National Network to Eliminate Disparities in Behavioral Health

Diversity Inclusion Project Showcase
Welcome & Introductions

DR. MARY ROARY
DIRECTOR, SAMHSA OFFICE OF BEHAVIORAL HEALTH EQUITY (OBHE)

Thank you for joining us for this important opportunity!
Overview of DIPS

TAYLOR BRYAN TURNER
ASSISTANT REGIONAL ADMINISTRATOR,
SAMHSA REGION 1

This event is modeled from HHS Region 1’s Behavioral Health Matters Diversity Inclusion Project Showcase event that occurred in February 2021.
Opening Remarks

DR. MIRIAM DELPHIN-rittmon
ASSISTANT SECRETARY FOR MENTAL HEALTH AND SUBSTANCE USE, SAMHSA
CBOs will share their work, learn who’s in the room with them, have time for Q&A, and explore opportunities for connection.
In the Breakout Rooms

Who’s in the Room
Showcases From CBOs
Questions & Answers
Opportunities for Connection

PLEASE KEEP YOURSELF MUTED WHEN NOT SPEAKING
WE ENCOURAGE YOU TO USE THE CHAT TO CONNECT
WITH EACH OTHER THROUGHOUT TODAY’S EVENT!

NNED Diversity Inclusion Project Showcase | August 31, 2021
Breakout Rooms

10 HHS REGIONS

NNED Diversity Inclusion Project Showcase | August 31, 2021
Breakout Rooms

ROOM 1 | NORTHEAST

REGION 1
• Asian Women for Health
• Latino Community Services, Inc.
• Urban Community Alliance

REGION 2
• Comunilife
• DBGM, Inc.
• Project Safety Net NY

REGION 3
• Asian Volunteer Clinic
• SpiritWorks Foundation
• Take Flight Inc.

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Breakout Rooms

ROOM 3 | CENTRAL

REGION 5
- Bhutanese Community of Central Ohio
- Centro Multicultural La Familia

REGION 7
- Center for Holistic Development
- Santee Sioux Nation Society of Care

REGION 8
- Pacific Island Knowledge 2 Action Resources
- Latino Behavioral Health Services

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Breakout Rooms

ROOM 4 | WEST

REGION 9
- African Communities Public Health Coalition
- Asian Americans for Community Involvement
- Community Youth Center of San Francisco
- Ka Hale Pomaikai
- Self-Help for the Elderly
- The Cambodian Family

REGION 10
- ASHA International
- Muckleshoot Family and Youth Services

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REGION 1

• Community-Based Organizations (presenting): Asian Women for Health, Latino Community Services, Inc., Urban Community Alliance
• State/Regional Leadership: SAMHSA Assistant Regional Administrator, SAMHSA Public Health Fellow, Maine DHHS - Office of Behavioral Health, State of New Hampshire, Massachusetts Department of Public Health - BSAS
• Additional Partners: AFCAMP Advocacy for Children

REGION 2

• Community-Based Organizations (presenting): Comunilife, DBGM, Inc., Project Safety Net NY
• State/Regional/Local Leadership: HHS Public Health Strategist, NYS Office of Mental Health, Friends of Recovery New York, County of Burlington
• Philanthropists: Health Foundation for Western & Central NY, YWCA NNJ, Skoll Foundation, Somerset County
• Additional Partners: Advance Housing Inc., ASun Star, Carepoint Health Hoboken University Medical Center, Catholic Charities Orange, Center for Family Services, Community Hope, DRCVI, Elev8 Center, Elmcor Youth & Adult Activities, Inc., Family Based Services Association of NJ, Icahn School of Medicine at Mount Sinai, Integrity House, Integrity, Inc., Legacy Treatment Services, Maryville Addiction Treatment Center, National Hispanic and Latino MHTTC, New Jersey Association of Mental Health & Addiction Agencies, New Life Medical Addiction Services, NYS Care Management Coalition, Onondaga National Health Center, Rwjbarnabas Health Institute for Prevention and Recovery, Strong Recovery, Team Management 2000, Inc., The Center for Rapid Recovery, the Lennard Clinic, UCC, Vibrant Emotional Health, WellCare Health Plans, Wellspring Center for Prevention, Wynona's House Child Advocacy Center, YWCA NNJ, YWCA Union County

