



American Muslim
Health Professionals

2024

Annual REPORT



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American Muslim Health Professionals

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Executive Summary

ABOUT

MISSION

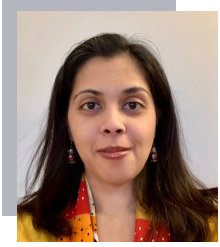
Bringing together and strengthening the impact of Muslim health professionals to improve the health and wellness of all Americans.

VISION

To be a leader in improving public health, through efforts inspired by the Islamic tradition.



AMHP National Board of Directors



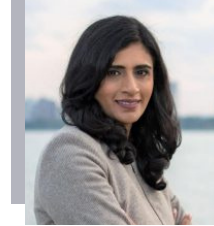
Sana Syed, MD, MPH
President



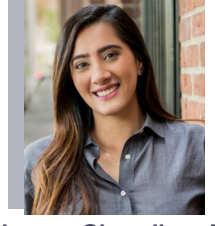
Faraz Siddiqui, JD, MPH
Vice President



Asra Ali DDS, MS
Secretary



Arshia Wajid MPH, MBA
Founder



Rukhsana Chaudhry, PsyD
Mental Health Program Director



Junaid Malik, MD



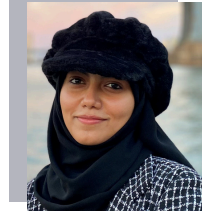
Ibrahim Sablaban, DO



Adel Syed, MPPA, EdD



Zachariah Elkordy



Mariam Khursheed Ahmed

Staff



Shoaeb Basha, MPH
Executive Director



Aisha Azimi, MA
Marketing & Communications
Coordinator



Samroz Jakvani, MPH
Health Policy & Advocacy
Manager



Cristian Murcia
Operations Coordinator

AMHP DMV Board of Directors



Shafiq Ahmed, MS
President



Amina Shams, MPH
Vice President



Ashila Jiwani
Professional
Development Chair



Amara Saleem
Secretary

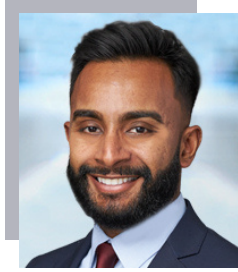


Muhammad Qadir, MHSA
Fundraising Director

AMHP Chicago Board of Directors



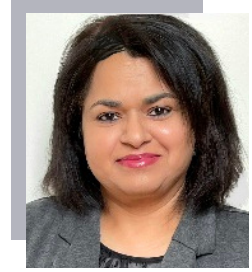
Azlan Tariq, DO
President



Mustafa Ghafoor
Vice President



Farheen Sultana, MD
Secretary



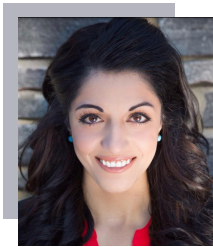
Rozina Talat, MBA
Treasurer



Salva Balbale, PhD
Professional
Development Director



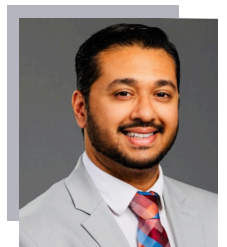
Marya Jan, PsyD
Mental Health Director



Urooj Yazdani, MD, MEd
Health Policy and Advocacy



Sefika Cubic
Development Director



Afroz Hafeez, MD, MBA
Advisor

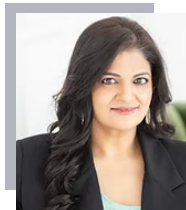
AMHP Texas Board of Directors



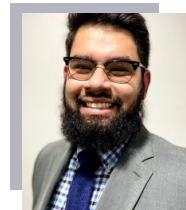
Zeyn Patel
President



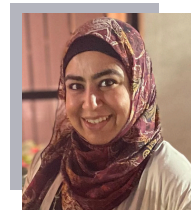
Shamila Yasmin Malik
Vice-President



Raheela Shaikh, MA.Ed
Professional
Development Director



Abdullah Omar Talukder
Treasurer



Faryal Khatri, MA
Secretary



Taliah Muhammad
Board of Director

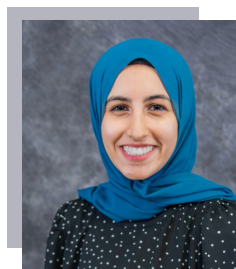
AMHP New Orleans Board of Directors



Fawad Khan, MD
President



Samra Naeem, DDS
Vice President



Alaa Malik
Secretary



Ali Yusufali, MD
Treasurer

ORGANIZATIONAL ACCOLADES

AMHP CELEBRATES 20TH ANNIVERSARY IN CHICAGO



On behalf of the entire team at AMHP, thank you for being part of AMHP's 20th Anniversary Benefit Dinner! We feel honored to have shared the evening with you!



