Supporting Asian American and Asian Immigrant Communities in Healing from Racial Trauma in Community Mental Health

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Founded in 1977, KCCEB strives to empower Korean American and other immigrant/refugee communities of the Bay Area through access to education, services, resources, and advocacy.
KCCEB’s Asian Community Wellness Program provides mental health prevention and early intervention services for the East Asian community.

Our GOAL is to BRIDGE the GAP and be a welcoming space to support mental health and wellness.
Individualist Vs. Collectivist Model

Individualist Model:
I am responsible for my own mental health and recovery.
I need to find ways to cope, manage and heal.
How do I find personal meaning, fulfilment and self-actualization?

Collectivist Model:
My mental health impacts and is impacted by community and society.
How do I heal in the context of my community, how do I belong, find value and meaning again in my community?

(Weinstock, et al., 2014)
CULTURALLY RESPONSIVE CARE

Empowerment:
Engage client passion & leadership
Self-advocacy & giving voice
Honoring resilience

Responsiveness:
Assess community needs
Meet clients where they are at
Build trust

Participation:
See client/participants as experts of their lives

Innovation:
Connecting with client culture
Centering cultural practices
Inviting new perspectives
Meeting BASIC Practical Needs

**KNOWN NEEDS**
*Using social services/case management to address concrete issues (navigating the system, enrolling in health care, CalFresh, housing)

**ASSESSING UNKNOWN NEEDS**
*Wellness Survey (food, health, wellness)
*Community Safety Survey
RESPONSIVENESS
Builds Trust

I CAN RELY ON YOU, You’re useful

I FEEL COMFORTABLE WITH YOU, I can share more personal stories

I CAN TRUST WHAT YOU SAY, I’ll listen to what you share about ‘counseling’
   More likely to be receptive to warm-hand offs

*Rethink about where counseling takes place
   Social services waiting room
   In car
CONNECT WITH CLIENT CULTURE

- similar background
- similar life experiences
- same language

However, how do we use cultural practices to deepen our mental health work?
INNOVATION

Bridging cultural practices with MH concepts

ASSESSMENT:
- Exploration of client’s culture and norms
- Be aware of how we define behaviors of clients

INTERVENTION AND HEALING:
- Concrete needs (Clinical CM)
- Building connections
- Food as wellness/nutrition
- Mind/Body practices
- Physical health
- Movement-based
- Story-telling (narrative therapy)
- Engaging traditional healers
CLIENTS ARE EXPERTS OF THEIR LIVES
*Honor culture, ethnic, linguistic, and religious backgrounds to give voice

HONOR RESILIENCE
*Support self-advocacy and leadership
Example of Culturally Responsive Program

• Senior Street Smart Safety Program
  Practical community safety skills training
  Space for mutual support and to lift stories for advocacy
Thank you!