REGION 3

• Community-Based Organizations (presenting): Pan-Asian Volunteer Clinic, SpiritWorks Foundation, Take Flight Inc.
• State/Regional Leadership: SAMHSA Regional Administrator and Assistant Regional Administrator, Maryland Department of Health/Behavioral Health, New England MHTTC, Virginia Department of Behavioral Health & Developmental Services
• Philanthropist: The Greater Kanawha Valley Foundation
• Additional Partners: Children & Families First, Qualified Ventures

Breakout Room 1
Asian Women for Health

Somerville, MA

Executive Director: Chien-Chi Huang
AWFH is a peer-led, community-based network dedicated to advancing Asian women’s health and well-being through education, advocacy, and support, since November 2012.
Women’s Health

Achieving Whole Health

Together Empowering Asian Minds

Anti-racism PSA and mental health resources on our website

Asian American Mental Health Forum

Save the Date
12th Annual Asian American Mental Health Forum
Connecting During COVID: Mental Health Innovations and Positive Adaptations
SATURDAY, JUNE 5, 2021
9:30AM - 3PM VIRTUAL VIA ZOOM
Keynote Speaker: Larke Nahme Huang, Ph.D.
Major Successes

- Monthly Webinars to disseminate health info
- Monthly virtual social event to break social isolation
- Expanded Achieving Whole Health to 2 new cohorts
Major Challenges/Barriers

- Few culturally competent healthcare providers
- Need gender-specific and culturally responsive care
- Digital divide
Look Ahead

- Need to create a pipeline of leaders with lived experience
- Build capacity and partnerships
- Innovative ways to raise awareness & sustain efforts
Asian Women for Health

info@asianwomenforhealth.org
Tel: 617-767-1071
www.asianwomenforhealth.org
New York, New York

A suicide prevention program for at-risk Latina teens in the Bronx, Brooklyn, Manhattan, and Queens
Mission Statement

Comunilife’s mission is to provide vulnerable communities with housing and culturally sensitive supportive services.

Vision Statement

Comunilife believes that no one should be without the housing and supports they need to lead a healthy, meaningful life.
LIP Services
Latina teens ages 12-17

Holistic Case Management
Teen guided goal planning, support services, safety planning, advocacy

Youth Development Groups
-Leaders of Tomorrow
-Words for the Soul
-Funday Yumday

Expressive Arts Therapy
Creative Arts and Music Therapy Groups and Individual Sessions
- help teens develop coping skills, understand personal stressors and develop ways to express themselves through creative arts. They provide an indirect means of expressing painful feelings in a powerful but constructive way.

Academic Support
Daily professional tutoring, high school, Regents and SAT/ACT prep.
School advocacy

Family Engagement
Comprehensive support to parents and families of teens; Weekly Parent Support Groups, ESL class, and Creative Arts Groups for Family

Health & Wellness
Healthy cooking and activities to support health and wellness of our teens; Community Town Hall events to support Mental Health Care & Trainings to Community Partners
Major Successes

**Success: Building Awareness & Dismantling MH Stigma**
Since 2008, LIP has grown from 1 Program Site to 4; and has provided training and awareness campaigns to the Latino community and beyond.

**Success: Phase 1 results of Program Research**
Since 2013, Comunilife has partnered with the NYS Psychiatric Institute/Columbia University's NYS Center of Excellence for Cultural Competence to evaluate LIP's results with the goal of having LIP designated as a community-defined evidence-based program. The researchers have completed Phase 1 of the study. The research shows thus far, that for every month a teen attended LIP, her level of depression and suicidal ideation decreased.

**Success: During COVID; LIP Adapted to the Emerging Needs**
Community informed programming--meeting the growing needs of participants & caregivers.
Major Challenges/Barriers

Challenge: Increased Family Stress during COVID-19 Pandemic
LIP families, particularly our undocumented families, faced unprecedented levels of stress due to job loss, housing and food insecurity, loss and grief, social isolation, etc.

Challenge: Increased mental health needs of teens and unprecedented need for psychiatric hospitalizations
LIP saw 20 psychiatric admissions during the pandemic for suicide ideation and suicidal gestures.

