

# Project: Community Wellness Program

## Cambodian Association of America

Partners: The Cambodian Family,  
Families in Good Health, Khmer Parent  
Association, United Cambodian Community



Dignity Health.  
St. Mary Medical Center

Families  
in Good Health



### LOCATION

Long Beach, CA  
Santa Ana, CA



### OVERVIEW

Cambodians experience significant physical health, mental health, socioeconomic, and educational disparities. Cambodian immigrants and refugees are among the most traumatized populations in the United States. Cambodian refugees who are now older adults faced the Killing Fields firsthand from 1975-1979 and were, virtually without exception, left traumatized by their experience and its aftermath, including the indeterminacy of flight, refugee camp life, and resettlement in poor, high crime neighborhoods in America. 62% of Cambodian Adults have PTSD and over half have 5 or more chronic health conditions



The Community Wellness Program (CWP) is a community-centered strength-based Prevention and Early Intervention Community-Defined Evidence Project that seeks to demonstrate the effectiveness of culture-specific outreach and intervention centered on shifting cultural norms pertaining to mental illness for the purpose of preventing and improving mental health among Cambodians. The CWP promotes wellness by providing culturally and linguistically appropriate prevention and early intervention physical health/mental health services in the greater Long Beach and Santa Ana area.



### GOALS

#### GOAL 1. Evaluate CDEP Effectiveness

Objective 1: Increase mental health for Cambodians individuals through improving mental health knowledge, beliefs and attitudes; increasing social connectedness; increasing health-promoting behaviors; increasing health healthcare access and utilization; and improving overall mental health.

Objective 2: Evaluate effectiveness of the program model to provide comprehensive culturally-relevant mental health services in the Cambodian community.

#### GOAL 2. Expand CDEP Scale to Facilitate Evaluation

Objective 1: Increase enrollment with CWP through outreach and engagement.

Objective 2: Develop Growth Plan-Assess and develop appropriate sample size for effective evaluation.

Objective 3: Develop and Evaluate CWP Action Plan to meet evaluation needs.

#### GOAL 3: Improve Organizational Sustainability by Strengthening Operations and Infrastructure

Objective 1: Build individual organizational capacity by leveraging API TA.

Objective 2: Build capacity of Cambodian Advocacy Collaborative through strengthening collaborative operations, infrastructure, and funding.

#### GOAL 4: Increase Awareness of CDEP

Objective 1: Educate government administration and elected officials the impact of CWP.

Objective 2: Educate academia and health stakeholders by expanding research on community defined practices and the Cambodian community.

Objective 3: Educate and engage the community at large including community members and media.

#### GOAL 5: Project Management

Objective 1: Adhere to all requirements by CDPH including meetings, reports, and trainings.

