

Join Us in
Breaking Barriers
to Healthcare
This Ramadan



American Muslim
Health Professionals

Advocacy | Professional Development | Mental Health



Q1/Q2

DONOR REPORT

JAN-JUNE 2025

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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.



1/18/2025

VIRTUAL ADULT MHFA TRAINING – MCC CHICAGO



American Muslim
Health Professionals
Advocacy | Professional Development | Mental Health




Mental Health
FIRST AID
from the NATIONAL COUNCIL FOR
MENTAL WELLBEING



18% of American Muslims experience depressive symptoms

Issues Impacting the Muslim Community:
Religious discrimination
Racism
Identity

source: thefyi.org

ADULT MENTAL HEALTH FIRST AID TRAINING

INSTRUCTOR: Linda Humaidan

Saturday, January 18th | 9AM - 5 PM CST

MEC Banquet Hall
8601 Menard Ave Morton Grove, IL 60053




WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) is an evidence-based certification program, which introduces participants to risk factors and warning signs of mental health issues like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, substance abuse, and addictions, and builds understanding of their impact.

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



Benefits of MHFA

- MHFA Certificate from the National Council for Well-Being, valid for 3 years.
- Develop skills to recognize and address mental health challenges.
- Help improve mental health outcomes in your community.

WHO SHOULD COMPLETE MHFA TRAINING? **EVERYONE!**

- LAW ENFORCEMENT
- TEACHERS
- RELIGIOUS LEADERS
- PARENTS AND FAMILY MEMBERS
- COMMUNITY LEADERS

- STUDENTS OVER 18
- MEDICAL PROVIDERS
- INDIVIDUALS LIVING WITH MENTAL ILLNESS

1/22/2025

PARENT WORKSHOPS

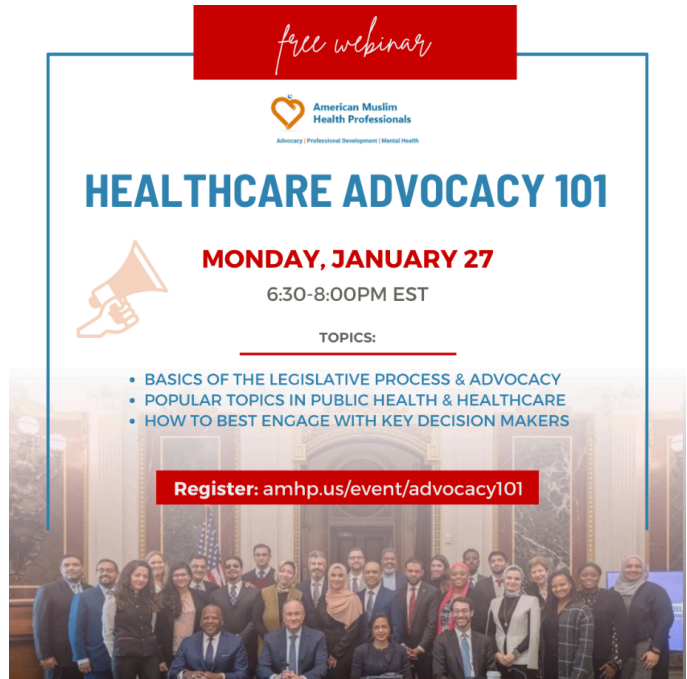
AMHP – Texas Chapter leadership hosted discussions on key topics for parents of teens. From identifying different drugs and paraphernalia to learning how to recognize early warning signs, attendees were empowered to keep their teens safe.



1/27/2025

HEALTHCARE ADVOCACY 101 TRAINING

AMHP Health Policy & Advocacy Manager Samroz Jakvani hosted a training to teach attendees the basics of the legislative process & advocacy, popular topics in public health and healthcare, and how to best engage with legislators, policy makers and other key decision makers.



