



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

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ABOUT US



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.

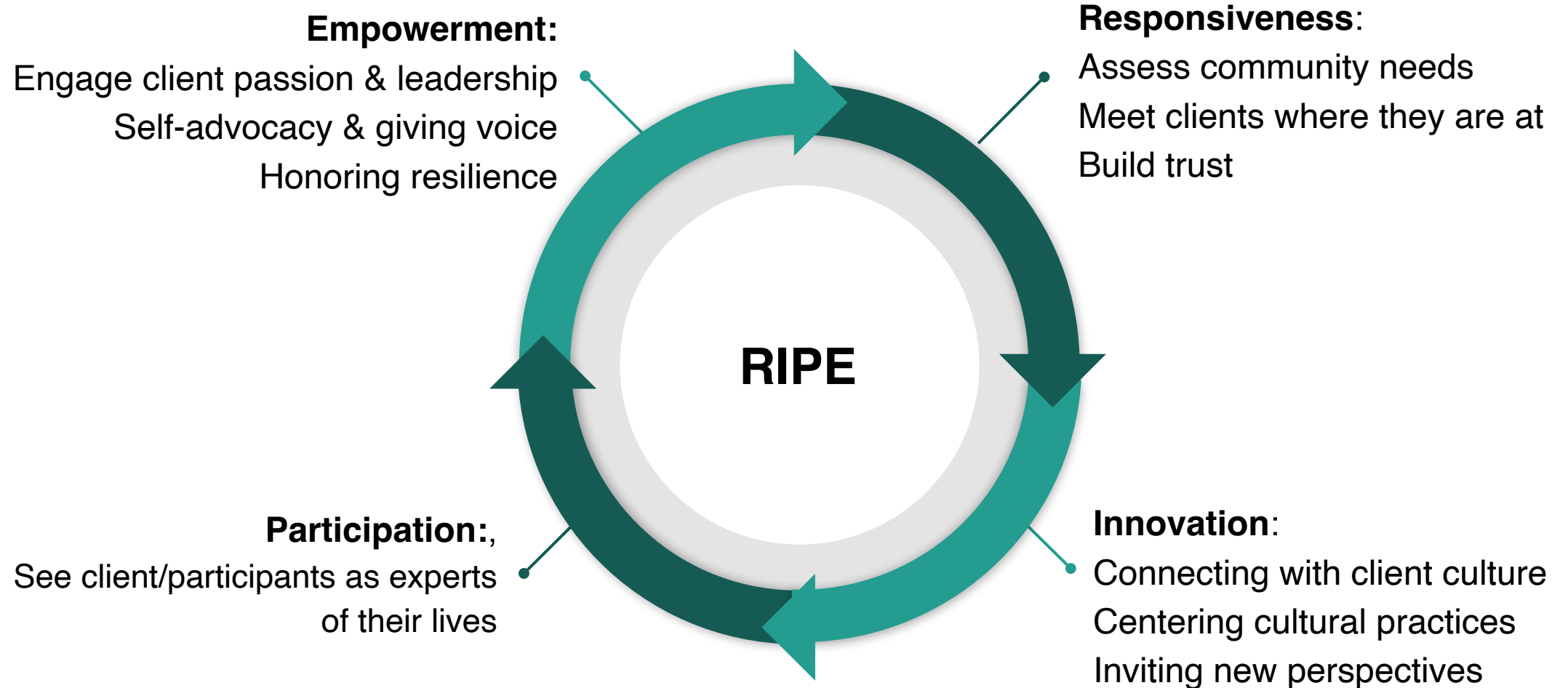
How do I find personal meaning, fulfilment and self-actualization?

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?

CULTURALLY RESPONSIVE CARE



RESPONSIVENESS

Meeting people where they are at

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

Relationship-Building

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

INNOVATION

Connecting with culture

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



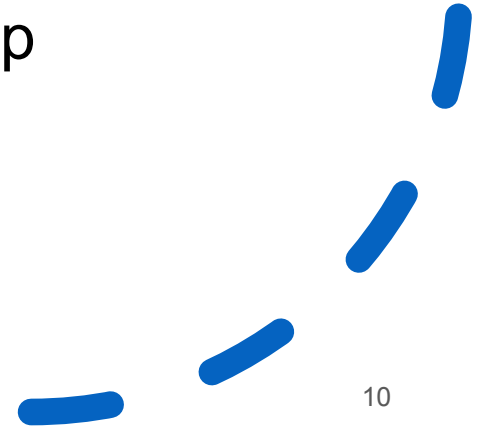
PARTICIPATION & EMPOWERMENT

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!

