



American Muslim
Health Professionals

Advocacy | Professional Development | Mental Health

Q3

DONOR REPORT

JUL 1-SEPT 30 2025



CONTENTS

Mission & Vision	2
July Updates	3
August Updates	4
September Updates	8
Sponsors	11

ABOUT AMHP

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.



JULY 2025

7/15/2025

HEALTHCARE ADVOCACY 101 TRAINING

AMHP hosted a training for participants to Learn 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.

webinar

 American Muslim Health Professionals
Advocacy | Professional Development | Mental Health

HEALTHCARE ADVOCACY 101

 **TUESDAY, JULY 15**
6:00-7:00PM CST

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/ad101



7/16/2025

AMHP-NEW ORLEANS PRESIDENT PUBLISHED IN JAMA INTERNAL MEDICINE

AMHP-NOLA President Dr. Fawad A. Khan, MD, CPPS, was published in the renowned journal that accepts fewer than 10% of submissions, making this a truly remarkable achievement and a testament to Dr. Khan's dedication to advancing healthcare and research.

 JAMA Internal Medicine
INSIDE STORY



I'm Stepping Away. Can You Cover for Me?—Supporting Faith-Based Practices

BY: **Fawad A. Khan, MD, CPPS**

7/17/2025

FROM CV TO CAREER WEBINAR: STAND OUT IN PUBLIC HEALTH AND MEDICINE

In partnership with Muslim PreMeds, this engaging and informative webinar was designed to help students, recent graduates, and early-career professionals strategically navigate the competitive landscape of health-related fields.

Speakers included:

Faraz Siddiqui, MD, MPH

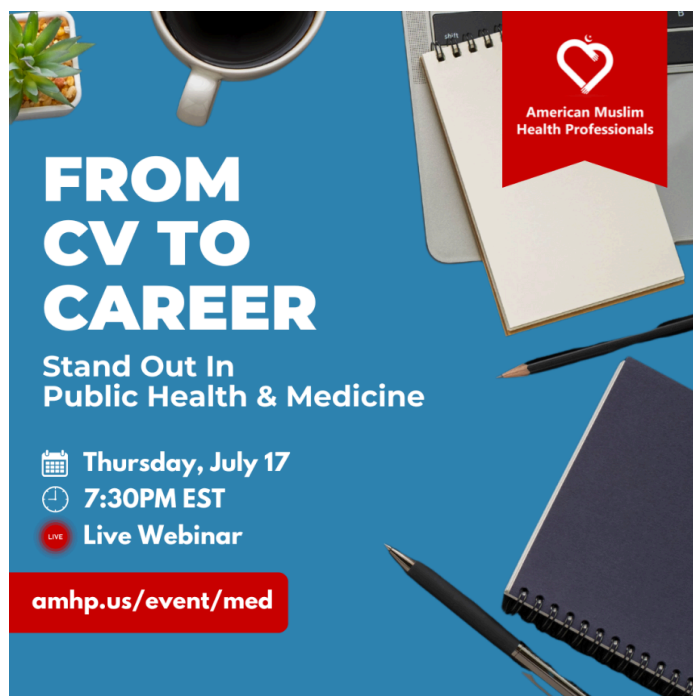
Asra Ali, DDS

Aisha Siddiqui, DO

Shoaeb Basha, MPH

Syed Hussain, MPH

Fawad Khan, MD, CPPS, FAES, FACNS, FAHS



AUGUST 2025



Explore bold research, community impact, and a new culturally responsive rare disease curriculum developed in partnership with AMHP.



AUGUST 5, 2025
3 PM ET



Featured
SPEAKER
SIWAAR
ABOUHALA
2025 RDDC
Fellow

2025 FELLOWSHIP HOSTED IN PARTNERSHIP WITH



For more information, please email JCooper@amhp.org

08/5/2025

AMHP AWARDED FUNDING TO DEVELOP HEALTH EQUITY CURRICULUM

AMHP received funding from the Rare Disease Diversity Coalition to develop a health equity curriculum centered on Muslim patients.

