



American Muslim
Health Professionals

2025

ANNUAL REPORT

*ADVANCING HEALTH.
EMPOWERING COMMUNITIES.
SHAPING THE FUTURE.*



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EXECUTIVE SUMMARY

In 2025, AMHP expanded its national footprint and deepened its impact across mental health, advocacy, professional development, and health equity. Through strategic programming and partnerships, the organization strengthened its role as a trusted voice at the intersection of faith, healthcare, and policy.

This year reflects a critical evolution:

- From program delivery to ecosystem building
- From community engagement to national influence
- From activity to measurable impact potential

ABOUT AMHP

American Muslim Health Professionals (AMHP) is a national non-profit organization focused on fostering collaboration between Muslim professionals from diverse sector of healthcare who seek to advance public health, social justice, and civic engagement within their communities. AMHP's core areas of focus are mental health, advocacy for underserved communities and professional development.

MISSION

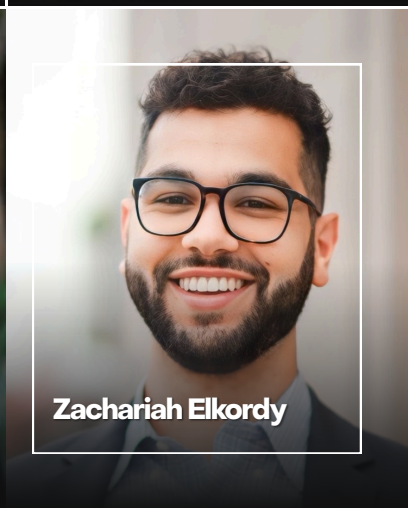
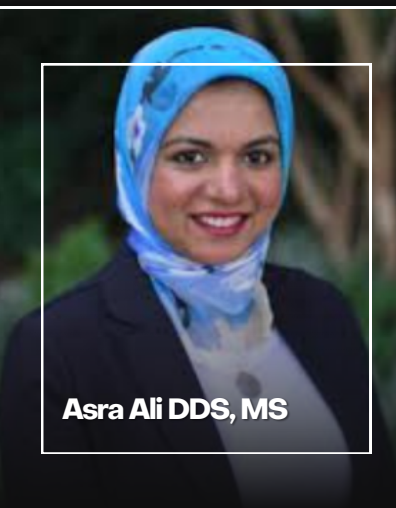
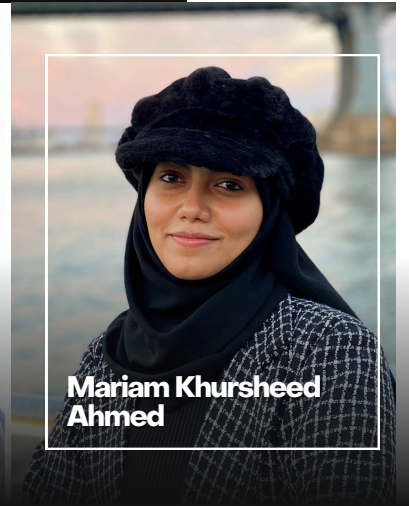
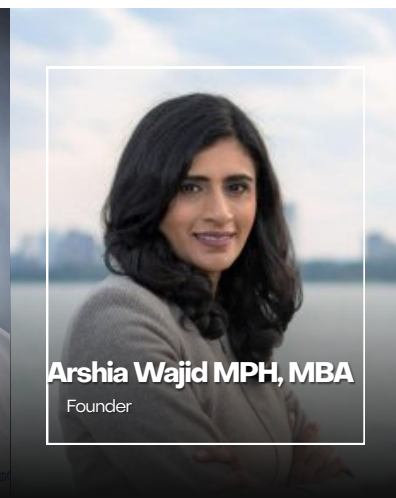
Bringing together and strengthening the impact of Muslim health professionals to improve the health and wellness of all Americans.

VISION

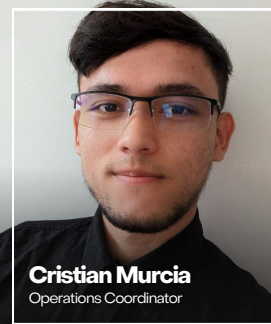
To be a leader in improving public health, through efforts inspired by the Islamic tradition.