Barrier: Long wait lists for Community MH clinics and PHP
Long delays in securing needed services/therapy which resulted in new referrals not being able to join LIP
Look Ahead

- **Future Initiative: Enhanced Family and Parent Engagement Activities**
  Secured funding to support a Program and Family Engagement Coordinator to continue our enhanced family services—holistic case management, parent support groups, ESL classes, and more.

- **Future Initiative: Develop a more formal Youth Ambassador (alumna) Program**
  Youth development and Civic Engagement programing for alumna and older LIP participants to become spokespersons for LIP and to raise awareness around Latina Adolescent mental health needs.
Julie Laurence, LMSW
Senior Assistant Vice President, Life is Precious™
Jlaurence@comunlife.org
917-938-5405
www.comunilifelip.org
www.comunilife.org
@Comunilife
@comunilifeinc

Rosa M. Gil, DSW, President and CEO
Take Flight Inc.

Silver Spring, MD
Mission Statement

Our mission is to impact lives and ascend communities through health & wellness.
Services

Service Population

- Physical Exercise Program
- Career Development
- Mentoring
- Financial Literacy
- Workshops/Trainings
- Therapy/Counseling
Major Successes

- **Success**
  11 years of quality programs and services

- **Success**
  Increase in properly trained staff

- **Success**
  Program growth throughout the county
Major Challenges/Barriers

- **Challenge/Barrier**
  Funding to create expansion

- **Challenge/Barrier**
  Additional space for programs

- **Challenge/Barrier**
  Marketing and Exposure
Look Ahead

- **Future Initiative/Growth**
  Add licensed staff to grow therapy and counseling services

- **Future Initiative/Growth**
  Rent a building or location regularly to have consistent programming outside of school partnerships

- **Future Initiative/Growth**
  Increase funding and grant applications
Take Flight Inc.

Health and Wellness programs and services
info@takeflightinc.org
240-839-1848
www.takeflightinc.org
Vision: Every family is supported, self-sufficient and thriving.

Mission: Our mission is to strengthen communities of color through advocacy, programming, and partnerships.

We help families manifest better futures by forging paths to healthy relationships, promoting physical & social-emotional well-being, and building positive connections within their communities. The Urban Community Alliance has three central objectives:

- **Support self-reliance** through helping individuals realize their personal strengths and agency.
- **Nurture healthy families** by integrating avenues of support within families through developing a sense of community.
- **Bolster civic engagement** by offering resources and support to enable self-advocacy.
Our Programs and Services
Veterans Empowering Teens Through Support, (V.E.T.T.S.™) -

V.E.T.T.S.™ matches honorably discharged veterans with at-risk youth.

Highlights:

- Funded from CSSD
- Trained VETS2Youth Curriculum
- VETTS Youth Summit

Accomplished:

- Served 31 unduplicated youth mentees
- Met all contract obligations
- Over 27,600 hours of mentoring support
- Veteran leadership sustained
Juvenile Review Board (JRB) - JRB diverts juvenile offenders from the juvenile justice system and engages youth having attendance and behavioral challenges in school and the community.

Accomplished:

- Served 114 unduplicated youth in New Haven/Hamden
- Served 75 unduplicated youth in Hamden
- Facilitated 100+ volunteer accountability panels
- Met all contract requirements in both New Haven/Hamden
Male Involvement

Male Involvement (MIN) - UCA’s MI program utilizes an extensive network of existing resources coupled with comprehensive case management, mentoring and emotional support to meet the needs of men who want to have healthy relationships with their children.

Highlights:

- Funded primarily through DSS

Accomplished:

- Served 52 fathers
- Met all contract requirements and outcomes
- Revised MIN Network Meetings
Intensive Family Preservation (IFP) - The IFP program is designed to support families that are involved with Department of Children and Families, (DCF) and are at risk of being separated.