AMHP'S FOUNDER RECEIVES 'TOP 50 INFLUENTIAL MUSLIMS IN THE AMERICAS' AWARD



AMHP Founder and Advisory Board Member Arshia Wajid, MBA, MPH, received the distinction alongside actors, congresswomen, and more.

PROFESSIONAL DEVELOPMENT

Overview ▾

American Muslim Health Professionals (AMHP) was created with the purpose of connecting professionals and students from diverse sectors of healthcare industry nationwide.

Since 2018, AMHP has hosted **National Public Health conferences** at Ivy League institutions including: Harvard, Johns Hopkins, and MIT.

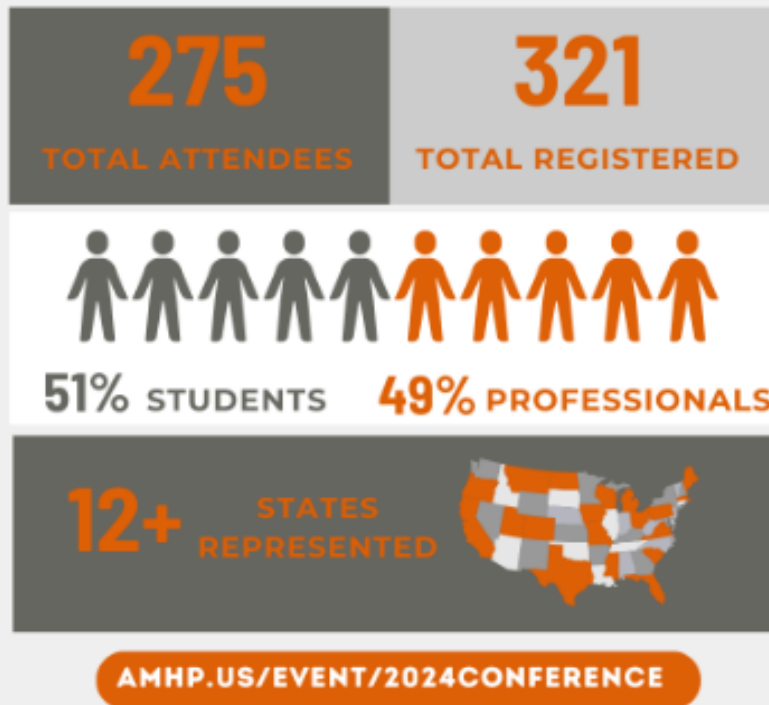
In 2024, AMHP hosted a national conference at Johns Hopkins University in partnership with AMMSA and Johns Hopkins University School of Medicine and Johns Hopkins Bloomberg School of Public Health.



AMHP Chapters host **networking events in their respective cities** to bring together healthcare and non-health professionals.



2024 CONFERENCE: BY THE NUMBERS



AMHP ON THE MAP



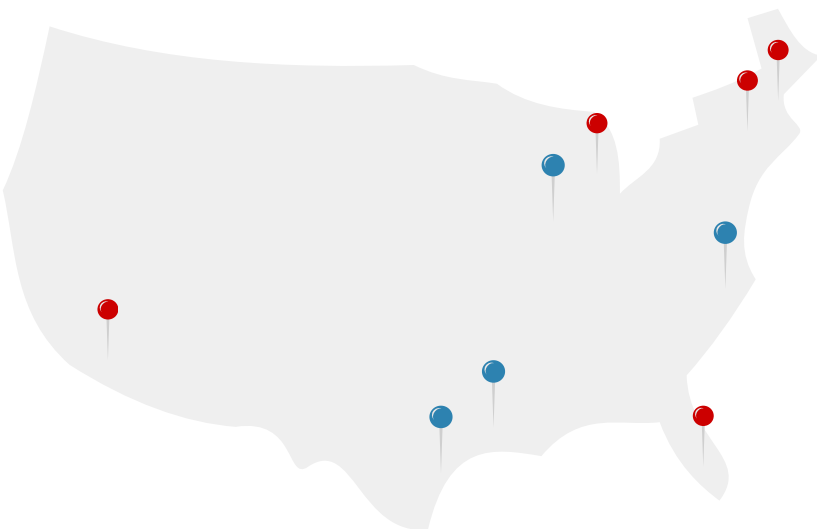
OFFICIAL CHAPTERS:

