

### Purpose and Goals

*“In Laos we have feet that can trek through the jungles, mountains and valleys, but in America our feet cannot take us beyond our front and backyards.”*

#### CDEP Purpose

- Fresno County is home to about 35,000 Hmong, many of whom were refugees traumatized and displaced by war. Due to the stigmatization of mental illnesses as well as the lack of trained bicultural and bilingual care-givers in the US, a gap remains between the high level of mental health problems faced by the Hmong in the Central Valley and the mental health services. Many Hmong men and women continue to face mental illnesses exacerbated by social isolation, poverty and unfamiliar or unwelcoming environments in the US.

#### CDEP Goals

- The Hmong Helping Hands Village Project (HHHVP) at The Fresno Center uses **Community-Defined Evidence Practices (CDEP) to address the high rate of mental health problems among Hmong in the Central Valley by reducing feelings of stress and isolation and strengthening cultural protective factors through community-informed, culturally-responsive strategies.**

### Description & Implementation

There were four community-informed, culturally-responsive strategies to HHHVP. These strategies were adopted because they have historically been instrumental in the Hmong community’s resilience and perseverance.

- Nuam Yaj (Mindfulness Exploration)**
  - Engage in a variety of walking activities, explorations, and meditations
- Hmong Storytelling**
  - Learning about the past, present, and future
- Farm to Table**
  - Healthy eating that focuses on traditional Hmong diet
- Teaching to Learn**
  - Healthy habits are crucial to ensuring a healthy body, mind, and soul



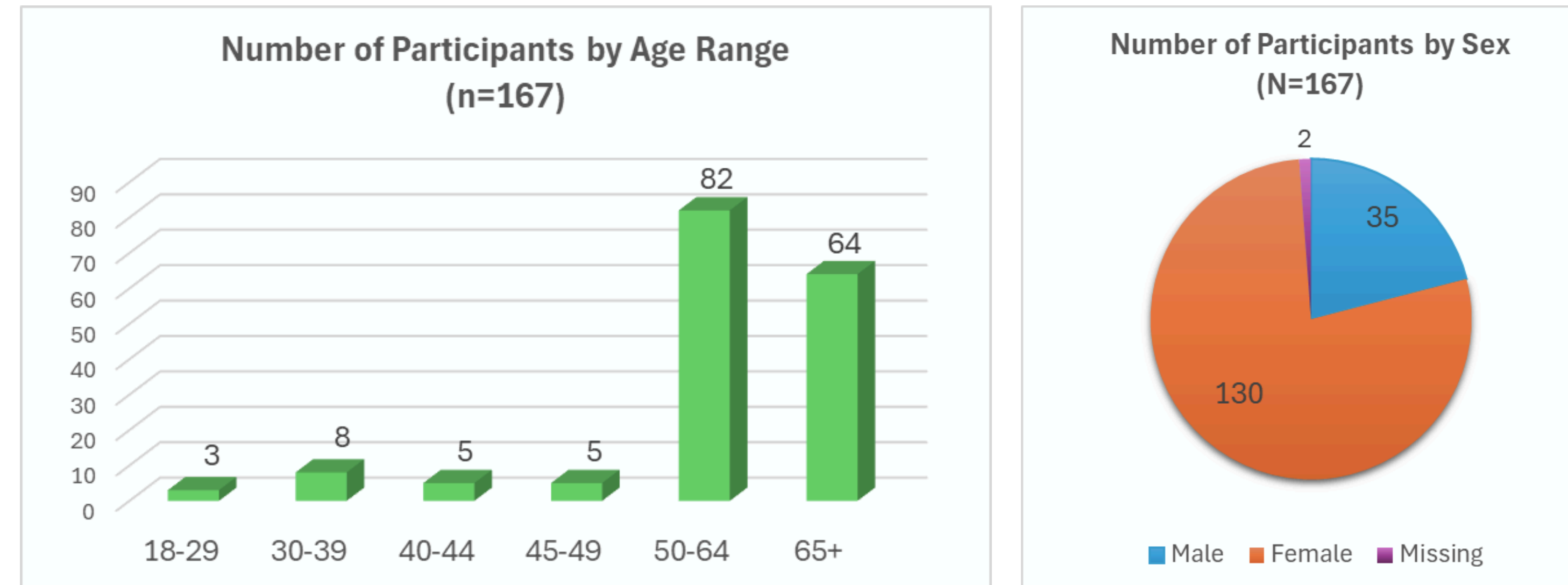
Farm to Table staff preparing irrigation drip system to the farm.



