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From: Theresa Trieu <ttrieu2@ggusd.us>
Sent: Monday, September 14, 2026 8:10 AM
To: COB_Response
Subject: September 15 BOS Meeting, Line Item #10
Attachments: OCAPICA Letter of Support.pdf

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July 22, 2026

To Whom It May Concern,

My name is Dr. Theresa Trieu, and I am a school counselor in the Garden Grove Unified School District. Ten years ago, while working as an academic advisor, I had the pleasure of discovering Project Focus and learning about the vital mental health services they provide to youth and families. As a Vietnamese American who grew up in Orange County, I experienced firsthand the lack of resources for Asian youth facing mental health challenges, and I was fortunate to have trusted adults who guided me.

In my current role as a school counselor, I frequently witness the negative impacts of social media and gaming addictions on student growth. Left unaddressed, these issues can lead to chronic absenteeism, school burnout, or delayed adult development. OCAPICA's Project Focus not only supports youth battling these challenges, but also empowers parents with the tools to guide their children. By supporting the whole family, OCAPICA creates a foundation for lifelong success.

Over the past decade, I have regularly referred students and families to Project Focus. I have also invited their team to our school outreach events, where they connect directly with parents to raise awareness about available resources. Mental health remains heavily stigmatized in the Asian American community, making culturally tailored outreach essential for building trust. Seeing OCAPICA's parent team members communicate with families in their native language to bridge these generational and cultural gaps has been invaluable.

The impact of their work is undeniable. I recently worked with a Vietnamese American student who was struggling with her LGBTQ+ identity and living with a single father. She had stopped attending school and fell behind academically. Fortunately, Project Focus provided the holistic guidance and support she needed to get back on track, and she successfully graduated last year.

Project Focus offers well-rounded, compassionate, and essential care for both parents and youth. I strongly support their mission and hope they can continue their tremendous work in our community for years to come.

Sincerely,

Dr. Theresa Trieu

School Counselor, Garden Grove Unified School District