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## **OCHN Hosts Minority Mental Health Awareness Event Focused on Generational and Cultural Wellness**

**TROY, MI – July 9, 2025** – In recognition of Minority Mental Health Awareness Month, Oakland Community Health Network (OCHN) is proud to host a special event titled “Hope is My Superpower: A Look at Mental Wellness Across Generations and Cultures”, Wednesday, July 10th, from 10:30 a.m. to 1:00 p.m. at OCHN’s Troy offices.

This engaging and inclusive event highlights the intersection of culture, generational experiences, and mental wellness, aiming to break down stigma and encourage open conversations around mental health in diverse communities.

The free event will feature a dynamic youth panel who will share personal stories and insights about how cultural backgrounds shape their views and experiences with mental health. Experts will address key topics such as cognitive wellness, resiliency, and how culture influences emotional well-being and perceptions of mental health.

Attendees can also participate in interactive identity chart mapping, a guided activity that encourages reflection on the many aspects of identity and how they relate to mental wellness.

“This event is about creating space for understanding and healing,” said OCHN CEO and Executive Director Dana Lasenby. “By hearing from youth and experts alike, we hope to empower our community with the knowledge and tools to embrace mental health with openness, strength, and hope.”

For non-emergency Access services, call (248) 464-6363. If you or someone you know needs immediate assistance, call or text the Suicide & Crisis Lifeline at 988. For more information on OCHN, please visit [www.oaklandchn.org](http://www.oaklandchn.org).

### **About OCHN**

OCHN is contracted by the Michigan Department of Health and Human Services to lead a provider service network and manage care for approximately 30,000 Oakland County citizens at more than 400 service sites. People who receive public behavioral health services through OCHN's provider network include those who have an intellectual or developmental disability, mental health concerns, or substance use disorder. Most of these individuals have Medicaid insurance coverage.

OCHN's goal is to ensure these individuals are aware of and have access to services and supports that will improve their health and quality of life, as well as ensure their engagement in full community participation. Its mission to “inspire hope, empower people, and strengthen communities” reflects an unyielding belief in a “Valuable System for Valued People.” Programs and supports provided by OCHN's service network are available at [www.oaklandchn.org](http://www.oaklandchn.org).