

Project: EBAYC Sacramento Program

East Bay Asian Youth Center



LOCATION

Sacramento, CA
Oakland, CA (headquarters)

GROUPS SERVED

- Asian/Pacific Islander
- High risk or exhibiting school failure, juvenile justice system involvement, or suicidal ideation
- Low income
- Youth, ages 14-18

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OVERVIEW

EBAYC Sacramento targets low-income Southeast Asian youth in Sacramento, ages 14-18, who are at high-risk for, or are exhibiting, school failure (chronic absenteeism, behavior discipline, course failure), juvenile justice system involvement (arrest, probation), or suicidal ideation. Many Southeast Asian youth experience ongoing trauma and violence, including instability and pain caused by mental health disorders within families resulting from war and refugee experiences; alcohol, drug, and opiate addiction; gambling addiction; domestic violence; racially-motivated violence in neighborhoods and schools; cross-generational gang involvement; and persistent poverty. EBAYC works in formal partnership with Luther Burbank High School, Hiram Johnson High School, and the Sacramento County Probation Departments to identify and access the target population.

The mission is to empower Southeast Asian youth to lead healthy, peaceful, and productive lives. The program de-stigmatizes and de-mystifies the concept and nature of mental health among youth and their families through a consistent, reliable, and culturally-responsive process of relationship-building, mental health education, and advocacy. Through this process, EBAYC helps API youth build critical protective/resiliency factors, particularly the development of positive bicultural identity, relationships with caregiving adults, and healthy self-management skills.

STRATEGIES

EBAYC Sacramento is an 18-month cohort-based program that pairs one female and one male youth counselor to youth of the same gender. The male youth counselor worked one-on-one with 25 male youth and a female youth counselor worked one-on-one with 25 female youth. Many Southeast Asian communities, especially Hmong communities, are very traditional with clearly defined and distinct gender roles and expectations for males and females. The program utilizes a culturally sensitive strategy of employing youth counselors who are personally familiar with these expectations from their own life thereby adding another level of trust and identification for youth.

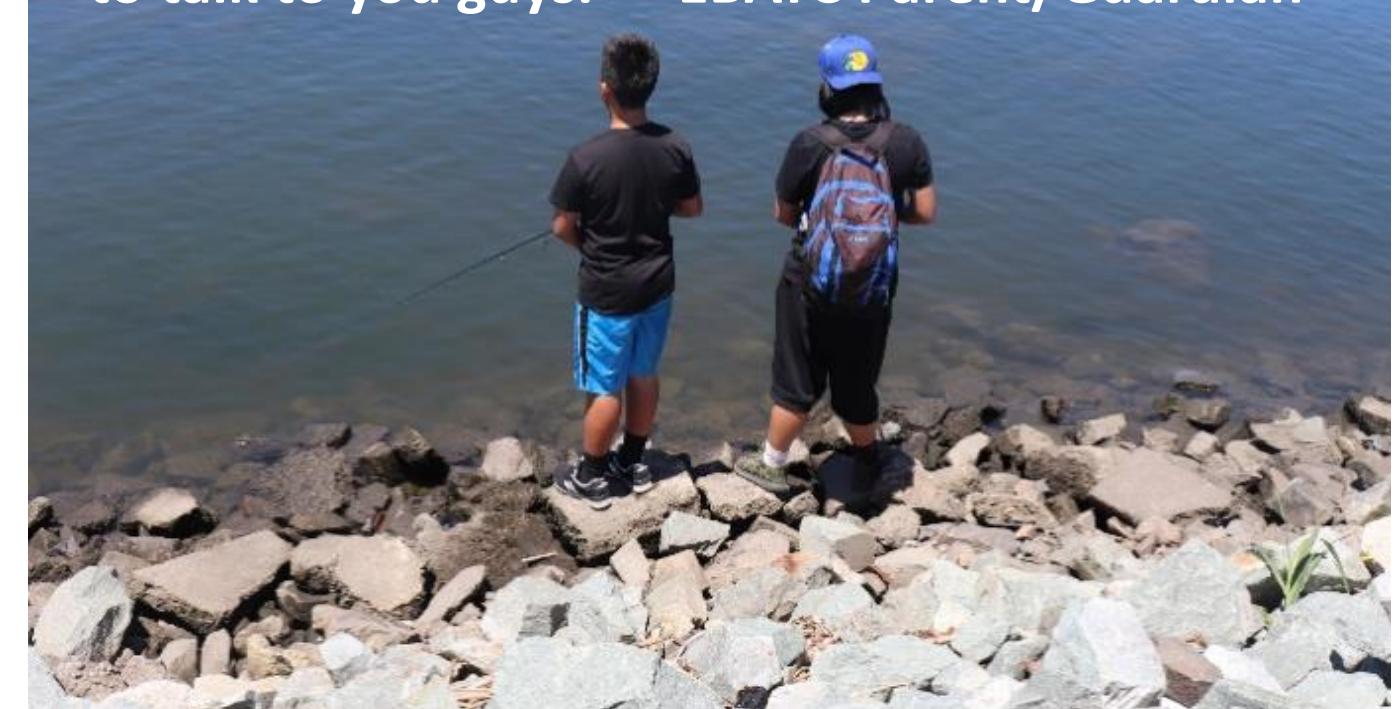
Youth were identified through a school-wide review of the attendance rates and grades of API youth as well as through teacher and school counselor referrals. The program is school-based with a physical location at Luther Burbank High School. Youth are welcome to use the space for meeting with their youth counselor, studying, hanging out, eating lunch, and using the computer. There is also an EBAYC office within a ten-minute walk from Luther Burbank High School where the program holds events and gatherings in the evenings and weekends.