A promotional graphic for the 'Healthcare Advocacy 101' training. At the top, a red banner says 'free webinar' in white cursive. Below it is the AMHP logo (a heart with a crescent and star) and the text 'American Muslim Health Professionals' with a tagline 'Advocacy | Professional Development | Mental Health'. The main title 'HEALTHCARE ADVOCACY 101' is in large blue letters. Below that, a megaphone icon is next to the date 'MONDAY, JANUARY 27' and time '6:30-8:00PM EST'. A section titled 'TOPICS:' lists three bullet points: 'BASICS OF THE LEGISLATIVE PROCESS & ADVOCACY', 'POPULAR TOPICS IN PUBLIC HEALTH & HEALTHCARE', and 'HOW TO BEST ENGAGE WITH KEY DECISION MAKERS'. A red button at the bottom says 'Register: amhp.us/event/advocacy101'. The background of the lower half shows a group photo of diverse professionals in front of a building.

free webinar

American Muslim Health Professionals
Advocacy | Professional Development | Mental Health

HEALTHCARE ADVOCACY 101

MONDAY, JANUARY 27
6:30-8:00PM EST

TOPICS:

- BASICS OF THE LEGISLATIVE PROCESS & ADVOCACY
- POPULAR TOPICS IN PUBLIC HEALTH & HEALTHCARE
- HOW TO BEST ENGAGE WITH KEY DECISION MAKERS

Register: amhp.us/event/advocacy101

02/1/2025

WELCOME TO THE TEAM: SHAFIQ AHMED – MENTAL HEALTH MANAGER



A 'Welcome to the Team' graphic for Shafiq Ahmed. It features a circular portrait of Shafiq, a man with a beard and glasses wearing a suit. To the right of the portrait, the AMHP logo is at the top, followed by the text 'Welcome TO THE TEAM' in a mix of script and bold sans-serif fonts. Below that, 'Shafiq Ahmed' is written in blue, with 'Mental Health Program Manager' in smaller grey text underneath. At the bottom right, it says 'Full bio: amhp.us/staff'. The background has orange and blue curved shapes.

American Muslim Health Professionals
Advocacy | Professional Development | Mental Health

Welcome
TO THE TEAM

Shafiq Ahmed
Mental Health Program Manager

Full bio:
amhp.us/staff

Shafiq previously served as AMHP-DMV President, and now serves as AMHP's Mental Health Program Manager.

02/06/2025

AMHP co-hosted a webinar with YouMatterInc on Common Youth Behavioral Health Problems. This well attended event featuring mental health clinicians & experts who shared valuable insights about adolescent mental health.

COMMON YOUTH Behavioral Health Problems



THURSDAY, FEBRUARY 6
7:00-8:00PM EST

TOPICS

- **Understanding Adolescent Mental Health:** Key Challenges & Interventions
- **Mental Health for Parents & Caregivers**
- **Mindful Living:** Integrating Mindfulness Practices into Daily Life

MODERATORS



Rukhsana Chaudhry, PsyD
Mental Health Program
Director, AMHP



Shafiq Ahmed, MPH
Mental Health Program
Manager, AMHP



Shoaeb Basha, MPH, MD
Executive Director, AMHP

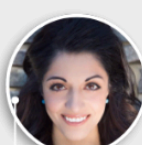
SPEAKERS



Khadija Khan, MD
President, You Matter Inc
Child & Adolescent
Psychologist



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



Urooj Yazdani, MD, MEd
Health Policy & Advocacy,
AMHP Chicago
Child & Adolescent Psychiatrist

RSVP:



AMHP.US/EVENTS

2/8/2025

IN-PERSON ADULT MHFA TRAINING - ISLAMIC CENTER OF GREATER CINCINNATI



American Muslim Health Professionals
Advocacy | Professional Development | Mental Health



ISLAMIC CENTER
GREATER CINCINNATI



RISE
addiction free communities



Mental Health
FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING



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, February 8th, 2025 | from 9AM EST- 5 PM EST

Islamic Center of Greater Cincinnati
8092 Plantation Drive, West Chester OH 45069
in mirror hall (educational building).