On August 5, our RDDC fellow presented her final project, highlighting key insights and the impact of this work.

08/05/2025

MEET AMHP'S MARKETING & COMMUNICATIONS INTERN!

We're excited to announce Deia - AMHP's new Marketing & Communications Intern!

Deia will support in creating high-quality visual assets for digital and print materials, enhancing AMHP's messaging and increasing engagement. She will also collaborate to develop email campaigns, newsletters, social media, website, and fundraising materials.



08/11/2025

ADVANCING HEALTH EQUITY FOR MUSLIM PATIENTS IN CLINICAL SETTINGS



AMHP President Sana Syed, MD, MPH, organized an event in collaboration with Harvard Medical School & Harvard Chan School of Public Health - on advancing health equity for Muslim patients, featuring experts from Sanofi, Brown University, Stanford Medicine, and Harvard Medical School!

8/17/2025 CHICAGO COFFEE SOCIAL: MEET & GREET AMHP TEAM

We hosted an energizing networking and professional development event with Muslim health professionals across various fields – from medicine and mental health to public health, pharmacy, and beyond.

During the event, participants were able to:

- ✓ Connect with local Muslim health professionals
- ✓ Share insights, career advice & resources
- ✓ Learn about AMHP's initiatives & how to get involved
- ✓ Unwind over great coffee & meaningful conversations

COFFEE SOCIAL:
MEET & GREET AMHP TEAM

SUNDAY, AUGUST 17 2:00 - 4:00PM

MOTW, 109 S Main St, Lombard, IL 60148

AMHP NATIONAL

- Arshia Waqar, MPH, MBA
Founder & Advisory Board Member
- Aina Ali DDS, MS
Board Member
- Aram Owaisi, MBA
Board Member
- Samer Jazayeri, MPH
Health Policy & Advisory Manager

AMHP STAFF

- Urooj Yaseen, MD, MEd
President
- Sara a Siddiqui, MD
Vice President
- Sefika Cubic
Fundraising Director
- Farheen Sultana, MD
Executive Secretary
- Afroz Haqeez, MD, MBA
Advisor

AMHP-CHICAGO BOARD

- Monalisa Khan-Toor, MBA
Board Member
- Sabha Fatima, MA
Mental Health Director
- Mahnoor Ahmad, MPH, ESD
Policy & Advocacy
- Aisha Siddiqui, DO
Professional Development
- Azlan Tariq, DO
Ex-Officio
- Sharif Zahooruddin, MD
Board Member
- Arham Alam
Board Member
- Umar Carter, MS
Board Member
- Reema Saleh
Board Member

SCAN TO RSVP

amhp.us/event/coffeesocial



8/23/2025

**IN-PERSON ADULT MHFA TRAINING -
AMERICAN MUSLIM DIVERSITY ASSOCIATION**



SEPTEMBER 2025

BACK TO SCHOOL – MENTAL HEALTH CHECKLIST

As the new school year begins, AMHP's Mental Health Committee created a checklist for the season of change, aiming to make mental wellness just as important as academic success.

Our easy-to-use checklist offers:

- ✓ Tips for students to manage stress & build healthy routines
- ✓ Guidance for parents & caregivers to support their children
- ✓ Tools for communities to foster awareness & well-being



 MENTAL HEALTH CHECKLIST
FOR EVERYONE

- ☐ **Check in on stress levels:** notice early signs of anxiety or burnout.
- ☐ **Practice mindfulness/relaxation strategies** (breathing exercises, journaling, meditation).
- ☐ **Limit caffeine and sugar intake** to help regulate mood & sleep.
- ☐ **Know emergency resources**, hotlines, or crisis contacts if stress becomes overwhelming.
- ☐ **Celebrate small wins:** keep morale up through transitions.

