

Program: Hmong Helping Hands Intervention The Fresno Center

Partners:
Merced Lao Family Community, Inc,
Lao Family Community, Inc.



LOCATION

Fresno, CA
Merced, CA
Stockton, CA



GROUPS SERVED

- Hmong adults (18 thru 64 years old)
- Hmong elders (65 years old +)

CONTACTS

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OVERVIEW

Today, there are roughly 280,000 Hmong living in the United States. Many were former refugees from Laos who supported the American forces and fought against the communist regime in Laos. After the Vietnam War ended in 1975, they escaped to Thailand and lived in refugee camps before coming to America. According to 2010 Statistical Yearbook of Immigration Statistics, U.S. Department of Homeland Security, approximately 62% of these individuals are now naturalized U.S. citizens.

As a result of their immigration experiences, the Hmong population has experienced significant mental health issues. Cultural beliefs, negative stigma, and lack of education have also contributed to the resistance in seeking services from mental health programs. This behavior contributes to the lowest mental health service penetration rates of any ethnic group in Fresno County. For example, according to the Fresno County Department of Behavioral Health System of Care, the Hmong community has the lowest penetration rate at 1.17% as compared to the Hispanic/Latino community at 2.1%, the African American/Black community at 5.3%, and the Caucasians at 1.8%.

The California Reducing Disparities Project (CRDP) is a statewide prevention and early intervention effort to reduce mental health disparities in underserved communities, such as the Hmong community. CRDP currently focuses on providing funding to implement practices and strategies identified in order to demonstrate community-defined evidence to reduce mental health disparities.

The Hmong Helping Hands (HHH) intervention is a community-defined evidence project (CDEP) that aims to reduce mental health problems like depression, anxiety, and acculturation issues in Hmong adults and elders. It is a type of prevention and early intervention project that incorporates various Hmong culture, arts and crafts activities, beliefs, healing, and practices to help a person cope and manage their everyday life challenges.

KEY STRATEGIES



Culturally-relevant activities to address mental well-being and holistic health



Community navigation and exploration



Spiritually-oriented approach to healing

OUTCOMES

- ✓ Improving Hmong adults' and older adults' physical, psychological and spiritual well-being and their sense of belonging
- ✓ Reducing Hmong adults' and older adult's psychological distress
- ✓ Increasing knowledge and awareness of mental health issues.

PROGRAM COMPONENT



Hmong Talk Based on the Hmong Cultural Practice of "Qhuab Ntuas" (Khua-Thua)

Ncig Teb Chaw (Exploration)

Cultural Arts, Crafts, and Activities

Maij-Maij (Beautiful)

Hmong Spiritual Healing



Txheev txog kuv lub dag kom los txhij...txheev txog kuv zog kom los txhua...los rau lub caij los rau lub nyoog tamsim no....

I summon all of my strengths...I summon all of my energies...to this present moment to this present time.

Kuv yuav tsis pub kuv kev kub siab...kev ntsim plawv...kev tu siab tu saus...los aiv los cuam tshuam kuv...

I am not going to let my anger...my frustration...my stress my sadness...to interfere or cross me...

Cia kuv muaj kev xav zoo...cia kuv muaj kev xav kaj...cia kuv muaj phooj ywg...cia kuv muaj txoj sia...cia kuv nyob luag ntshi....

Let me have positive thoughts...let me have positive thinking...let me have friends...let me have life...let me live happily...