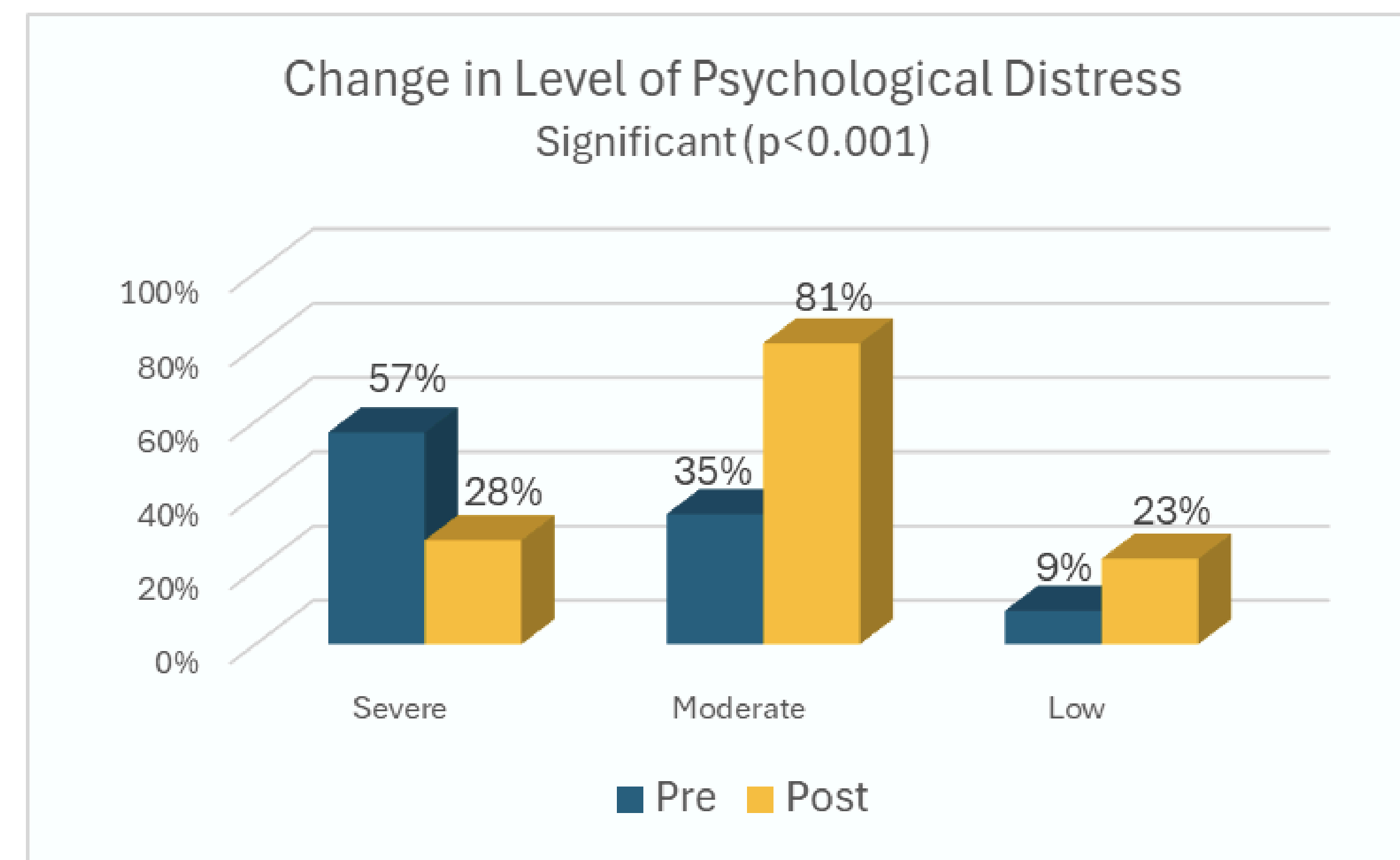
Nuam Yaj (Mindfulness Exploration) activity at CA Poppy Flower Field in Lancaster, CA.

### Results

#### Participant Demographics



#### Psychological Distress



Reduced psychological stress + Improved self-esteem, social connection, mental well-being = Increased Happiness

“After my severe stroke, I was feeling sad, helpless, hopeless and asked to end my life with an injected medication...”

With the HHHVP-CDEP I never missed a day and by the 24<sup>th</sup> week, I was making friends, building self-confidence, practicing self-love/care, self-acceptance and increased my physical and mental well-being. I feel happier!”



For additional details about *The Hmong Helping Hand Project*, please reach out to Autumn at [Autumn.muas@fresnocenter.org](mailto:Autumn.muas@fresnocenter.org).

### Evaluation Design & Methods

#### Quantitative data

Quantitative data was collected using multiple different assessments:

- *Kessler 6 (K6) Psychological Distress Measure (Statewide Evaluation)*
- *Protective Factors, Cultural Connectedness evaluation*
- *Sheehan Disability Scale (SDS) for Psychological Functioning*
- *Psychological Resources/Strengths*

#### Qualitative data

Qualitative data was collected utilizing:

- 4 post-exit group interviews
- 8 in-depth individual interviews
- 10 plus hours of interview audio recordings
- 2 (15-minute) video “testimonials”

#### Cultural knowledge

To incorporate cultural knowledge, data collection was completed by:

- Linguistically and culturally competent staff
- Local Evaluator
- Translated PRE and POST survey questionnaires into Hmong language
- Focus group interviews conducted in Hmong