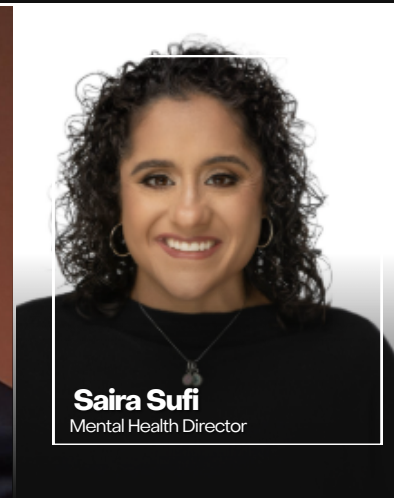
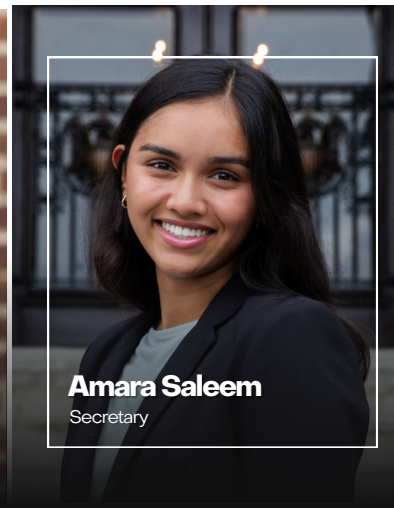
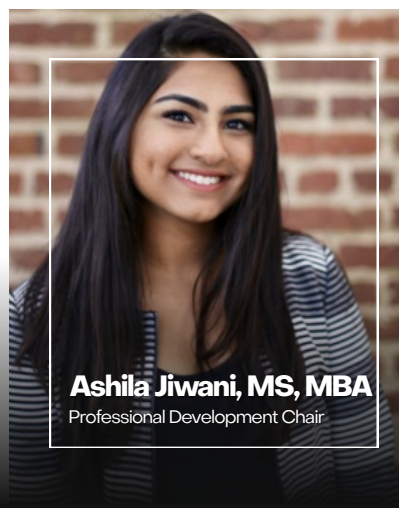
AMHP National Board of Directors



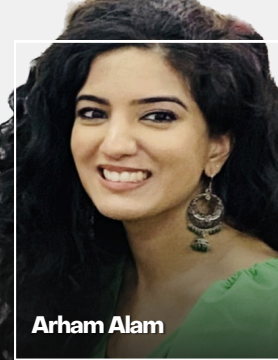
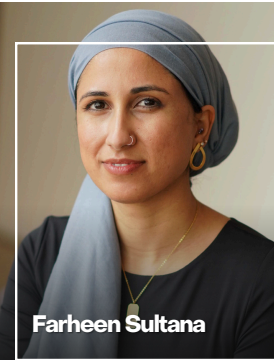
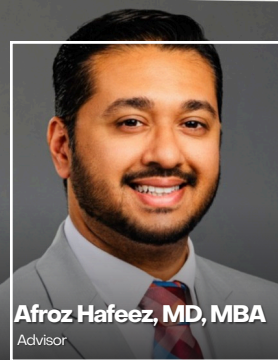
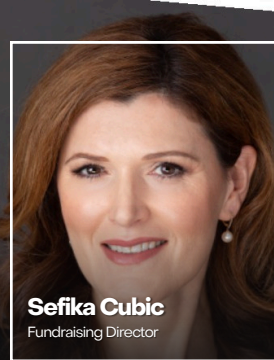
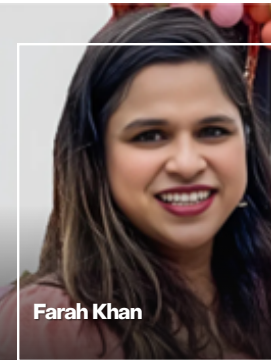
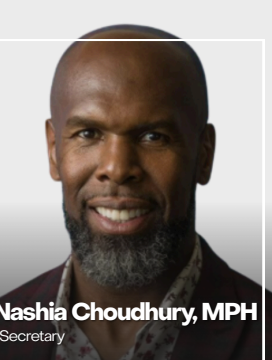
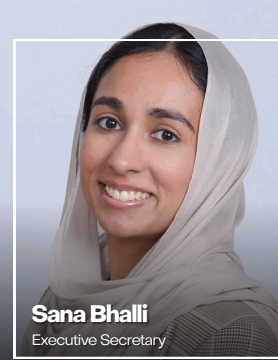
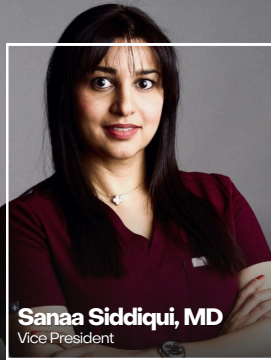
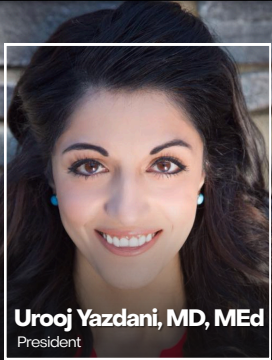
AMHP Staff