CHICAGO
DC, MARYLAND, VIRGINIA
TEXAS
GREATER NEW ORLEANS



OTHER AMHP GROUPS:

NEW YORK/NEW JERSEY
BOSTON
FLORIDA
MICHIGAN
SOCAL



8/10/2024 ARTIFICIAL INTELLIGENCE IN HEALTHCARE: PRACTICAL USES, CHALLENGES, & OPPORTUNITIES CHICAGO



8/11/2024 CHAI & CHAT NETWORKING - BOSTON



03/25/2024 NETWORKING IFTAR - NEW ORLEANS

American Muslim Health Professionals of Greater New Orleans hosted a Networking Iftar for local health professionals and their families. 33 attendees made the event a success!



10/25/2024: AMHP BOOTH AT AMMSA CONFERENCE

AMHP representatives ran a booth at the AMMSA conference, which featured nationally renowned leaders in Islamic bioethics, health policy, and finance.



12/15/2024 CHAI & CHAT: PHARMACEUTICAL CAREERS NETWORKING - BOSTON

AMHP hosted the second in a series of chai chat networking events in Boston for pharmaceutical experts and those looking into careers in the industry.



MENTAL HEALTH

BY THE NUMBERS

2,226+ TRAINED

60+ ORGANIZATIONS

89+ TRAININGS

31+ STATES

11+ CERTIFIED INSTRUCTORS



MENTAL HEALTH LEADERS

- **Rukhsana Chaudry, PsyD**, Senior Clinical Psychologist, AMHP Mental Health Programming Director
- **Mustafa Ghafoor, CPA**, Co-Founder Salaam Recovery, Vice President of AMHP Chicago
- **Ibrahim Sablaban, DO**, Psychiatrist and Addiction Medicine Physician, AMHP National Board Member
- **Urooj Yazdani, MD**, Child and Adolescent Psychiatrist, Health Policy & Advocacy Director, AMHP Chicago

CONFERENCES & PROGRAMS



The poster for NATCON24 features the American Muslim Health Professionals logo at the top left. The main text reads "NATCON24 SPEAKER" in large, bold letters. Below this, it says "APRIL 15-17, 2024" and "ST. LOUIS, MISSOURI". A prominent orange button says "REGISTER NOW". The website "NatCon24.org" is listed. The topic is "THE VALUE OF MENTAL HEALTH FIRST AID FOR REFUGEE AND IMMIGRANT COMMUNITIES". A circular photo of Rukhsana Chaudhry, PsyD, is shown with her title "AMHP MENTAL HEALTH PROGRAM DIRECTOR". To the right of the poster are three photos: a woman standing in a hallway with NATCON24 signs, a woman speaking at a podium, and a group of people in a workshop setting.

NATCON24 SPEAKER

APRIL 15-17, 2024 ST. LOUIS, MISSOURI

REGISTER NOW

NatCon24.org

TOPIC:
THE VALUE OF MENTAL HEALTH FIRST AID FOR REFUGEE AND IMMIGRANT COMMUNITIES

RUKHSANA CHAUDHRY, PSYD
AMHP MENTAL HEALTH PROGRAM DIRECTOR

Rukhsana Chaudhry, PsyD, AMHP's Mental Health Programming Director presented at the National Council for Mental Wellbeing's 2024 conference on the topic of mental health first aid for refugee and immigrant communities.

MENTAL HEALTH WORKSHOP FOR HOWARD UNIVERSITY

This 90 -minute workshop introduced participants to mental health issues our community is facing, how to destigmatize mental health in our everyday lives both personally and professionally, signs that we can look for, and what you can do if you notice others experiencing common mental health issues.



The poster for the virtual workshop features the Howard University logo and the American Muslim Health Professionals logo at the top. The main text reads "VIRTUAL WORKSHOP" in a rounded box, followed by "Supporting the Mental Health Needs of the Community" in large, bold, orange letters. Below this, it says "Wednesday November 20" and "Time 4:30PM - 6:00 PM". A "Register" button is shown next to the URL "http://www.whocanyoutell.org/". At the bottom, the URL "https://howard.edu/" is provided.

HOWARD UNIVERSITY **American Muslim Health Professionals**

VIRTUAL WORKSHOP

Supporting the Mental Health Needs of the Community

Wednesday November 20 Time 4:30PM - 6:00 PM

Register <http://www.whocanyoutell.org/>

<https://howard.edu/>

EXPLORING CAREERS IN MENTAL HEALTH WEBINAR

Exploring CAREERS IN MENTAL HEALTH

Join us for a webinar featuring expert insights & stories from diverse mental health professionals.