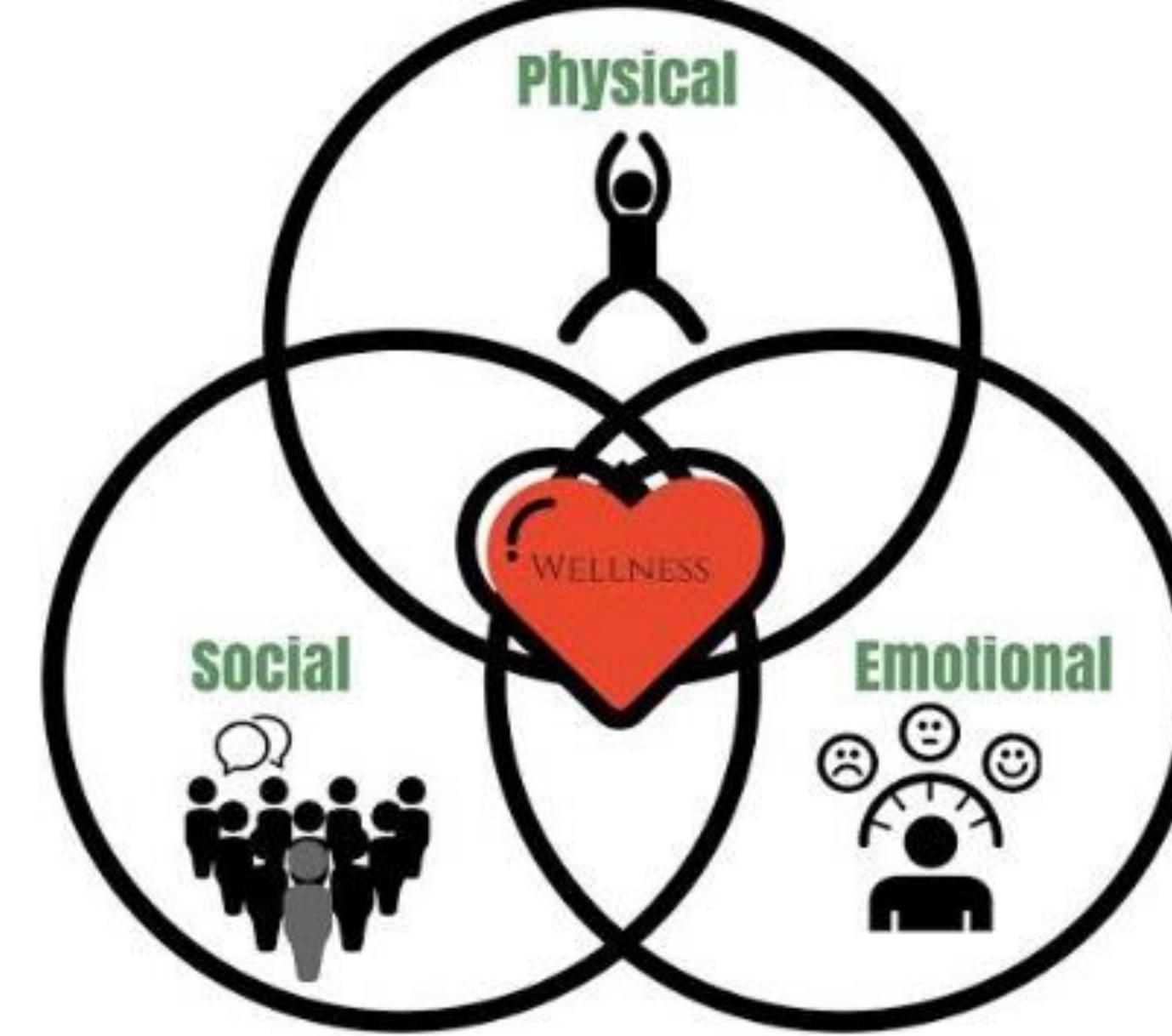
Objective 2: Manage Program and Collaborative in an effective and culturally competent manner.

### STRATEGIES

The CWP is a 6-month program that centers on physical, emotional, and social wellness. It consists of 4 components: 1) community outreach & engagement, 2) educational workshops, 3) case management/navigation/referral services, and 4) peer/family/social support groups. All program activities are organized and facilitated by bilingual/bicultural Community Health Workers (CHWs).

Cambodian Association of America and its collaborative partners aim to reach 1,000 people and enroll 200 clients in the CWP per year across four partner agencies (each 6-month cohort consists of 25 participants). CHWs administer a needs assessment to all participants and provide case management, navigation, and referral services to appropriate health and mental health providers, including the Department of Mental Health clinic, if needed. A minimum of 300 case management sessions is provided to a minimum of 150 participants per year.

CAA and its partners recognize the importance of spirituality for mental wellness among Cambodians and activities are designed with this in mind. Spiritual wellness activities include Buddhist water blessings, temple/church/mosque visits, and meditation. CWP activities also reflect the collectivistic nature of the Cambodian culture by serving as opportunities for socialization and group therapy. Examples include potlucks, field trips, gardening, art/craft/music & dance therapy, and walking groups.



### OUTCOMES

- Outreach & Engagement: 2,707 individuals at 88 events
- CWP enrollment: 209
- Educational workshops: 29
- Case management sessions: 689
- Referrals/Linkages/Navigation: 693
- Spiritual wellness activities: 39
- Recreational/Physical Activities: 49
- Art/Crafts/Music & Dance Therapy: 69
- Sessions of Peer/Family/Social Support Groups: 157



### NEXT STEPS

The CWP continues to serve as a resource for physical and mental wellness for the Cambodians in Long Beach and Santa Ana. Program participants are invited to take part in a rigorous program evaluation to generate data that can be used to advocate for additional support to sustain much-needed program services for this underserved population. Next steps include enrolling two more cohorts into the CWP and evaluation, continuing to advocate for funding to support mental health services for the Cambodian community at the county, state, and federal level, and working with CPEHN to highlight CWP accomplishments.