AMHP DMV Board of Directors



AMHP Chicago Board of Directors



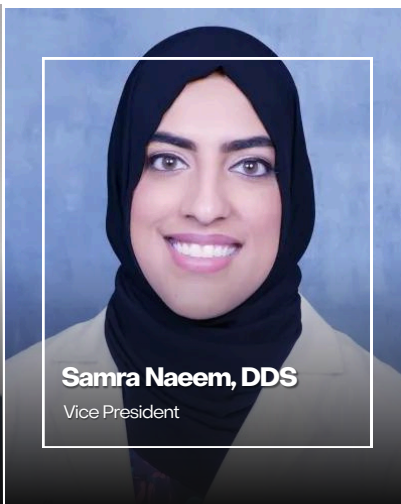
AMHP Texas Board of Directors



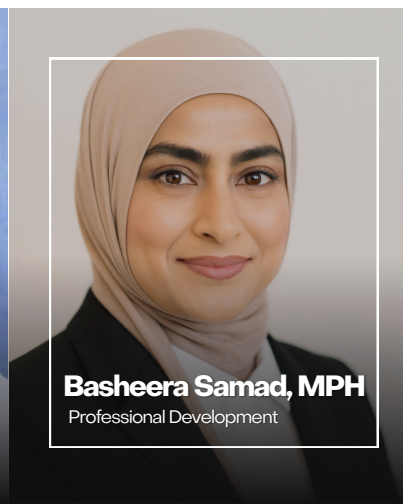
AMHP NOLA Board of Directors



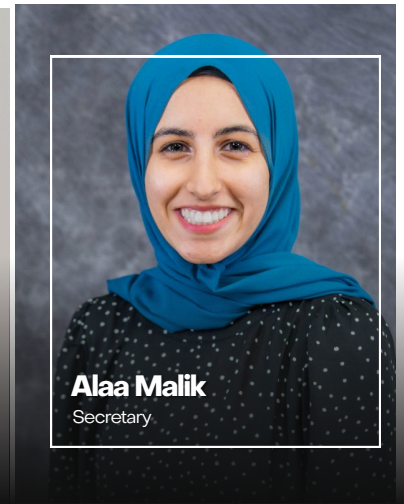
Fawad Khan, MD
President



Samra Naeem, DDS
Vice President



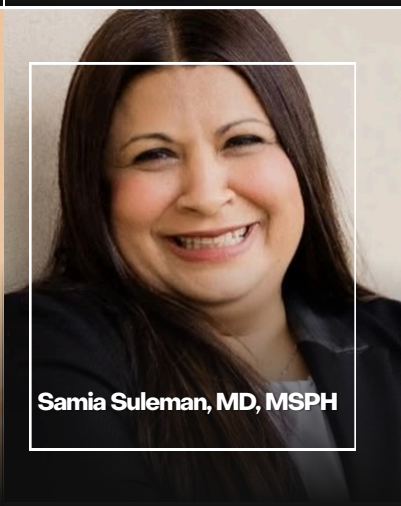
Basheera Samad, MPH
Professional Development



Alaa Malik
Secretary



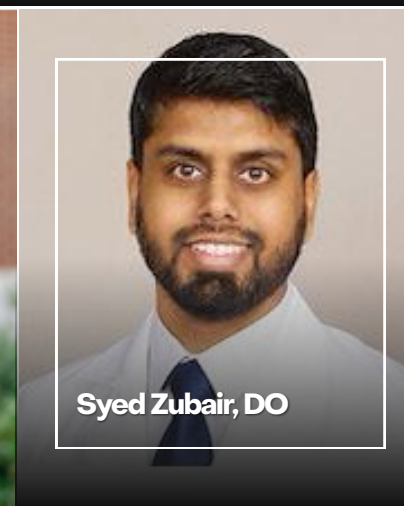
Anila Siddiqui, MD
Health Policy & Advocacy



