nursing (VUSN), where she was a member of VUSN's Asian American/Pacific Islander Student Nurses Group. Ms. Do also earned her bachelor's degrees in both Integrative Biology and Psychology at UC Berkeley. She has always known that she wanted to work in a field where

she could combine her interests in healthcare, psychology, and pediatrics, which brought her to the field of Nursing. Prior to her enrollment at Vanderbilt, Ms. Do worked as a behavioral interventionist and provided Applied Behavioral Analysis (ABA) therapy to children who were diagnosed with autism spectrum disorder or developmental delays. Ms. Do has also volunteered at several hospitals, including St. Joseph's Hospital in Orange, CA, and Alta Bates Summit Medical Center in Oakland, CA. She also has experience tutoring and mentoring underserved youth in after-school programs. Ms. Do plans to continue providing mental health services to children and adolescents from racial and ethnic minorities, especially those who have difficulty accessing healthcare in underserved areas. She is a graduate of the MFP/ANA 'C2021.



Alexander Labrador
MSN, RN

Alexander Labrador was a fellow in the Minority Fellowship Program-Youth (MFP-Y) in 2016 and is among the inaugural cohort. During his fellowship he pursued his Master of Science in Nursing, specializing in the Psychiatric Mental Health Nurse Practitioner program at Delta State University in Clinton, MS. He specializes in child/adolescent populations and provides care to rural and urban at-risk children within the Tri-State area. He enjoys spending time with his family and traveling

abroad with his wife. Mr. Labrador is also a veteran, having completed two overseas tours with the U. S. Navy as a Hospital Corpsman. After being honorably discharged in 2005, he volunteered in two medical missions to impoverished rural areas of the Philippines. He then obtained his Bachelor of Science in Nursing from Union University's one-year accelerated program where he was awarded the Baptist Memorial Hospital nursing scholarship in 2007. He fell in love with the psychiatric specialty after helping to deescalate an aggressive patient, and spent eight years working on adult, geriatric, and child/adolescent psychiatric floors at Saint Francis Hospital in Memphis, Tennessee. Mr. Labrador is currently a full-time Psychiatric Nurse Practitioner at Compassion Mental Health Psychiatry and Wellness LLC in Bartlett, TN. He is a graduate of the MFP/ANA Master's C'2016.



Udaya Thomas

**PhD, MSN, MPH, NP-BC, APRN,
CYT, C-NC, CIMHP**

Dr. Thomas is a 2021 SAMHSA MFP Alumni. Dr. Thomas is a first-generation immigrant from Kerala, India and even though raised in the Midwest, keeps strong connections with her family and community there. She recently traveled to Kerala, seeing family and friends, including her 100-year-old great aunt, Sarah who is a retired nurse and continues to be caring, feisty and interactive! Since her MFP graduation, Dr. Thomas presented to a local Broward Sigma Theta Tau Chapter on her doctoral research titled “Effect of Integrative

Group Medical Visits in Primary Care for Low-Income Patients with Anxiety Disorders.” She holds certificates in integrative health coaching, yoga, and as a master trainer. This year, she also completed a certificate as an integrative mental health practitioner focusing on nutritional and behavioral health methods to address mental health disorders as both primary and complimentary interventions. Dr. Thomas has left full-time NP practice and is currently an Assistant Professor at Nova Southeastern University where she is teaching core courses in the MHNP doctoral program. Along with her new work, she has immersed herself in her local community. Dr. Thomas has been a member and volunteer facilitator for Broward County Mindfulness Community of Practice. She has been recently appointed to be a South Asian Advisor to the Commission on the State of Women for Broward County, as well as other Broward County initiatives. She works with individuals and groups, using integrative health, meditation, nutrition, and movement solutions to co-create plans with community members to improve self and family care to maintain optimal community health. Dr. Thomas is the immediate past Board President of Integrative Medicine for the Underserved (IM4US), where she has also been a volunteer since 2015.

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