



Thao Nguyen Foundation Inc. Newsletter

Volume 10, Issue^{#1}
July 2022

TOGETHER, WE BRING LIGHT TO MENTAL HEALTH AWARENESS

IN THIS ISSUE

Greetings from the President

Nhung Hendy

A warm welcome to all of you and thanks for reading another issue of the foundation's newsletter. There are many exciting things to report as you will see in this issue, so please read on.

First, I would like to report that a Thao Nguyen Memorial scholarship (\$1,500) was awarded to Isabella Miller, an Art + Design Senior from Towson University on May 12th, 2022, during the Annual Foundation Scholars Celebration. Second, two scholarships were awarded to two graduating senior students at Loch Raven High school at their Senior Awards Day on June 6th, 2022. Christina Giavadi (\$1,000) will be studying at Penn State University and Aniyah Young (\$500) will be studying at Community College of Baltimore County.

Last but not least, in an effort to forge partnership with the community, we sponsored an annual [Diversity and Education program](#) organized by the [Chesapeake Human Resource Association](#). The program features a panel discussion of promoting a workplace culture of acceptance and inclusion of diversity, including, but not limited to people with mental illness.

As I write this column, preparation for the third Juried Art Competition "Reconciliation" is well underway. The judges are busy at work and hopefully we will have their decisions soon. Best of luck to all who submitted works for this competition. Please mark your calendar. Our Third Juried Art Show will be running for a week starting on **Saturday, October 22nd, 2022, at 501A York Road in Towson, MD** with the Opening Reception from 6 to 9 P.M. on 10/22. Please come out to enjoy locally sourced foods and refreshments while supporting local artists and the foundation. Please help us make this year's show another smashing success.

As summer begins with Summer Solstice on 6/21, I thought it befitting to include two poems in this issue, one by Mark Twain about our journey through life accentuated by warm summers and the other by Robert Frost about the nature/summer beauty. As usual, you will find a research summary column featuring the most recent published research on mental health.

In closing, please continue to stay safe and be kind to yourself. As always, thank you all for your continued support and have a safe Fourth of July Holiday!

Upcoming events:

**Reconciliation Art show Opening
Reception: 10/22**

Survivors of Suicide Loss Day: 11/19

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TN Foundation Board of Directors

Michael Biderman, Director
Philip Hall, Director
Nhung T. Hendy, President
Secretary & Social Media Manager,
vacant



After the rain: Kapalua Golf,
Maui, Hawaii

SAVE THE DATE!

Reconciliation Juried Art Show

Saturday, OCTOBER 22, 2022
6 P.M. to 9 P.M. 501 York Rd.,
Towson MD 21204

Warm Summer Sun

By **Mark Twain** (1835-1910)

Warm summer sun,
 Shine kindly here,
 Warm southern wind,
 Blow softly here.
 Green sod above,
 Lie light, lie light.
 Good night, dear heart,
 Good night, good night.

Fireflies in the Garden

By **Robert Frost** (1874-1963)

Here come real stars to fill the
 upper skies,
 And here on earth come emulating
 flies,
 That thought they never equal
 stars in size,
 (And they were never really stars
 at heart)
 Achieve at times a very star-like
 start.
 Only, of course, they can't sustain
 the part.

Source: Poetry Foundation
www.poetryfoundation.org/poems

IF YOU WANT TO CONTRIBUTE AN ARTICLE

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TikTok's sick-role subculture and what to do about it!

Summarized by Nhung Hendy

TikTok is a social media platform that allows users, between the ages of 10 and 29 years to post short videos in which music, text, and other special effects can be incorporated for dramatization purposes. The purpose, among other things, of these videos is to poke fun at their own experiences with various issues, one of which is mental health. Similar to other platforms such as Instagram, Facebook, YouTube, and SnapChat, TikTok is a place where users can discuss mental health with their peers in a community of users. However, the question of whether and to what extent TikTok has been effective at de-stigmatizing mental illness was investigated in a recent study published in March of 2022 in the *Journal of the American Academy of Child & Adolescent Psychiatry*. Two researchers from the University of Michigan reviewed the statistics of TikTok usage and provided some helpful recommendations to both the readers and clinicians. One striking statistic is that TikTok was found to be the most popular app because it had 850 million downloads in 2020 on a global basis. In the United States alone, there were 30 million users of TikTok app in 2020.



Sunrise on South Beach, Florida



Sunset on Waikoloa Beach: Maui, Hawaii

Although the discussion of mental health on social media platforms had started before TikTok was created, the researchers alerted us about the **romanticizing** effect of mental illness through public disclosure and cultural romanticizing of mental illness. Specifically, they alerted the public about the potential harmful effect of TikTok such as turning the discussion of mental illness from achieving its intended effect of enhancing public's awareness and de-stigmatization of mental illness to having an opposite effect. For example, there are instances in which kids who self-diagnosed of having mental illness to be popular, which is unhealthy.

To take advantage of the healthy influence of social media and reduce the unhealthy and unsafe behaviors resulting from TikTok, the researchers recommended that clinicians and caregivers should develop a plan to limit the reinforcing effects of posting symptoms or illnesses on TikTok. It is also important to co-view the content that their child(ren) is/are consuming or posting. Treatment guidelines are evolving as experience grows and data accumulate.

Reference:

Harness, J., & Getzen, H. (2022). TikTok's sick-role subculture and what to do about it. *Journal of the American Academy of Child & Adolescent Psychiatry*, 61(3), 351–353.

