



SACRAMENTO ASSOCIATION OF  
INDIAN NURSES

## Indian Community & Mental Health

May 22, 2025  
12 - 1 p.m. PST

Join us for an engaging Grand Rounds Session in sponsorship with the **Sacramento Association of Indian Nurses (SAIN)** and the **Kaiser Permanente Research & Innovation Academy**.

Mental Health in the Indian Community remains a critical issue that needs our attention. Despite the challenges, it's important to foster open conversations, provide support, and promote access to mental health resources. Together, we can break the stigma and build a healthier, more supportive community.

### By the end of this session, participants will be able to:

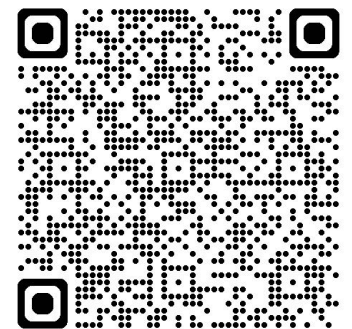
- Understand the criteria for common diagnoses in this community.
- Discover the demographics and stigma present around mental health in this community.
- Define which interventions will help manage the patient who has mental health concerns.

To achieve health equity, it's crucial to recognize and address mental health outcomes. This session will provide primary care physicians, nurses, and healthcare administrators with the knowledge and tools needed to advocate for inclusive, evidence-based practices that enhance patient outcomes and promote equitable care in our communities.

### Speaker



**Roop Sabharwal, PsyD**  
Psychological Assistant  
Kaiser Permanente  
Vallejo Medical Center



Provider approved by the California Board of Registered Nursing, Provider Number 2365, for **1 contact hour. KP California nurses only.**