



Thao Nguyen Foundation Inc. Newsletter

15th Issue
December 2019

TOGETHER, WE BRING LIGHT TO MENTAL HEALTH AWARENESS

IN THIS ISSUE

Greetings from the President

Nhung Hendy

Welcome to the fifteenth issue of TNF newsletter. It is hard to believe that another year is about to end. This year has been particularly hard for me because Joe's birthday was on Thanksgiving Day. I dreaded it for months. But a letter from her friend Hannah Eunbi, whom she met in 2007 at a Debate camp in Liberty, VA, lifted me up. I felt good that she touched so many lives. Thank you, Hannah, for keeping her memories alive.

As I mentioned in our last newsletter, many non-profit organizations have struggled to stay afloat after 5-6 years in operation according to the Non-Profit Times. However, we are going strong after six years and we have you to thank for that. Thank you for your unwavering support to the Foundation. We could not have been successful without your financial support.

Please mark your calendar. We are sponsoring a second biannual juried art competition in partnership with the Art Department at Towson University. The event date is set for Saturday, April 4th,

2020. More about this event is found on page 2. Please read on.

As the holiday season is upon us, please consider making your year-end tax-deductible donation to TN Foundation. Donations can be made securely on our web site www.tnscholarshipforhearts.org.

When you shop on Amazon, please use smile.amazon.com link, choose TN Foundation as the charity of your choice and each time you shop, Amazon will donate .5% of the proceeds to our foundation. There are no price differences between the amazon.com and smile.amazon.com sites. When you buy or sell on eBay, you can designate a portion of your proceeds to TN Foundation. On behalf of the Board of Directors, please accept my sincere thanks for your continued support. Have a healthy holiday season and a Happy New Year!



Christmas in colors, South Jordan UT

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SAVE THE DATE!

Second Juried Art Competition
Saturday, APRIL 4, 2020
6 P.M. to 9 P.M. 501 York Road,
Towson MD 21204



Our first juried art competition was themed as "Shining Light" after the foundation's motto. The theme for our second competition is going to be: "Daybreak".

Daybreak makes us think of light from darkness: going from the world cloaked in obscurity to the world more fully seen and appreciated. The sun is beyond human control, but it warms and illuminates the world. Still, we lose sight of it every day. Sometimes sleep carries us through the night and we awake refreshed: sometimes we don't sleep and still daybreak comes, bringing brighter color into our lives... and hope.

There will be various prizes. First prize is \$250 with second, third, and fourth prizes ranging from \$150, \$100, and \$75. Please consider submitting your work to the competition. More details will follow in the next few weeks. All artwork will be available for sale with 50% of the proceeds go to the Foundation's Thao Nguyen Memorial Scholarship Fund and 50% of the proceeds go to the artists.

Living a Life Interrupted by Bipolar Disorder

By Christopher Gregory



Synika Gardner has struggled with her mental health since she learned she had bipolar disorder in 1996. Now she is making up for lost time with her three daughters. See the full story at the New York Times issued November 24th 2019 at <https://www.nytimes.com/2019/11/24/neediest-cases/motherhood-mental-health.html?smid=nytcore-ios-share>



Winter in the Grand Teton national park

thankful

**HAPPY HOLIDAYS AND
HAVE A GREAT NEW YEAR!**

*Thank you for all your
support.*

IF YOU WANT TO CONTRIBUTE AN ARTICLE

Contact Nhung Hendy,
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Research summary in mental health problem intervention for college students

Summarized by Nhung Hendy

Test anxiety is highly distressing and can significantly undermine academic performance among college students. A group of researchers from the University of Liverpool in England recently conducted a systematic review of the literature to quantify the effectiveness of different interventions to reduce test anxiety among university students. Forty-four randomized controlled studies involving more than two thousand students were included in this meta-analysis examining the efficacy of various interventions for college students in reducing test anxiety and improving academic performance. The results showed that interventions were moderately effective at reducing test anxiety (a 28-percentile reduction) and improving academic performance (a 14-percentile gain). Cognitive behavioral therapy, study skills training, and combined psychological and study skills training interventions showed promise in reducing test anxiety. However, evidence for their long-term efficacy is lacking. In addition, most studies included in the meta-analysis were small in sample size, thus reducing the generalizability of their findings. We must await future research with larger samples as well as greater rigor in research reporting and new interventions for comprehensive

conclusions regarding these interventions' effectiveness.

Reference:

Huntley, C. D., Young, B., Temple, J., Longworth, M., Smith, C. T., Jha, V., & Fisher, P. L. (2019). The efficacy of interventions for test-anxious university students: A meta-analysis of randomized controlled trials. *Journal of Anxiety Disorders*, 63, 36–50.



Believe that you can!

Common mental health problems such as depression, anxiety disorder, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD) are internalizing disorders with high comorbidity. College students are under many stressors and transitional events, which make them susceptible to these illnesses. A group of Chinese and Canadian researchers conducted a large meta-analysis including 331 randomized controlled studies to quantify the effectiveness of various interventions. They found moderate effectiveness of interventions for depression (a 23-percentile reduction) and anxiety disorder (an 18-percentile reduction). They also found no evidence that existing treatments for OCD or PTSD were effective for this population. Cognitive behavioral therapy and mindfulness-based interventions were effective in reducing both

depression and anxiety. In addition, other interventions such as art, exercise, and peer support showed strong effectiveness in reducing depression and anxiety among college students. The takeaway of this study is to surround yourself with friends as they can provide you with the support that helps you cope and reduce anxiety as well as depression. Also, engaging in artistic activities helps battle depression and anxiety disorders.

Reference:

Huang, J., Nigatu, Y. T., Smail-Crevier, R., Zhang, X., & Wang, J. (2018). Interventions for common mental health problems among university and college students: A systematic review and meta-analysis of randomized controlled trials. *Journal of Psychiatric Research*, 107, 1–10.



Resilience is very different from being numb. Resilience means you experience, you feel, you fail, you hurt, you fall. But you keep going.