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



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- PARENTS AND FAMILY MEMBERS
- COMMUNITY LEADERS
- STUDENTS OVER 18
- MEDICAL PROVIDERS
- INDIVIDUALS LIVING WITH MENTAL ILLNESS

2/16/2025 IN-PERSON ADULT MHFA TRAINING - AL HUDA ACADEMY/AMIR INSTITUTE



2/21/2025 IN-PERSON YOUTH MHFA TRAINING - AL HUDA ACADEMY/AMIR INSTITUTE



02/19/2025

AMHP-Texas held the second workshop in the series for parents of teens on cyber bullying and online safety.

**MAS**
DALLAS

Muslim
American
Society

American Muslim
Health Professionals
Texas

MAS EDUCATION & TARBIYA DEPARTMENT
MONTHLY PARENTING WORKSHOPS

**CYBER BULLYING AND ONLINE
SAFETY FOR TEENS**

Stay informed about the potential dangers your students face online. This workshop will discuss the various social media apps that can be harmful to teens, explain David's Law in Texas, and offer practical tips on how to monitor and protect students' online activities. Ensure your kids stay safe in the digital world by understanding the threats and knowing how to respond effectively.

RAHEELA SHAIKH
Vice President of American
Muslim Health Professionals (AMHP)
Texas Certified Principal, EC-12

SPEAKERS

SHAMILA MALIK
Registered Dietitian,
President of the Texas chapter of American
Muslim Health Professionals (AMHP)

19
FEB

Wednesday
February 19, 2025
6:30 PM - 8:30 PM

NO REGISTRATION REQUIRED
open to the community

In the Banquet Hall - MAS Dallas
1515 Blake Dr, Richardson, TX 75081

 This workshop is only **for parents only**.
Children are not allowed to attend.

 **Babysitting** will be provided
for ages 1-6 at \$5 per child.

DON'T MISS THIS OPPORTUNITY

to become better prepared and informed to support the well-being of our youth.

Register Now



contact: Education@masdfw.org

 www.masdfw.org

2/23/2025 IN-PERSON ADULT MHFA TRAINING - MALDEN ISLAMIC CENTER



American Muslim
Health Professionals

Advocacy | Professional Development | Mental Health



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



18% of American
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depressive symptoms

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Religious discrimination
Racism
Identity

source: thefyi.org

ADULT MENTAL HEALTH FIRST AID TRAINING

INSTRUCTOR: Hamed Khachan

Sunday, February 23rd | 1 PM EST - 7 PM EST

Malden Islamic Center

405 Pearl Street, Suite #1 Malden, MA, USA, 02148



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- COMMUNITY LEADERS
- STUDENTS OVER 18
- MEDICAL PROVIDERS
- INDIVIDUALS LIVING WITH MENTAL ILLNESS

ONLY 20 SPOTS AVAILABLE!

Reserve your ticket:

https://docs.google.com/forms/d/1Vp59HF9iSqR2JvxMb_d5F4-VbbpcCYRVdswN8QMu2XDQ/edit

amhp.us/mhfa

operations@amhp.us

Registration is not refundable, but transferable to another attendee for use in the same training session.

02/23/2025

INTRO TO PHARMA CAREERS

AMHP-President Sana Syed hosted “Intro to Pharma Careers” networking event at Harvard featuring industry experts from Preclinical, Clinical Development, Medical Affairs, Clinical operations, BD, Market Access, Commercial, and more.



02/27/2025

AMHP-Texas held a Fireside Chat with to honor & celebrate the brave Dallas healthcare workers who selflessly served in Gaza. Over 80 attendees made the night unforgettable.