Samia Suleman, MD, MSPH



Nameera Islam
Health Policy & Advocacy



Syed Zubair, DO

2025 Interns



Kausar Fatima
Health Policy &
Advocacy



Raisa Gire
Health Policy &
Advocacy



Banah Hamdan
Marketing &
Communications

Q1: BUILDING MOMENTUM

The year began with strong programmatic activity focused on mental health education, youth engagement, and advocacy training.

- Mental Health First Aid trainings launched
- Parent workshops on youth behavioral health
- Healthcare Advocacy 101 introduced
- Youth mental health webinars

Laying the foundation for scalable community impact.

Q2: EXPANDING REACH

AMHP expanded its national visibility and strengthened its advocacy presence.

- National Muslim Advocacy Day (750+ participants, 200+ meetings)
- Expansion of MHFA trainings nationwide
- Launch of Mental Health Khutbah Guide
- Internship program growth

From local engagement to national presence.

Q3: DRIVING INFLUENCE

AMHP strengthened its role in shaping healthcare conversations and advancing equity.

- Health equity curriculum funding secured
- Publication in JAMA Internal Medicine
- Career development programming
- Academic partnerships expanded

Influencing systems, not just serving communities.

Q4: STRENGTHENING COMMUNITY & SUSTAINABILITY

The final quarter focused on community engagement, thought leadership, and fundraising.

- Benefit dinner and fundraising initiatives
- National conferences and speaking engagements
- Mental health awareness programming
- Public health representation

Building sustainability and long-term capacity.



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.

AMHP was represented at key conferences and convenings such as **APHA**, **Harvard University**, **MAS-ICNA**, and more.

In 2025, AMHP's Professional Development Committee started a monthly webinar series, "**Career Compass: Webinars Guiding Healthcare Professionals**," featuring experts across different sectors of healthcare.

Key Stats

4

Chapters

30k

Members

11

Groups

 CHICAGO
DC, MARYLAND, VIRGINIA
TEXAS
GREATER NEW ORLEANS



AMHP Chicago coffee social, August 2025



Group photo, August 2025

AMHP's flagship chapter fostered professional growth and meaningful connections among Muslim health professionals in the Chicago area by creating opportunities for networking, collaboration, and shared learning. Through engaging professional development initiatives, we brought together professionals across medicine, mental health, public health, pharmacy, and allied health disciplines, strengthening interdisciplinary relationships, expanding mentorship opportunities, and building a more connected and empowered healthcare community.



MOTW Coffee social, August 2025

Board Members

15

Event Attendees

60



Though not an official chapter, AMHP expanded pathways to leadership and career advancement by connecting aspiring and established Muslim health professionals with leaders across the pharmaceutical and biotechnology sectors in Boston. Through career networking initiatives, industry-focused programming, and speaking engagements at leading academic institutions, AMHP increased access to mentorship, broadened awareness of diverse career pathways, and elevated Muslim voices in healthcare and life sciences, led by AMHP National President Sana Syed, MD.



Events Hosted

4

Attendees

80

TEXAS



End of Life: Palliative Care Through the Lens of Islam & Medicine, October 2025



AMHP's Texas Chapter strengthened community education and engagement through a diverse portfolio of in-person and virtual programs. Topics ranging from the intersection of faith and medicine in end-of-life care to medical school preparation, parenting adolescents, and honoring the resilience and sacrifice of Gaza's healthcare professionals, helped equip community members with practical knowledge, supported the next generation of Muslim healthcare leaders, and created meaningful spaces for dialogue, reflection, and connection.



AMHP President speaking at event honoring Gaza's healthcare heroes in Dallas, February 2025

Events Hosted

6

Attendees

130



AMHP–New Orleans fostered health education, interdisciplinary collaboration, and professional growth through programs that brought together Muslim health professionals and the broader community.