Tuesday, June 18
8:00 PM EST

Sabeen Sheikh, Ed.D.
Director, TC NEXT
Teachers College,
Columbia University
Instructor,
Mental Health First Aid

Ibrahim Sablabin, DO, FASAM
Specialist in Psychiatry,
Addiction Medicine

Hasnain Walji, PhD
Executive Director,
United Global Initiative

Rukhsana Chaudhry, PsyD
Mental Health Program
Director, AMHP

Shoaeb Basha, BSh, MPH, MD
Executive Director,
AMHP

Register:
[BIT.LY/MHCAREERSWEBINAR](https://bit.ly/MHCAREERSWEBINAR)

This webinar featured expert insights & stories from diverse professionals in the mental health field.

8/28/2024: AMHP WAS INVITED TO ATTEND AN EVENT IN RECOGNITION OF INTERNATIONAL OVERDOSE AWARENESS DAY



The event featured various community leaders who raised awareness of overdoses, reduce the stigma of drug-related deaths and acknowledge the grief felt by families and friends.

RAMADAN PARTNERSHIP WITH CISNA & ISLA

During Ramadan, American Muslim Health Professionals (AMHP), Council of Islamic Schools Based in North America (CISNA) & Islamic Schools League of America (ISLA) partnered to address the mental health crisis in America.

We raised ~\$50,000 during this campaign dedicated to funding the Mental Health program.



Graphic featuring logos for American Muslim Health Professionals (AMHP), ISLA (Islamic Schools League of America), and CISNA (Council of Islamic Schools Based in North America). The central image shows two women in hijabs smiling and interacting with small colorful objects. Below the image, the text reads: **SUPPORT MENTAL HEALTH TRAINING FOR TEACHERS IN ISLAMIC SCHOOLS**. At the bottom, a link is provided: bit.ly/AMHP2024Ramadan.



Graphic featuring logos for American Muslim Health Professionals (AMHP) and ISLA. The central text reads: **We raised over \$10,000 to host mental health trainings to ensure teachers can support their students' mental health.** To the right is a photo of a woman and a child with the text **Thank You!**. Below the main text, a button says **REQUEST A TRAINING**. At the bottom, two links are provided: amhp.us/form and amhp.us/donate.



Graphic featuring logos for American Muslim Health Professionals (AMHP) and Start Your Recovery. The central text reads: **NEW PARTNERSHIP**. Below the image, the text reads: **AMHP & Start Your Recovery are teaming up to overcome substance abuse. Stay tuned!**

AMHP & START YOUR RECOVERY

We are thrilled to announce our partnership with Start Your Recovery, an organization dedicated to providing support for people recovering from substance misuse.

MENTAL HEALTH AWARENESS MONTH



During Mental Health Awareness Month, we shared tools and resources to show up for yourself and loved ones on our social media pages all month long.

NATIONAL SUICIDE PREVENTION MONTH

A time to remember the lives lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families and communities that have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope.



MENTAL HEALTH FIRST AID (MHFA) TRAININGS

8/20 & 8/24: ICNA SISTERS YOUTH & ADULT MHFA



Did you know 1 in 5 Americans currently suffer from a mental health condition?

VIRTUAL ADULT MENTAL HEALTH FIRST AID TRAINING

INSTRUCTOR Yasmin Irfani

Tuesday, August, 20th, 2024 | 10 AM EST - 4 PM



18% of American Muslim Youth experience depressive symptoms

Issues Impacting Muslim Youth: Religious discrimination, Racism, Identity

source: thefyi.org

VIRTUAL YOUTH MENTAL HEALTH FIRST AID TRAINING

Saturday, August 24th, 2024 | from 10AM EST - 4 PM EST

INSTRUCTOR Mamun Rahman

8/31/2024: ISBCC YOUTH MHFA



18% of American Muslim Youth experience depressive symptoms

Issues Impacting Muslim Youth: Religious discrimination, Racism, Identity

source: thefyi.org

YOUTH MENTAL HEALTH FIRST AID TRAINING

INSTRUCTOR Sabeen Sheikh

Saturday, August 31, 2024 | from 9AM EST - 5 PM EST

100 Malcolm X Boulevard, Roxbury MA

4/13/2024: YOUTH MHFA TRAINING AT OASIS CENTER



American Muslim
Health Professionals
Advocacy | Professional Development | Mental Health