Highlights:

- Funded primarily through Yale Child Study Center

Accomplished:

- Served 29 Families exceeding requirement of 24
- Met all contract requirements and outcomes
State & Local Community Partners and Collaborators

- Albertus Magnus College
- City of Hamden - Youth Services
- City of New Haven/Hamden Police Dept
- Community Foundation of Greater New Haven
- Court Support/ Magistrates
- Court Support Services Division
- Department of Children and Families
- Department of Social Services
- Elm Cities Communities
- Fordham University
- Gateway Community College
- Graustein Foundation
- Hamden Public Schools
- New Haven Job Corps
- Nellie Mae Foundation
- New Haven Healthy Start
- Juvenile Superior Court - New Haven, CT
- New Haven Public Schools
- Pfizer, Inc.
- Quinnipiac University
- Southern Connecticut State University
- Yale Child Study Center
- Yale University
Thank you for your interest and consideration. We look forward to the opportunity to partner with you in the future. For additional information please visit our website at:

www.urbancommunityalliance.org

or Contact

Executive Director: Shirley Ellis- West
Shirley.west@ucainc.org
(203) 676-4147
CCACC Health Center
Chinese Culture and Community Service, Inc. (CCACC)
Gaithersburg, Maryland
CCACC Health Center provides a medical home for your health care needs. We collaborate with experienced primary care providers, specialists, mental health and other healthcare professionals to provide one-stop services to ensure the best care and experience for patients and their families.
Services

Target Population:
Underserved population who face barriers to access health care and other social services

Primary Care
- Acute visit
- Chronic Disease management
- Prevention service
- Health education

Mental Health 360
- Health education (in person and virtual)
- Direct MH services (MD, Psy D, LCSW-C)
- Health/Psychosocial Workgroups
  - PEARLs Program

Rehabilitation
- Physical Therapy
- Occupational Therapy
- Neurological /Cognitive Assessment

Community Health
- S.T.O.P. B Program
- No Pain Initiative
- Integrated Chronic Care Management

Social Service
- Benefit Enrollment Assistance
- Medicare/Medicaid Application
- Social Security programs
  - United Us

COVID-19 Service
- COVID Vaccination
- COVID Testing (PCR and Testing)
- Information Hotline
- Outreach Efforts
Major Successes

Integrated Primary Care with Mental Health
- One stop services
- Remove stigma

Integrated Care for Chronic Disease Management
- Health Coaching
- Peer support
- Patient centered care

Sustainability
- Grants support vs. fee for service
- Professional Volunteers
- Community Partnership
Major Challenges/Barriers

Lack of Resources
- Culturally competent providers
- Coordinator Care
- Referral networks

Stigma on mental/behavioral health service
- Shame
- Painful to change
- Tend to seek medication vs. behavioral change

Lack of Funding
- Lack of funding support
- Billing issues relate to behavioral health
Look Ahead

- **Integrated Mental Health in Medical Care setting**
  - Universal screening
  - Address psychological issues in patient care
  - Additional support and coaching

- **In-Person/Telehealth Services**
  - Virtual Psychosocial groups
  - One on one counseling
  - PEARLs program (lay professional connection)

- **Village Initiative**
  - Provide support and resources for family with children with disabilities or family with demented patients
Chinese Culture and Community Service Center, Inc. (CCACC)
Email: kate.lu@ccacc-dc.org
Phone Number: 301-720-8200 ext. 8314
Website: www.ccacchealth.org
HHS REGION
Region 2
New York, NY

Raising Awareness, Changing and Saving Lives
DBGM's MISSION
DBGM is dedicated to recognizing and articulating the mental health issues of LGBT people of the Black diaspora, through the collective strengths and wisdom of professionals and supporters; to address the issues affecting these communities.

DBGM's Vision
DBGM hopes that by its work, through the medium of the documentary, community discussion fora, and a book (when it is published), to raise awareness of depression as it affects Black gay men. While looking at how they are affected, working to change perceptions, reactions and responses at the grassroots level: the family, church, school, and community; that a Black gay man need not hide or live his life in shame, or be made to feel ashamed, but be proud of who he is and his place in the human family. And, for those Black gay men who have lived and still struggle with depression, to know that they are not alone.

“If by what I’m doing, one Black gay man could be prevented from killing himself, then my job is done; his healing begins.”
You Are Not Alone (2012)  
www.yana-thefilm.com

A documentary, with re-enactments, in which Black gay men share about their struggles with the factors contributing to their mental health destabilization, leading to and including suicidal ideation and attempts.

Breaking Silences (2016)

A one-day CBO collaborative gathering to raise and discuss HIV, Immigration and Mental Health impacting LGBTQ+ people of color of Caribbean descent.