By convening local physician experts for educational discussions on brain, spine, and nerve health and creating opportunities for networking across medicine, mental health, public health, pharmacy, and allied health professions, the chapter strengthened professional connections, promoted knowledge sharing, and advanced a more collaborative healthcare community.



Panel discussion on Brain, Spine & Nerve Health featuring local New Orleans Muslim physicians, June 2025

Events Hosted

3

Attendees

143

MENTAL HEALTH

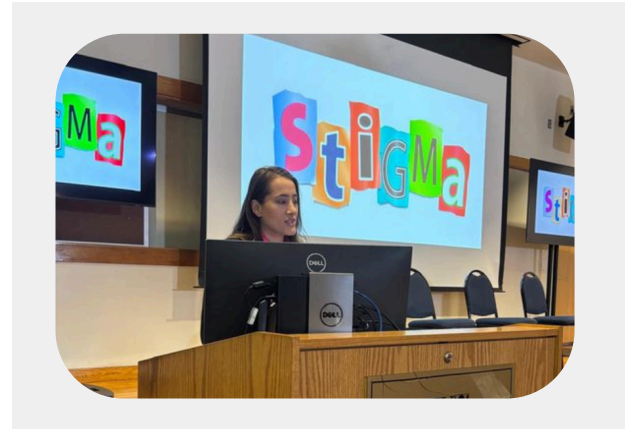
2,300+ TRAINED

90+ ORGANIZATIONS

90+ TRAININGS

31+ STATES

10 CERTIFIED INSTRUCTORS



AMHP National Mental Health Director Dr. Rukhsana Chaudhry broke the silence on a challenging and timely topic at the **International Conference on Stigma**: how AI can help us speak more openly about mental health.

MENTAL HEALTH FIRST AID (MHFA)

Educational Program

Mental Health First Aid (MHFA) is an evidence-based educational program that helps individuals and communities **identify, understand and respond to signs of mental illness and substance abuse disorder.**