Fireside Chat with

OUR GAZA HEROES

Join us for an inspiring evening as we honor, appreciate, and learn from the brave Dallas healthcare workers who selflessly served in Gaza.

 Date: Thursday, February 27, 2025
 Time: 6:30 PM
 Venue: Crystal Banquet, Plano, TX
 Ticket: \$20 (Includes a delicious buffet dinner)

Hosted by: American Muslim Health Professionals (AMHP) Texas Chapter & Our Esteemed Sponsors

Scan me





02/27/ 2025

AMHP-Texas collaborated to host a webinar “Get into Medical School” to empower Muslim students about guidance, tips, and insider info to gain admission into medical school.

TEXAS AMAL Presents

Get into Medical School

Learn the latest guidance, tips, and insider info to gain admission into medical school for Muslim students


Date
February 27

Time
9 PM CST

Location
Online

<http://tinyurl.com/amalevent>

 American Muslim Health Professionals
 **msa** NATIONAL
Partnering Organizations


TexasAmal.org



Sherif Z. Zaafran M.D.
President of the Texas Medical Board



Nimrah Riaz
*Board Chair
MSA National*



MEET AMHP-CHICAGO'S BOARD!



Urooj Yazdani, MD, M.Ed
President



Sana'a Siddiqui, MD
Vice President



Farheen Sultana, MD
Executive Secretary



Sefika Cubic
Fundraising Director



Aisha Siddiqui, DO
Professional Development



Sabha Fatima, MA
Mental Health Director



Mahnoor Ahmad, MPH, EJD
Policy & Advocacy



Reema Saleh
Board Member



Monalisa Khan-Toor, MBA
Board Member



Sharif Zahooruddin, MD
Board Member



Arham Alam
Board Member



Umar Carter, MS
Board Member

BIOS: [AMHP.US/CHAPTERS](https://amhp.us/chapters)



MEET AMHP'S INTERNS!



Kausar Fatima
Health Policy & Advocacy



Raisa Gire
Health Policy & Advocacy



Banah Hamdan
Marketing & Communications

04/9/2025 IN-PERSON ADULT MENTAL HEALTH FIRST AID TRAINING AT MODEL TOWN



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Advocacy | Professional Development | Mental Health



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING



MODEL TOWN

18% of American Muslims experience depressive symptoms

Issues Impacting the Muslim Community:
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Racism
Identity