IMM- In My Mind (2014 – present)  
www.inmymindconference.com

From 2014 to present, In My Mind LGBTQ+ People of Color Mental Health Conference, focuses on issues impacting communities’ mental health; 2021, the seventh, on “Youth Mental Wellness – Resilience In Uncertainty”.

Virtual Fora (2020-2021)

NYCDOHMH 2018, awarded in 2020, Microgrant for HIV prevention through mental health was transformed from intended in-person gatherings to nine online fora, raising and discussing HIV, COVID-19, and mental health impacting LGBTQ+ people of color communities

I Am Working On Healing (2013)

Two Groups:  
Sons – for Gay men of color struggling with acceptance, depression, and suicidal ideations;  
HER (Helping Everywoman Restore) – for women of color who lost sons to HIV and or suicide

Presentations and Webinars

• 2020 – e.g., NAMI NYS – Expanding Mental Wellness in LGBTQ+ Communities  
• 2021 – e.g., Webinar 5, in a series, on “Racism, a Public Mental Health Crisis”

Service Population: Predominantly, Black gay men
Major Successes:

- **You Are Not Alone**
  - Documentary (2012) viewed more than 40K times, screened at national and international festivals, and across the country, each followed by discussions with community partners on the issues raised in the film.

- **In My Mind Conference (2014 to present)**
  - Focusing on issues and factors impacting LGBTQ+ People of Color mental health, this gathering is unique in the nation and world, attracting clinicians, academicians, advocates, activists, and consumers to raise, discuss, learn and work on removing mental health shame and stigma.

- **Presentations/Virtual Fora**
  - Mental health discussions in communities of color, are intended to work on reducing shame and stigma surrounding mental health. DBGM expanded its focus beyond Black gay men to include communities of color, looking at the “Whole Person” mental health perspective.
Watch the documentary:
https://youtu.be/Ak_UEEJNj0
In My Mind LGBTQ+ People of Color Mental Health Conference

“Youth Mental Wellness – Resilience In Uncertainty”

October 7 and 8, 2021
VIRTUAL | FREE

Conference features:
• Youth Speakers, including Native American 2Spirit, and Ancestral Invocations by Native American 2Spirit Youth
• “We Remember Our Own” – a memorial for LGBTQ+ Black and people of color who died between October 2020 and October 2021
• Performances by Students from the Juilliard
• “Decolonizing Your Plate” – panel discussion by the James Beard Foundation
• 3 Breakout Sessions, with 6 Concurrent Presentations in each session on issues and concerns impacting LGBTQ+ youth of color.
• LCSWs and LMSWs can receive up to 3 CEUs by attending three CEU eligible presentations
• 3 Specialty Breakouts (Guided Meditation and Yoga, Drumming, Exercise)
• Virtual Artists’ Gallery/Exhibition Hall (https://tinyurl.com/ArtistsIMM21)
• Virtual Sponsors/Community Partners/Vendors Hall
• Performance/Entertainment Segment at Conference’s close – NEXT YEAR!

Register:
www.inmymindconference.com
Major Challenges/Barriers:

- Mental Health Distrust
- Culturally Sensitive Clinicians
- Insufficient funding and CBOs

- **Entrenched Distrust in Mental Health**
  In people of color communities, and tied with sexual orientation and gender identity, mental health distrust persists as a significant barrier.

- **Culturally Sensitive Clinicians**
  Even among Black and people of color therapists, there still exists a Western European psychoanalytic paradigm that does not adequately or appropriately address Black and people of color mental health, and with persistent homophobia, presents significant barriers to accessing and adhering to care for LGBTQ+ communities.

- **Insufficient funding and CBOs**
  Disproportionately, mental health agencies nationwide are owned and operated by White people. There is a dearth in Black and people of color CBOs providing mental health services and care and these have limited to no access to funding to assist in their work.
The Future:

- “Whole Person” Approach
- Culturally Sensitive Clinicians
- Community-based Services

- **Increasing “Whole Person” mental health approach**
  To continue mental health awareness, promoting the “Whole Person” type of mental health approach; DBGM recognizes that mental health isn’t the same for Black and people of color, and plans to bring more mental health first aid type fora/workshops to its key and expanded communities.

- **Develop relations with culturally sensitive clinicians**
  Through partnerships with education institutions, participation in the State OMH, and relationships with clinicians - to encourage more culturally sensitive and appropriate mental health treatment paradigms, including LGBTQ+ communities’ needs.