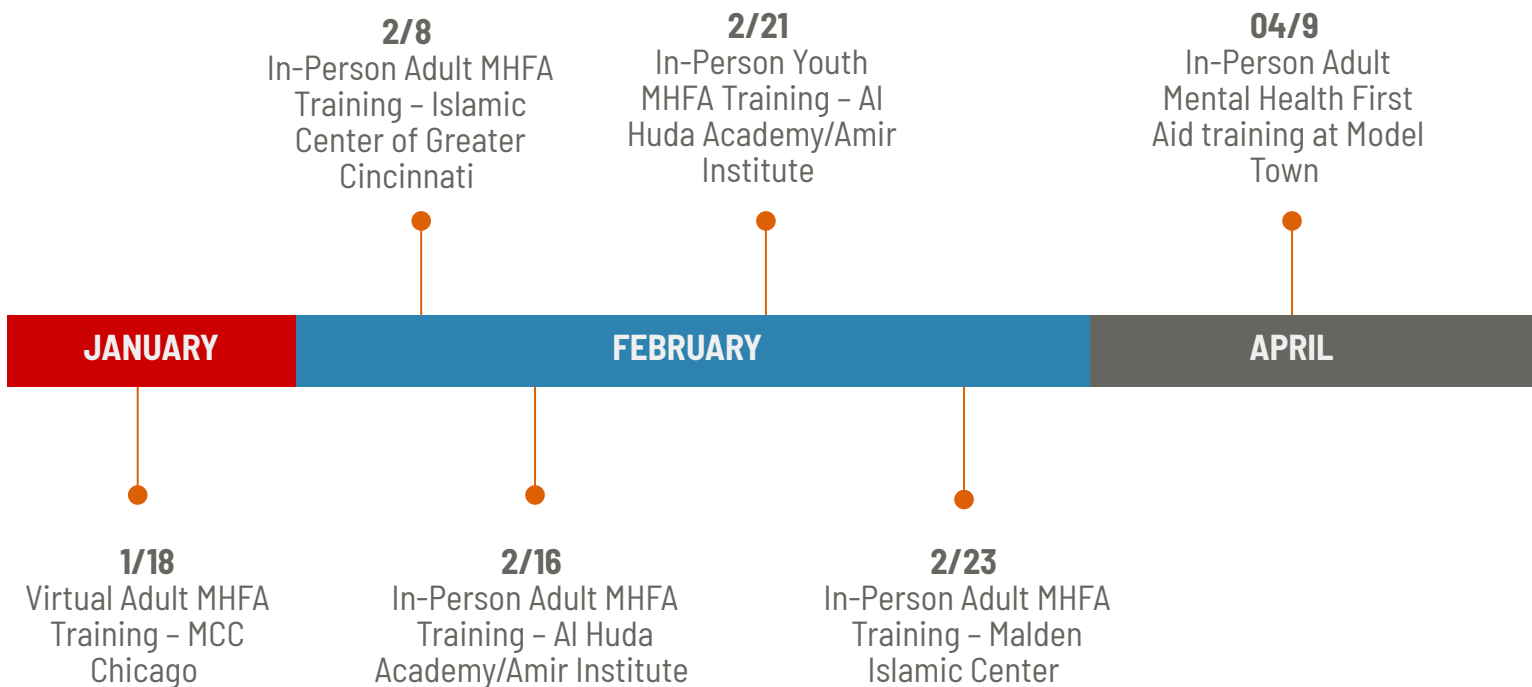
Similar to CPR Training

Similar to how CPR training helps a layperson assist an individual following a heart attack, MHFA training helps a layperson assist **someone experiencing a mental health crisis.**

Evidence-Based

Studies show that **MHFA saves lives**, improves the mental health of individuals administering care and the one receiving it, **expands knowledge** of mental illnesses and their treatments, increases the services provided and **reduces overall stigma** by improving mental health literacy.

2025: A YEAR IN TRAININGS





5/3

In-Person Adult MHFA
Training in
partnership with
Amir Institute

5/25

Virtual Adult MHFA
Training – Michigan
State University

8/23

In-Person Adult MHFA
Training – American
Muslim Diversity
Association

12/6

Virtual Adult MHFA
Training

MAY

AUGUST

SEPTEMBER

DECEMBER

5/17

In-Person Adult MHFA
Training – Islamic Center
of New Mexico

9/27

In-Person Adult MHFA
Training – Islamic
Center of Cedar Rapids

12/13

Virtual Youth MHFA
Training



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Youth Mental Health
First Aiders!**

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Join NATIONAL COUNCIL FOR MENTAL WELLBEING

Since 2008, MHFA USA has trained more than 4 million people to recognize, respond to and support people who may be experiencing mental health challenges. With your support, we can reach even more people and build stronger, healthier communities.

Scan the QR code to donate or visit mentalhealthfirstaid.org/donate



16

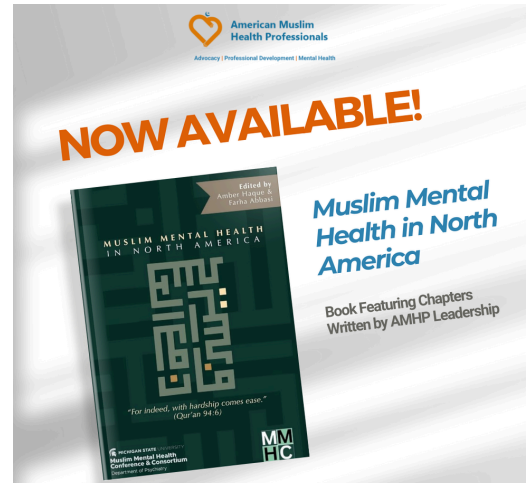
PUBLICATIONS

MUSLIM MENTAL HEALTH IN NORTH AMERICA

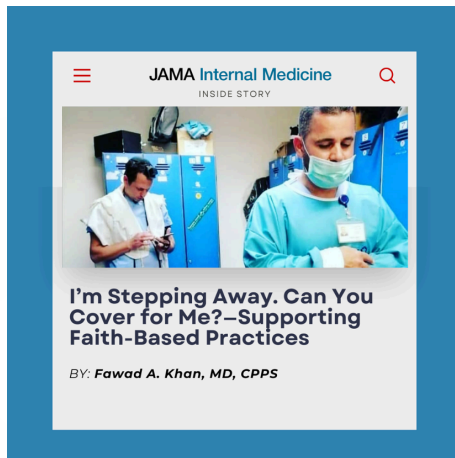
The book features insightful chapters by AMHP leadership:

“Drug Addiction in Muslim America” by Dr. Ibrahim Sablaban, AMHP Vice President

“Breaking the Silence: Mental Health Stigma and The American Muslim Experience” by Dr. Rukhsana Chaudhry, AMHP Director of Mental Health Programming



JAMA INTERNAL MEDICINE



AMHP-New Orleans President, Dr. Fawad A. Khan, MD, CPPS, has been published in the prestigious JAMA Internal Medicine.