1. Needs and Strengths Assessment
 - Child and Adolescent Needs and Strengths (CANS)
 - At baseline, 6-12 month follow-up, and exit
2. Individual Mentoring and Counseling
 - Gender-specific one-on-one case management
 - School-based
3. Service Access and Monitoring
 - Identifying relevant resources
 - Referrals, linkages, and navigation support
4. Group Work
 - Recreational activities
 - Gender-based therapeutic groups
5. Staff Cultural Competence
 - Similar cultural and linguistic background
 - Professional experience working with population

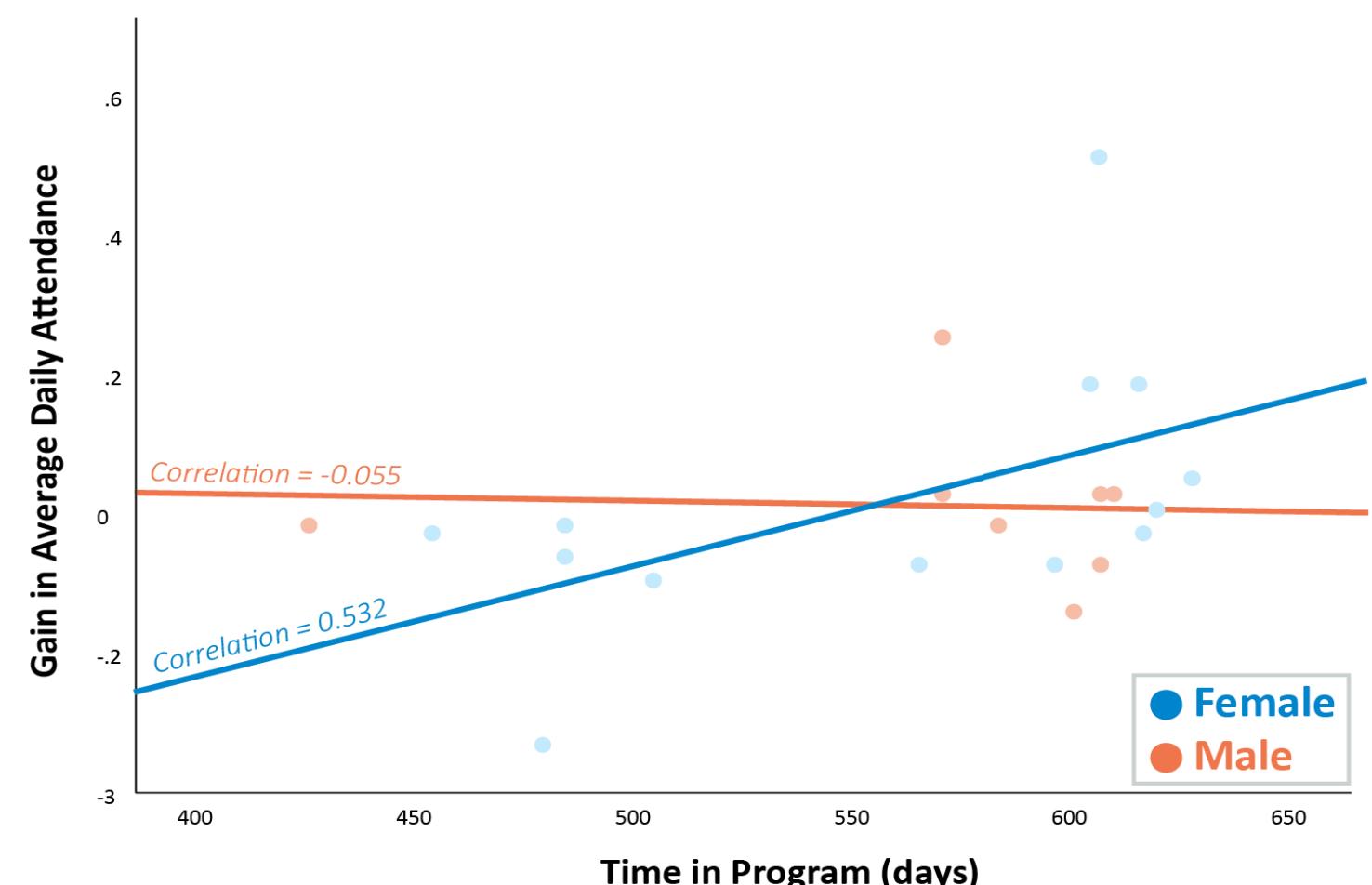


FINDINGS: FIRST COHORT (N=64) JUL '17 - DEC '18

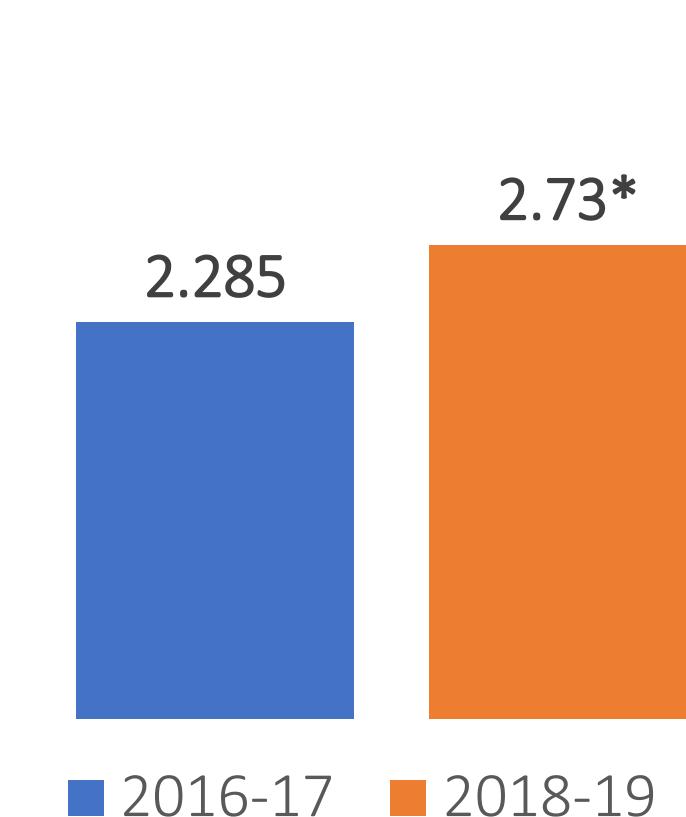
"I see you guys as... a big brother? Because he won't talk to his big brother but he was able to talk to you guys." —EBAYC Parent/Guardian



Youth improved their **average daily attendance** rate from 88.76% to 90.85%. Differences were more pronounced for female youth.



Youth improved their **grade point average (GPA)** by a statistically significant margin: .45 points (2.285 to 2.730)!



"I'd be in a much harder position in my life than I am now. I wanted to drop out. I still want to drop out but [my youth counselor] motivates me not to." —EBAYC Youth

Twenty four youth (37.5%) participated in the full 18-months of the program (full dose).

There was a statistically significant increase in youth who felt there was an **adult who has their back** after 18 months (full dose) from 58% to 88%. This percentage **decreased** for those that participated in the program for less than 18 months.



"[My youth counselor] is a person I can look up to. Tells us what life will be like after high school." —EBAYC Youth

