

# Changing Tides Stream

## Participant Information Sheet

### What is it?

Changing Tides Stream (CT Stream) is a stipend program intended for AAPI youth and young adults (ages 16 – 29) who are first-time non-acute therapy seekers or currently unable to afford the cost of therapy.

CT Stream aims to provide an accessible, transparent, and inclusive opportunity to obtain mental health services. Participating clients will have no financial requirements.



### Who can participate?

Our focus is on AAPI youth and young adults who would benefit from receiving non-acute mental health services.

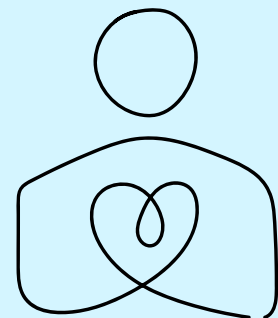
### What is the time commitment?

Up to 10 therapy sessions (in-person or virtual) with a mental health professional from our directory.




\* If you are in crisis or you think you may have an emergency, call your doctor or 911 immediately. If you're having suicidal thoughts, call 988 to talk to a skilled, trained counselor at a crisis center in your area at any time (National Suicide Prevention Lifeline). If you are located outside the United States, call your local emergency line immediately. \*

### What is our goal?

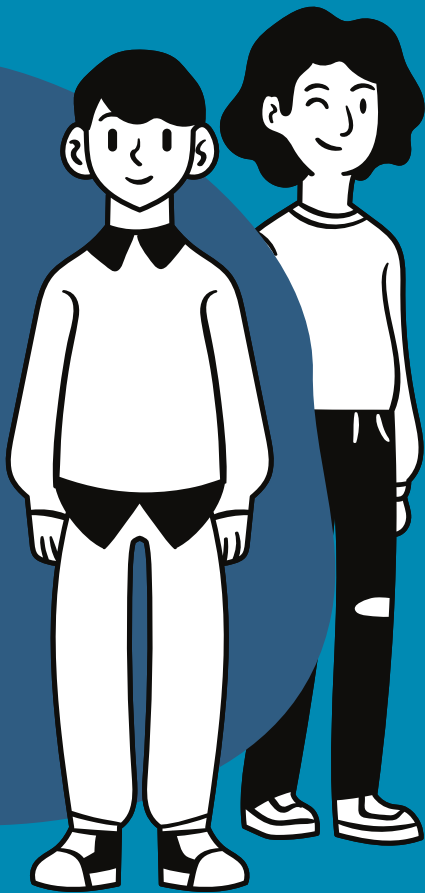
We hope to address the current mental health crises impacting AAPI youth in our communities. Mental health services can be inaccessible for numerous reasons, including but not limited to: stigma surrounding mental illness, culturally-insensitive providers, language barriers and economic instability. We want to reduce obstacles for AAPI youth!



A Program of  
Little Tokyo  
Service Center

 thechangingtides  
 LTSC\_changingtides  
 [www.thechangingtides.org](http://www.thechangingtides.org)

# How CT Stream Works



## Questions?

Contact: Marian Sunabe,  
Participant Intake Coordinator  
Email: [msunabe@LTSC.org](mailto:msunabe@LTSC.org)  
Phone: (747) 251-1550

Request a stipend here:



1

Fill out the CT Stream Interest Form or call or email the Intake Coordinator.

2

The Intake Coordinator will reach out to you using the provided contact information. They will schedule an intake interview with you to determine your suitability for our program.

3

Upon gathering your information and preferences, the Intake Coordinator will give you a list of 2-3 matched therapists. You should schedule a consultation with each therapist to decide which therapist you would like to work with.

4

When you have decided which therapist you would like to meet with, please contact the therapist within one week to schedule your first session. Please let the Intake Coordinator know which therapist you have chosen.

5

If at any time, you feel uncomfortable or mismatched with the therapist, please notify the Intake Coordinator. They will try to re-match you with a new list of 2-3 therapists.

6

CT Stream will cover the cost of a total of 10 therapy sessions scheduled on a weekly or bi-weekly basis.

7

Upon completing your therapy sessions, the CT Stream Administrative Team will reach out to you with a follow-up survey. At this time, you will also be able to request a free, year-long subscription to the Calm wellness app and additional resources upon request.

8

Should you and your therapist decide to continue therapy together outside of CT Stream, financial obligation is the responsibility of the client. If payment is an issue, please discuss with your therapist if they are able to accept payment on a sliding scale. If not, please ask for a reference to a suitable therapist or refer to the Changing Tides therapist directory on our website.