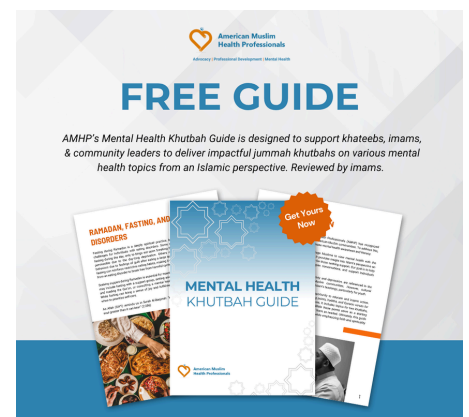
The renowned journal accepts fewer than 10% of submissions, making this a truly remarkable achievement and a testament to Dr. Khan's dedication to advancing healthcare and research.

MENTAL HEALTH KHUTBAH GUIDE

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

Key Features:

- 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



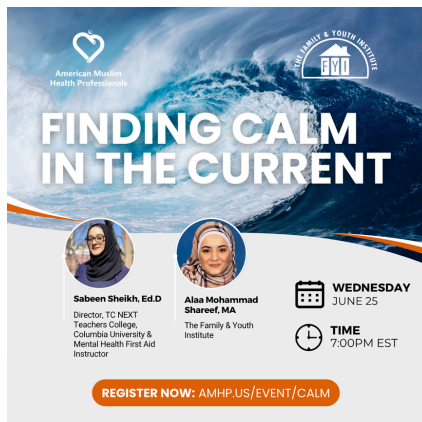
PARTNER WEBINARS

SUICIDE AWARENESS - MARISTAN



A powerful and timely conversation featuring AMHP Vice President and Maristan's Dr. Rania Awaad on suicide awareness in Muslim communities and the essential role Muslim health professionals play in prevention. This webinar will highlight culturally sensitive, faith-informed approaches to mental health care and provide practical tools for identifying and responding to suicide risk.

FINDING CALM IN THE CURRENT - FYI



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.

YOUTH BEHAVIOR WEBINAR - YOU MATTER INC



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.

HEALTH POLICY & ADVOCACY

Community Centered

- **Workshops:** AMHP empowers health professionals and community leaders with the skills needed to engage effectively in advocacy. Participants have learned to write compelling op-eds, letters to the media, policy statements, & have directly engaged policymakers through in-person meetings.
- **National American Muslim Policy Conference:** AMHP partnered to bring together policymakers, healthcare professionals, and community leaders to discuss critical issues affecting American Muslims.
- **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.



USCMO Muslim Advocacy Day on the Hill, April 2025.

Legislative Engagement

- **Congressional Engagement:** AMHP has consistently engaged with members of Congress on critical health policy issues, advocating for policies that promote health equity, access to care, and culturally competent services. Our advocacy efforts have included organizing congressional briefings, authoring policy statements, and submitting letters to Congress on pressing public health concerns.



AMHP Staff meet with Congresswoman Rashida Tlaib during Advocacy Day, April 2025.

4

AMHP-HOSTED
ADVOCACY
EVENTS/TRAININGS

750+

ADVOCACY DAY
ATTENDEES



Sheikh Hassan Mostafa Aly, Imam and Director of Religious affairs at The Mecca Center, giving the opening prayer for the IL House of Representatives on Muslim Advocacy Day in Chicago, April 2025.



AMHP National Board Member Asra Ali, DDS, spoke at the MAS-ICNA Convention in Chicago during a joint session with ISPU titled "Beyond the Clinic: A Systems Approach to Healthcare Equity for American Muslims," December 2025.



AMHP was invited to speak at a Rally and Interfaith Prayer Vigil in DC with Members of Congress and Faith Leaders to urge the renewal of Affordable Care Act tax credits for 24 million Americans and end to the shutdown through swift bipartisan action, October 2025.



AMHP-RDDC fellow presenting her findings at an event in collaboration with Harvard Medical School & Harvard Chan School of Public Health - on advancing health equity for Muslim patients, August 2025.