Oasis Center
For Intellectual Development



Mental Health
FIRST AID
THE NATIONAL COUNCIL FOR
LIPSWICH SUPPORT PROGRAM



pillars

18% of American Muslim Youth experience depressive symptoms

Issues Impacting Muslim Youth:
Religious discrimination
Racism
Identity

source: thefyi.org

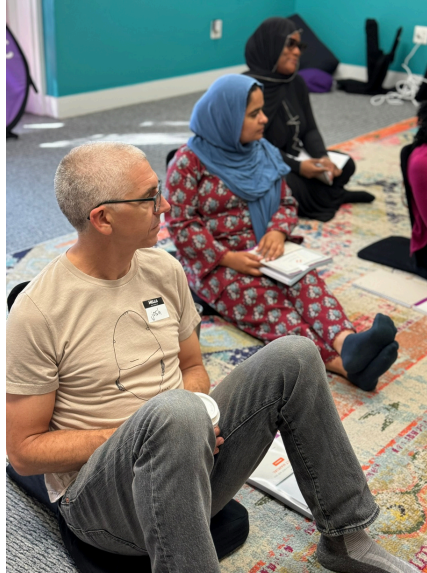
YOUTH MENTAL HEALTH FIRST AID TRAINING
INSTRUCTOR Abeda Khanam
Saturday, April 13, 2024 | from 10AM CST- 6 PM CST
Oasis Center | 11222 Richmond Ave Suite 230
Houston, TX 77082







9/21/2024: CENTER DC ADULT MHFA



9/16/2024: ANNOUNCING PROJECT TAQWA AS MENTAL HEALTH SERVICE AWARD RECIPIENT



The Chicago-based team was nominated for AMHP's Mental Health Service Award and were recognized at AMHP's 20th Anniversary gala in Chicago for their remarkable work in the mental health sector.

Comprising nine licensed clinicians and various professionals, their mission is to reduce the stigma surrounding mental health issues in the Muslim community.

HEALTH POLICY & ADVOCACY

POLITICS & PEACE OF MIND: FINDING BALANCE DURING ELECTIONS WEBINAR



This webinar featured expert insights & stories from diverse professionals in the mental health field ahead of the Presidential election.

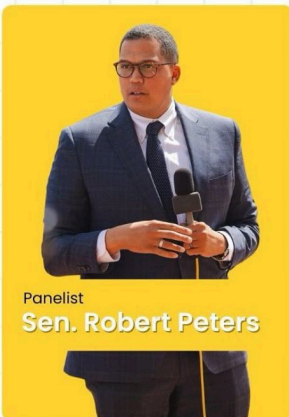
NATIONAL AMERICAN MUSLIM POLICY CONFERENCE



The conference is a joint initiative by Muslim Community leaders and experts addressing Muslim Policy priorities and challenges. It brings together policymakers and community leaders to craft a comprehensive, realistic policy agenda, particularly ahead of elections.

AMHP - COALITION MEMBER SUPPORTING THE PRESCRIPTION DRUG AFFORDABILITY REVIEW BOARD BILL

Chicago RX Affordability Town Hall



Panelist
Sen. Robert Peters



Panelist
Sen. Celina Villanueva

Other panelists include Dr. Anthony Douglas & ICIRR's Edith Avila Olea. Moderated by AFC's Timothy Jackson

📅 27th August ⌚ 10AM

REGISTER NOW:
citizenaction-il.org/chicagotownhall



8/26/2024: AMHP SIGNS LETTER SUPPORTING TRANSPARENCY & ACCOUNTABILITY IN HEALTHCARE

The American Muslim Health Profession (AMHP) has signed on to a statement of support for the Senate Health, Education, Labor and Pensions (HELP's) Hearing on the role of Private Equity in Healthcare. Additionally, AMHP has released a Statement to the Senate HELP Committee to affirm our support of efforts to investigate these practices.



AMHP signed on to a statement to call upon the Senate Committee on HELP to:

- **Enhance Price Transparency:** Require hospitals and health plans to clearly disclose their negotiated prices in a standardized format, eliminate loopholes, and increase penalties for non-compliance.
- **Increase Ownership Transparency:** Make it easier to see who owns health care corporations, especially private equity firms.
- **Equalize Payments:** Ensure consumers pay the same price for the same service, no matter where it's provided, by enacting site-neutral payments.
- **Improve Billing Transparency:** Require off-campus hospital outpatient departments to use separate billing identifiers for Medicare and commercial insurers.
- **Ban Anti-Competitive Contract Terms:** Prohibit contract terms between providers and insurers that limit patient access or increase costs, and restrict non-compete clauses in health care employment contracts.
- **Strengthen Antitrust Oversight:** Ensure that federal agencies have the resources and legal authority to effectively oversee health care mergers and acquisitions to protect patient access to quality care.