source: thefyi.org

ADULT MENTAL HEALTH FIRST AID TRAINING

INSTRUCTOR: Dr. Linda Humaidan

Wednesday, April 9th | 10AM - 6PM CST

Model Town,
109 S Main St, Lombard, IL



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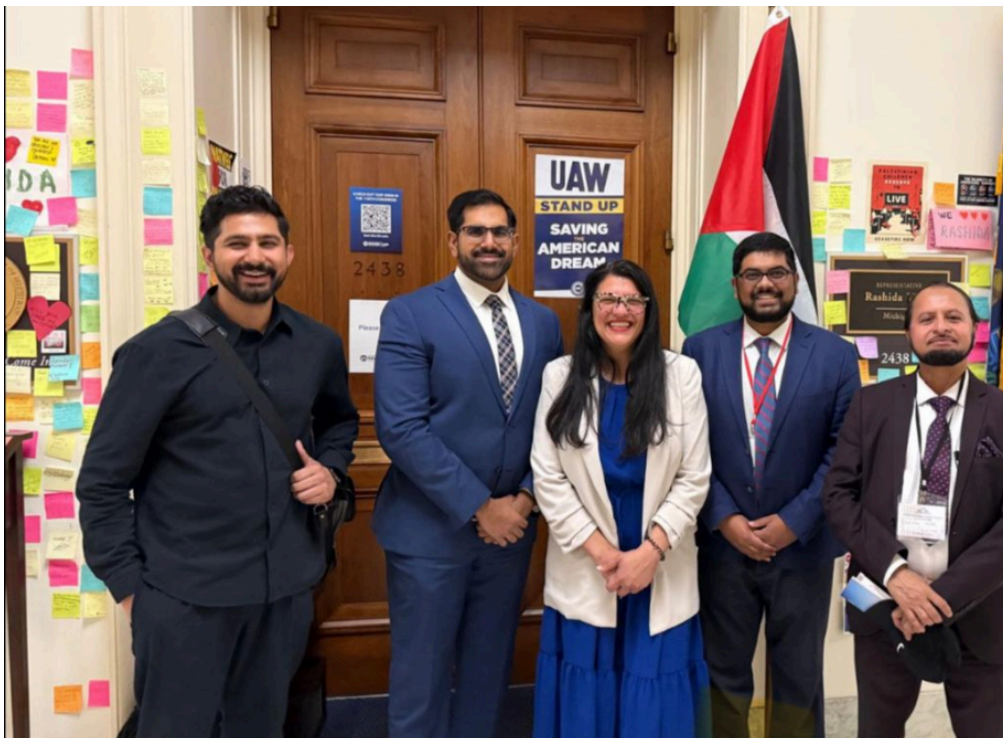
- LAW ENFORCEMENT
- TEACHERS
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- COMMUNITY LEADERS
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4/28/2025 THE 10TH ANNUAL NATIONAL MUSLIM ADVOCACY DAY

Over 750 registrants attended this year's National Muslim Advocacy Day in DC. AMHP's Executive Director, Shoaeb Basha, Health Policy and Advocacy Manager, Samroz Jakvani, and Mental Health Manager, Shafiq Ahmed, represented AMHP at the two-day event in USCMO.

Other highlights:

- More than 200 scheduled meetings with congressional offices
- Delegations from 27 states
- Plus dozens of additional drop-by meetings throughout the Capitol



05/01/2025 MENTAL HEALTH KHUTBAH GUIDE

AMHP released a FREE Mental Health Khutbah Guide as a powerful resource for imams, community leaders, and khateebis to speak openly and compassionately about mental health from an Islamic perspective.

What's Inside?

- Ready-to-use khutbah excerpts reviewed by imams
- Faith-centered guidance on anxiety, depression, and emotional well-being
- Practical tips on how to deliver messages with empathy



5/3/2025 IN-PERSON ADULT MHFA TRAINING IN PARTNERSHIP WITH AMIR INSTITUTE



American Muslim Health Professionals
Advocacy | Professional Development | Mental Health



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING



AMIR INSTITUTE
NURTURING YOUR LIGHT

18% of American Muslims experience depressive symptoms

Issues Impacting the Muslim Community:
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Racism
Identity
source: thefyi.org

ADULT MENTAL HEALTH FIRST AID TRAINING

INSTRUCTOR: Dr. Omar Shareef

Saturday, May 3rd | 9AM - 5 PM EST

Amir Institute,
2400 Broad Street, Suite 5 (in the back),
Durham, NC 27704

5/17/2025 IN-PERSON ADULT MHFA TRAINING – ISLAMIC CENTER OF NEW MEXICO



American Muslim Health Professionals
Advocacy | Professional Development | Mental Health



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING



ICNM

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Identity
source: thefyi.org

ADULT MENTAL HEALTH FIRST AID TRAINING

INSTRUCTOR: Madiha Abid

Saturday, May 17th | 9 AM - 3PM MST

Islamic Center of New Mexico
1100 Yale Blvd SE, Albuquerque, NM 87109

5/25/2025 VIRTUAL ADULT MHFA TRAINING – MSU



American Muslim Health Professionals
Advocacy | Professional Development | Mental Health



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING



MICHIGAN STATE UNIVERSITY
COLLEGE OF OSTEOPATHIC MEDICINE



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

VIRTUAL ADULT MENTAL HEALTH FIRST AID TRAINING

INSTRUCTOR Abeda Khanam

Sunday, May, 25th, 2025 | 9 AM EST - 3 PM EST

6/1/2025

AMHP-NOLA hosted a panel discussion on Brain, Spine & Nerve Health featuring local Muslim physicians