2025 FINANCIAL REPORT

\$303,512

TOTAL REVENUE

Individual and Zakat giving grew slightly year over year.

\$458,677

TOTAL EXPENSES

Costs reflected staffing and program commitments now rebalanced.

(\$155,165)

NET RESULT

Operating deficit covered from existing reserves.

\$145,194

NET ASSETS, YEAR-END

Positive equity, no debt.

~9 months

OPERATING RESERVES

Year-end cash at current \$16K/month run-rate.

+\$40,351

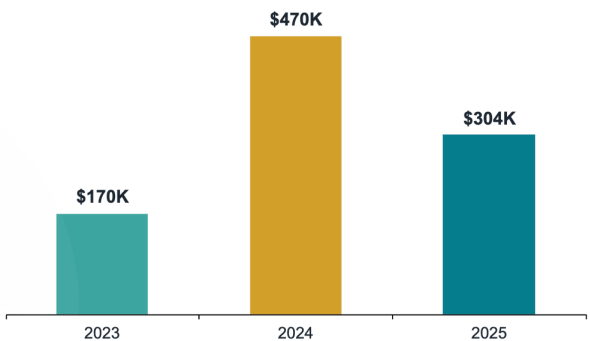
Q1 2026 NET INCOME

Returned to operating surplus in early 2026.

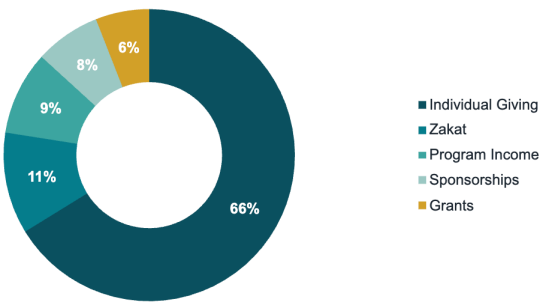
Where Our Support Came From

In 2024, our 20th Anniversary Gala and a one-time institutional grant lifted revenue above trend. In 2025, individual giving sustained its growth while institutional revenue returned to a typical level.

Total Revenue, 3-Year View



2025 Revenue Mix



\$234,370

FROM INDIVIDUAL DONORS AND ZAKAT (77% OF REVENUE)

+\$5,865

YOY GROWTH IN INDIVIDUAL AND ZAKAT GIVING

Statement of Financial Position

AMHP closed 2025 with positive net assets, no debt, and a cash position that gives us room to invest in 2026.

STATEMENT OF FINANCIAL POSITION • AS OF DEC 31, 2025

ASSETS		
Cash & Cash Equivalents	\$132,848	
Undeposited Funds	\$15,050	
Total Current Assets		\$147,898
LIABILITIES		
Accounts Payable	\$2,705	
Total Liabilities		\$2,705
NET ASSETS		
Unrestricted Net Assets		\$145,194
TOTAL LIABILITIES & NET ASSETS		\$147,898

OPERATING RESERVES • HOW MUCH RUNWAY?

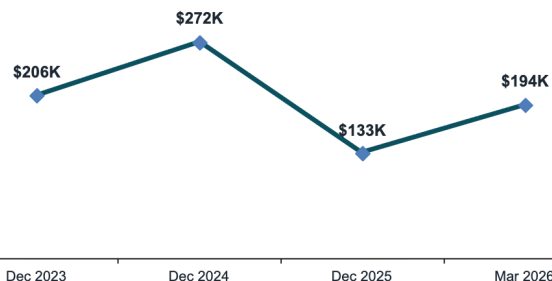
3.8 months

AT 2025 AVG BURN (\$38K/MO)
Sector minimum: 3 months

~9 months

AT CURRENT BURN (\$16K/MO)
Sector best practice: 6+ months

Cash & Cash Equivalents



AMHP carries no debt, no leases, and no restricted liabilities. All net assets are unrestricted and available to support the mission.

THANK YOU TO OUR FUNDERS



2025 Benefit Dinner Sponsors

Guidance Residential
Crescent Foods
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IFANCA
Maristan
MUHSEN
MLFA
CAIR
Amana Mutual Funds Trust
Apex Capital Group
Aldrich Capital Partners



WAYS TO SUPPORT AMHP



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Rolling Meadows, IL 60008



amhp.us/donate



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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.



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American Muslim Health Professionals



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