STAFFING

AMHP NATIONAL'S NEW PRESIDENT & VICE PRESIDENT



MEET OUR NEWEST STAFF MEMBER! SAMROZ JAKVANI

Samroz is a public health administrator, epidemiologist and strategy expert with a wealth of experience in both public and private health systems in the U.S. and abroad. He brings his expertise in data analysis, policy development, strategic planning, and health equity to AMHP.



03/14/2024 AMPI ANNUAL BENEFIT IFTAR

AMHP Founder & Board Director, Arshia Wajid, MBA, MPH spoke at AMPI's Annual Benefit Iftar in Illinois



2024 AMPI ANNUAL BENEFIT IFTAR

In support of healthcare for the homeless, refugees and indigent in urban slums



A Tale of Two Health Systems: Addressing Health Inequity Locally & Globally

Arshia Wajid MBA, MPH
Founder, American Muslim Health Professionals (AMHP)

Tickets: \$100/Adult*
*may be deducted from donation
*see if YOUR employer will match your donation!

Friday March 15th, 2024, 6:00 PM
Islamic Foundation Banquet Hall
300 W Highridge Rd, Villa Park

RSVP/Zelle: ampiusa1@gmail.com
AMPI IS A 501c(3) ORGANIZATION

Update on free medical care
& charitable work



12/3/2024 GIVING TUESDAY CAMPAIGN



American Muslim Health Professionals

4 WAYS

to participate in our
#GivingTuesday
campaign this year

01 Make a donation:
amhp.us/donate

02 Join your local chapter:
amhp.us/chapters

03 Follow us

04 Share this message



"Honestly, [MHFA training] was the best I have attended in 20+ years as a teacher. I feel fortunate. Such an important topic that must be put front and center in our school and society. We will start educating our youth so they can expand greater awareness, understanding, and respect toward acknowledging that **mental health is equally important as physical health.**"

Lorri Adriano-Amin
Mental Health First Aid (MHFA) Participant

GROWTH & IMPACT

In 2024, American Muslim Health Professionals (AMHP) experienced transformational growth, national expansion of programming, and heightened influence across public health, mental health literacy, professional development, policy advocacy, and community engagement. Throughout the year, AMHP strengthened its infrastructure, scaled programming reach, and elevated its voice as a leading Muslim-American public health organization.

1. Organizational Capacity & Leadership Development

- A defining achievement in 2024 was the strategic build-out of AMHP's organizational infrastructure. By late 2024, AMHP successfully hired five full-time staff members, intentionally expanding capacity across its core functions — from program coordination to advocacy and community engagement. This investment not only addressed historic operational gaps but also positioned the organization for sustainable impact and effective delivery of evidence-based public health initiatives.
- By the close of 2024, all committee seats and Regional Chapter Board members were appointed with accomplished professionals deeply connected to local needs. Chapters in Chicago, DMV (D.C.–Maryland–Virginia), Texas, and Greater New Orleans became fully operational, reinforcing AMHP's ability to mobilize and lead regionally. These leadership appointments significantly increased grassroots capacity and strengthened governance structures essential for equitable health outcomes.

2. National Convenings & Professional Engagement

- In February 2024, AMHP convened its **National Public Health Conference** in Baltimore, MD — a marquee event bringing together clinicians, public health experts, researchers, and health professionals from across the country. Co-hosted with Johns Hopkins University and the American Muslim Medical Student Association, this event highlighted key topics in health equity, technology in healthcare, antiracism in clinical settings, and emerging public health trends. The conference also featured a poster session showcasing scholarly work in areas such as mental health, policy, equity, and bioethics — amplifying the contributions of Muslim health professionals in scientific discourse.

By uniting hundreds of professionals and students, the conference advanced AMHP's vision of building bridges to a more equitable healthcare system — affirming that Muslim health leaders are integral voices in national public health conversations.