 **SAVE THIS POST & TAG A FRIEND TO COMPLETE THE LIST TOGETHER!**

 MENTAL HEALTH CHECKLIST
COLLEGE/GRADUATE STUDENTS

- ☐ Do you have a plan for managing academic stress—like using office hours, tutoring, or study groups?
- ☐ Have you checked your insurance coverage and figured out how to access medical or mental health care nearby?
- ☐ Are you keeping a steady sleep schedule with a regular bedtime and wake-up time?
- ☐ Do you have a plan for healthy meals and snacks so you don't hit an energy crash during the day?
- ☐ What time management tools work best for you—planner, app, or calendar?
- ☐ Do you schedule regular “digital detox” time to unplug and reset?

 MENTAL HEALTH CHECKLIST
FOR CHILDREN

- ☐ Are you excited to go back to school? What are you most excited about learning this year?
- ☐ Do you have someone to share your feelings with?
- ☐ Have I been physically active?
- ☐ Who is your trusted adult? Can you talk to them and update them about your feelings and what happened in your day?
- ☐ Do you feel comfortable asking for help from your teacher or a trusted adult?
- ☐ Do you have healthy snacks and meals that make you feel energized?
- ☐ Are you getting enough rest and sleep for school days?
- ☐ Have you practiced coping strategies (deep breaths, drawing, talking, taking a break) when you feel sad, angry, or nervous?
- ☐ Do you know how to be kind to classmates and what to do if someone isn't kind to you?

 MENTAL HEALTH CHECKLIST
FOR PARENTS OF CHILDREN

- ☐ Are you making time for your own rest and self-care so you can show up fully for your child?
- ☐ Do you have a trusted support network (friends, family, other parents) to lean on during stressful times?
- ☐ Have you checked in with your own stress levels and modeled healthy coping skills for your child?
- ☐ Are you setting realistic expectations for yourself as a parent this school year?
- ☐ Have you and your child eased into a consistent routine for school, homework, and downtime?
- ☐ Have you talked with your child about the transition back to school? Are they feeling excited, nervous, or both?

DOUBLE YOUR DONATION CAMPAIGN

Did you know? When you make a charitable gift to AMHP, your company can match it - doubling support for our health and wellness initiatives.

amhp.us/matching-gift



09/24/2025 SUICIDE AWARENESS WEBINAR



A powerful and timely conversation featuring AMHP Vice President, Dr. Ibrahim Sablaban, and DMV Benefit Dinner keynote speaker, Dr. Rania Awaad, on suicide awareness in Muslim communities and the essential role Muslim health professionals play in prevention.

This webinar highlighted culturally sensitive, faith-informed approaches to mental health care and provide practical tools for identifying and responding to suicide risk.

9/27/2025 IN-PERSON ADULT MHFA TRAINING - ISLAMIC CENTER OF CEDAR RAPIDS



American Muslim Health Professionals
Advocacy | Professional Development | Mental Health



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING



CCR
EST. 1934

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, September 27th | 9:00 AM - 5:00PM CST

 **Islamic Center of Cedar Rapids**
2999 1st Ave SW, Cedar Rapids, IA 52405. 

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

THANK YOU TO OUR SPONSORS



WAYS TO SUPPORT AMHP



DONATE TODAY!



2118 Plum Grove Road #201
Rolling Meadows, IL 60008



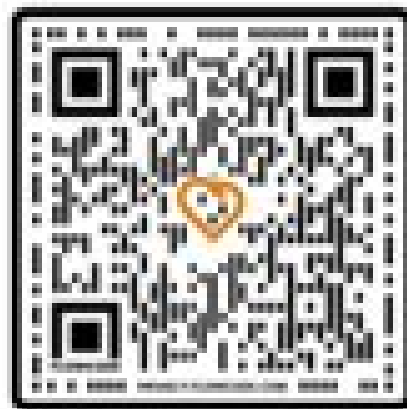
amhp.us/donate



contact@amhp.us



contact@amhp.us



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.



contact@amhp.us



amhp.us



American Muslim Health Professionals



[@AMHP_Health](https://www.instagram.com/AMHP_Health)



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



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



**American Muslim
Health Professionals**