Advocacy • Professional Development • Mental Health

BRAIN, SPINE & NERVE HEALTH

Q&A with our Local Muslim Physicians

 Sunday, June 1
11:30-1:00PM

 Darusalaam Hall
2420 Illinois Ave, Kenner,
Louisiana 70062

PANELISTS

- Ehtesham Khalid, MD
Ochsner Health Neurology - Neuromuscular and Autonomic specialist
- Hiba Elasseer, MD
LSU Department of Neurology - Pediatric Neurology specialist
- Muhammad M. Sami, MD
Ochsner Health Physical Medicine & Rehabilitation - Physiatrist & Spine specialist
- Rana Othallah
AMAANA Disability Community Resource Center Co-Founder
Co-Director of Advocacy and Development
- Fawad Khan, MD
Ochsner Health Neurology - Epilepsy and Headache specialist

Register: [AMHP.US/EVENT/BRAIN](https://amhp.us/event/brain)

Disclaimer: This event is intended to be generally informative. We will not be providing medical advice.



6/25/2025

AMHP and the FYI cohosted a webinar, “Finding Calm in the Current,” to address the rapid pace and uncertainty of today’s world that often leaves individuals feeling overwhelmed and immersed by the surrounding noise. For youth and college students especially, the constant flow of information, academic pressure, and social dynamics can feel overwhelming—making it harder to find peace, focus, and connection.

The poster features a background image of a large, powerful ocean wave. In the top left corner is the logo for American Muslim Health Professionals, which consists of a heart shape with a crescent and star inside. In the top right corner is the logo for The Family & Youth Institute, which shows a house icon with the letters 'FYI' inside. The title 'FINDING CALM IN THE CURRENT' is written in large, bold, white capital letters across the center of the wave. Below the title, there are two circular headshots of the speakers. To the left of the first headshot is the name 'Sabeen Sheikh, Ed.D' and her title 'Director, TC NEXT Teachers College, Columbia University & Mental Health First Aid Instructor'. To the right of the second headshot is the name 'Alaa Mohammad Shareef, MA' and her affiliation 'The Family & Youth Institute'. To the right of the speakers' information, there is a calendar icon followed by the text 'WEDNESDAY JUNE 25' and a clock icon followed by the text 'TIME 7:00PM EST'. At the bottom, there is an orange button with the text 'REGISTER NOW: AMHP.US/EVENT/CALM'.

AMERICAN MUSLIM HEALTH PROFESSIONALS

THE FAMILY & YOUTH INSTITUTE

FINDING CALM IN THE CURRENT

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

Alaa Mohammad Shareef, MA
The Family & Youth
Institute

WEDNESDAY
JUNE 25

TIME
7:00PM EST

REGISTER NOW: [AMHP.US/EVENT/CALM](https://amhp.us/event/calm)

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WAYS TO SUPPORT AMHP



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Rolling Meadows, IL 60008



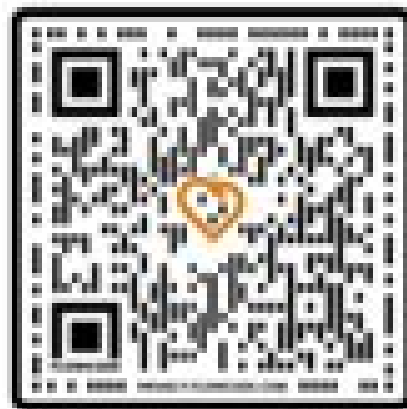
amhp.us/donate



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contact@amhp.us



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American Muslim Health Professionals



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[@AMHPus](https://www.facebook.com/AMHPus)



[@MuslimHealth](https://twitter.com/MuslimHealth)



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