

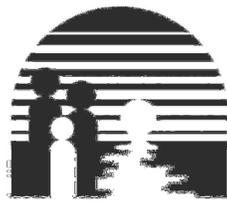
# Effective PEI Strategies in the Asian American Community

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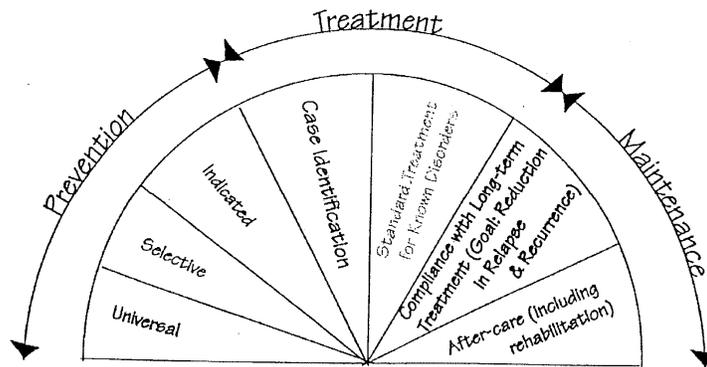
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CiMH Web Cast (April 28, 2008)



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ADVANCING BEHAVIORAL HEALTHCARE

## IOM: Continuum of Care



Different levels of prevention are distinguished by the level of risk of disorder/distress in various populations groups targeted.

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## From Public Health, Institute of Medicine (IOM), to MHSA PEI

- Public health
  - Primary prevention
  - Secondary prevention
  - Tertiary prevention
- IOM
  - Universal
  - Selective
  - Indicated
- MHSA PEI
  - Universal
  - Selective
  - Early Intervention

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## **MHSA tasks**

- System transformation
- Address the needs of under-served, un-served, and inappropriately served
  - Access issue (awareness, insurance)
  - Appropriate service
    - Culturally competent
    - Linguistically appropriate

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## **Understand the different needs of Asian Americans & Asian immigrants**

- Asian Americans
  - Model minority myth
  - Cultural identification
    - Role confusion
    - Lack of bi-cultural role models
  - Discrimination
  - Some historical trauma (e.g., internment)

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## **Understand the different needs of Asian Americans & Asian immigrants (II)**

- Asian Immigrants
  - Pre-immigration history
  - Trauma in the process of immigration
  - Loss
  - Acculturation process
  - Legal status
  - Survival
  - Fitting in
  - Role reversal

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## **Common challenges for immigrants**

- Financial wellbeing
- Change / lost of social status
- Language difficulty
- Unfamiliar with the new system / expectations
- Unfamiliar with social resources
- Fear of public / government agency
- Different world view and concept about mental health
- Stigma and discrimination

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## **Outreach to AA community**

- Address stigma attached to mental illness
  - Culturally appropriate
    - Respect the world view
    - Respect the tradition and power structure
    - Stigma issues
  - Linguistic appropriate
    - Translation of words
    - Translation of concepts

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## **(Un)common gathering places**

- Schools
  - ELD (English Language Development) class orientation
  - Registration
  - Back to school nights and open house
  - Academic excellence workshops
  - College and financial aid application
- PTAs (e.g., CAPA)

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## **(Un)common gathering places (II)**

- Community center
- Ethnic civil groups
- Faith / spiritual groups
- Cultural festivals and fairs
- Community Based Organization (CBO) programs
- Adult schools

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## **Involving Local Groups & Business**

- Chinese (Korean) associations
- Chinese American Parent Association (CAPA)
- Faith based organizations (FBO)
- Refugee service agencies
- Childcare and tutoring services
- Health clinics
- Dept. of Children and Family Services (DCFS)
- Probation Dept.

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## **EBP and Best Practices**

- Myth and challenges of EBP
- Best Practices
  - TICS (translation, involvement, connection, and support)
    - Bi-cultural and bi-lingual staff
    - Family strengthening / parenting
    - Life management skill
    - Mentoring
    - Tutoring and after school program
    - Leadership development

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## **Family Strengthening / Parenting**

- Educational, skill building
- Leveraging the wish to have children excel
- Reframing the needs and situation
- Providing a safe haven
- Recognizing universal struggles
- Enhancing understanding & providing support
- Mentoring and exchanging of resources

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## Some Effective Programs

- Family Strengthening
- Strengthening Multi-ethnic Families and Communities (M. Steele et. al.)
- Strengthening Intercultural/intergenerational Ties in Immigrant Families (SITIF; Yu-Wen Ying)
- Asian American Family Enhancement Network (AAFEN; APFC)

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## Mentoring

- Provide understanding and control of the unknown
- Positive role models
- Guidance and support
- Life lessons
- Case management
- Crisis intervention

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## **Some Effective Mentoring Programs**

- Asian MASTERY and AMDP (Asian Mastery Dissemination Project)
  - Professional mentors
  - Individual and group mentoring
  - Academic support
  - Group activities
  - Case management and crisis intervention
  - Life management skills

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## **Tutoring and After School Program**

- Academic support
- Individual attention and support
- Social support
- Safe environment
- Enhance cultural and survival skills

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## Leadership Development Program

- Connecting curriculum to real life lessons and challenges
  - IMPACT (Inspire and Mobilize People to Achieve Changes Together)
    - Life management skills
    - Connection to larger community: family, school, , neighborhood, society
    - Community projects
    - Summer camps

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## Conclusion

- Outreach, outreach, outreach
- Involve gate keepers
- Lay out costs and benefits
- Utilize workshops and educational seminars
- Make it simple and understandable
- Integrate PEI into “useful” and relevant topics
- Follow through
- Keep your promises

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