- **20th Anniversary Benefit Gala** - In October 2024, AMHP celebrated two decades of impact at its 20th Anniversary Benefit Gala in Chicago. The gala served not only as a celebration of organizational resilience but also as a platform to recognize contributions toward mental health, advocacy, and community well-being. Celebratory events of this scale reinforce donor relationships, raise visibility for AMHP's mission, and honor strategic partners who sustain long-term impact. American Muslim Health Professionals
- In 2024, AMHP's **Health Policy and Advocacy Program expanded** influence through participation in national dialogues and coalition leadership. AMHP partnered with major Muslim civic organizations to co-host the **National American Muslim Policy Conference (NAMPC)** in Washington, D.C. — centering policy priorities that intersect health, civic participation, and equity. This collaboration with the Muslim Public Affairs Council (MPAC), Engage Action, ISPU, and others convened leaders and policymakers to advance community-centered agendas.
- AMHP also engaged in policy advocacy through ongoing statements and campaign briefs addressing healthcare affordability, nutritional security, comprehensive Medicaid support, and workforce infrastructure — elevating barriers faced by marginalized communities and advocating solutions grounded in equity and access.

3. Mental Health Training & Community Empowerment

Mental health continued to be a cornerstone of AMHP's programming. AMHP delivered over 15 Mental Health trainings nationwide, including Mental Health First Aid (MHFA) and culturally tailored workshops, engaging over 2,700 Muslim community leaders, clinical practitioners, educators, and volunteers — dramatically increasing community mental health literacy and capacity to support those in distress.

These trainings encompassed topics such as:

- Recognition of mental health concerns
- Crisis intervention strategies
- Reducing stigma within faith communities
- Supporting youth and family mental health needs

Through both virtual and in-person platforms, AMHP elevated community resilience and encouraged early intervention strategies — essential for long-term well-being.

4. Webinars, Toolkits, & Academic Partnerships

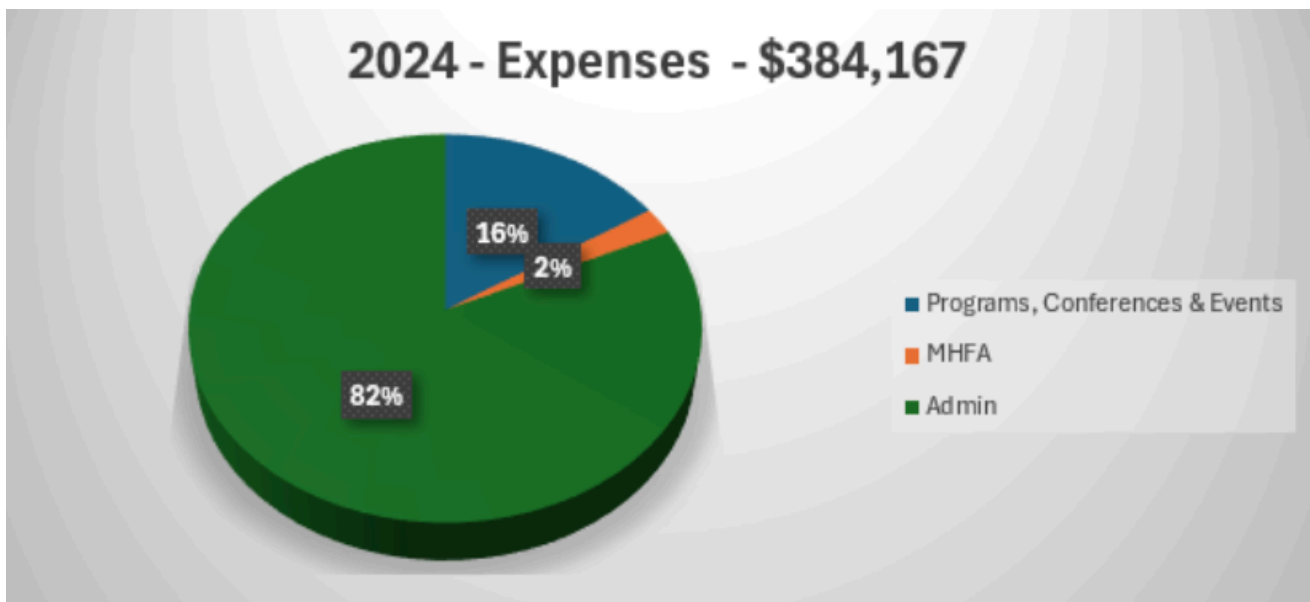
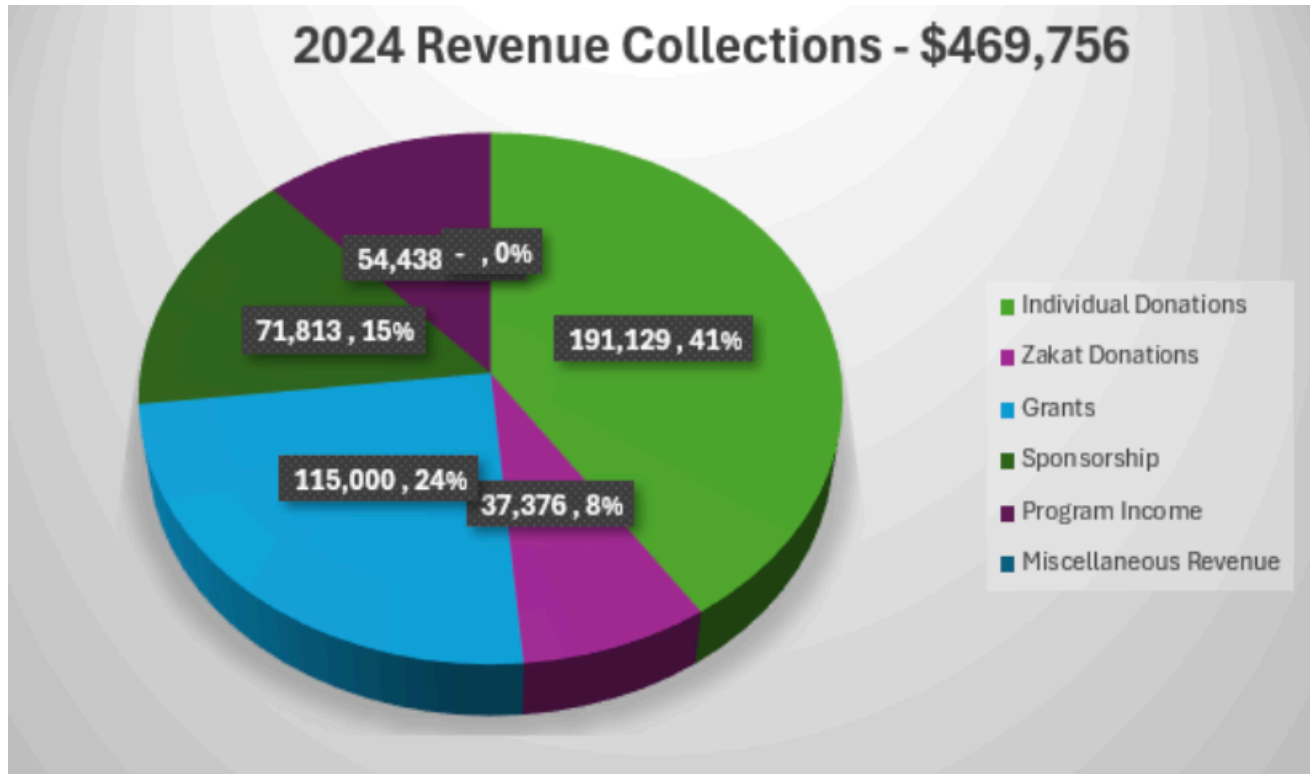
Recognizing that scalable education requires diverse delivery methods, AMHP diversified its engagement strategies in 2024:

- Interactive Webinars on emerging health topics
- Resource Toolkits for community health workers
- Partnerships with academic institutions (e.g., University of Texas) to evaluate the grassroots impact of Mental Health First Aid and related programming

These initiatives reflect AMHP's commitment to data-informed practice, ensuring that program development is anchored in measurable outcomes and rigorous evaluation.

AMHP also showcased findings and educational content at national gatherings like the ISNA National Conference and the Muslim Mental Health Conference, further solidifying its role as a knowledge leader and trusted collaborator.

2024 FINANCIAL REPORT



THANK YOU TO OUR FUNDERS



THANK YOU TO OUR SPONSORS

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Penny Appeal USA
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MLFA
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WAYS TO SUPPORT AMHP



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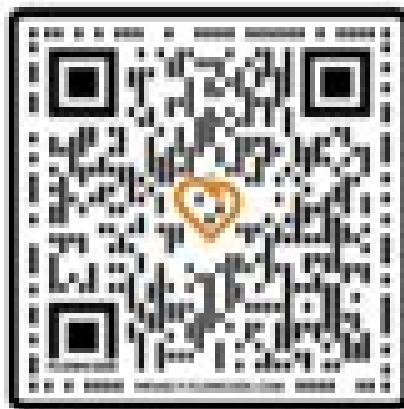
amhp.us/donate



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AMHP is a registered 501(c)3 Not-for-Profit organization. EIN Tax ID # 71-1013651. Every tax deductible donation counts whether one time, or a monthly recurring donation. Thank you for your support.



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American Muslim Health Professionals



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**American Muslim
Health Professionals**