### Next Steps & Key Takeaways

We are actively participating in various local and state committee meetings and partnerships to increase awareness to our CDEP work and sustainability of our efforts. HHHVP-CDEP overall has provided Hmong participants with hope, healing, and increased in happiness. HHHVP exist to fill in the gap:



#### Factors to success

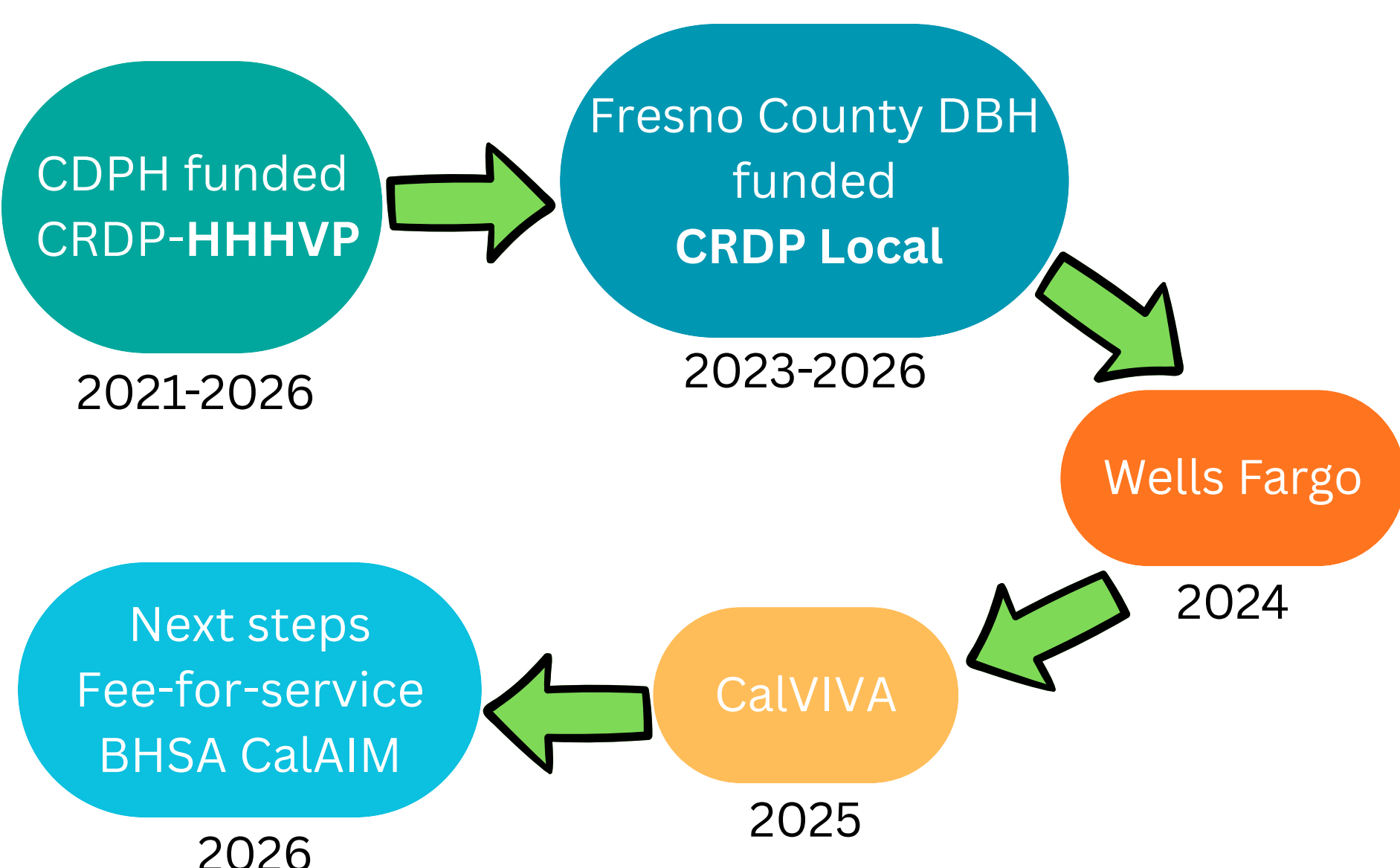
- Cultural Breakfast & Luncheon
- Bilingual & bicultural staff
- Early Intervention activities
- Translated surveys
- Provided transportation

#### Key Takeaways

- 6 cohorts implemented
- 24 weeks per cohort
- 167 participants completed the CDEP



### Sustainability, Scalability & Systems Transformation



- CRDP-CDEP HHHVP phase II was funded in 2017 through the CDPH-OHE
- In 2021, State of California General Fund continued to fund HHHVP Phase II extension
- HHHVP was expanded at the county level with advocacy work in 2023
- Wells Fargo and Calviva were major one-time sponsors to support the HHHVP for green space

### Acknowledgements



Department of Behavioral Health



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