- **Community-based service**
  Taking examples from other community-based organizations, DBGM plans to, with access to funding, expand and embark on providing mental health services directly to predominantly Black and people of color communities and develop a cadre of clinicians to provide care in these neighborhoods.
Antoine B. Craigwell  
DBGM, Inc.  
antoineb@dbgm.org  
Websites:  
- dbgm.org;  
- yana-thefilm.com;  
- inmymindconference.com
SpiritWorks
Foundation
Williamsburg, Virginia

Region 3
U.S. Department of Health and Human Services
Together we are working to break the intergenerational cycle of addiction in families by educating, equipping, empowering, and celebrating individuals, families, faith leaders and communities on their journey from addiction to recovery.

Mission Statement
# Our Services

## SpiritWorks Recovery
We build resilience in children and inspire youth to live drug-free lives while supporting, educating, and empowering adults who live in recovery.

## Provisions for the Journey
We offer vital provisions for the journey from a life of brokenness to a life of healing and wholeness. These provisions are made available through a website, resources, and referrals.

## SpiritWorks Institute
We are creating a knowledge base to guide individuals, families, allies, communities, and others who are working to build or rebuild thriving communities that have been sickened by addiction.

## Serenity Shawls
These shawls provide a hug from God and a hug from SpiritWorks Foundation to those who are experiencing loneliness and isolation, reminding them that they are never alone.

## Spirituality in Recovery
For those who want God to be part of their recovery we offer programming that includes retreats, individual and group guidance and direction, recovery worships, and recovery Bible studies.

## Parents and Families
We provide emotional and social support while applying effective and accessible evidence-based tools needed for change to parents, families, and the loved ones of those struggling with substance use.
Major Successes

- **Recovery Ally Training**
  We offer *training* for faith leaders, allies, professionals, and community members to improve health equity, decrease stigma, grow intervention skills, and *be part of the solution.*

- **Recovery Inside the Walls**
  We deliver recovery life skills, coping skills, education, and recovery management to *women and men who are incarcerated* due to their alcohol and drug use.

- **Parents & Family Support**
  We focus on *helping parents and family members* who are dealing with their loved ones’ addiction enabling them to develop their own strategies and tools for healing and wholeness.
Major Challenges / Barriers

- **Recovery Supported Housing**
  The need exists for *long-term secure housing* to serve as a haven from the social, psychological, physical, emotional, spiritual, and economic burdens that drive women and men to desperate means in order to survive.

- **Respite**
  *Respite* is needed to address the dangers associated with post-release from the hospital, jail, treatment, and recovery residences. A safe place is needed during the transition into treatment or recovery supported services.

- **Workforce Development**
  *Opportunities* for individuals in recovery to *work* towards economic self-sufficiency in a recovery supported environment are desperately needed.
Looking Ahead …

- **Invitation to Change**
  Addressing the need for help by developing a community of informed parents, clergy, peers, and others who can offer *effective understanding and help* to those seeking recovery.

- **Community of St Monica’s**
  Providing *sanctuary* and support along with educational opportunities for women with a significant history of trauma and substance related problems who are seeking reunification with their children.

- **Lifelines – Respite Program**
  Addressing the *most dangerous time* in the life of a person with addiction … the 72 hours after release from treatment, jail, or hospitals.
The Rev. Jan M. Brown, MSc, RCP, CPRS

Founding / Executive Director
SpiritWorks Foundation
jan@spiritworksfoundation.org
757-903-0000
www.spiritworksfoundation.org
www.provisionsforthejourney.org
www.spiritworks.institute
www.serenityshawls.org
Keeping Involvement through Knowledge and Insight
Population of Focus:

Project KIKI targets Young Latino and Black men who have sex with men and Transgender who have received a primary diagnosis of substance use disorder (SUD) or co-occurring substance use and mental disorder (COD). Men who have sex with men (MSM) ages 30 and older with SUD and/or COD will also be served but the Young MSM population is the primary focus. Young MSM of color are at extremely high risk of HIV. The Centers for Disease Control found that if “current HIV diagnoses rates persist, about 1 in 2 Black men who have sex with men (MSM) and 1 in 4 Latino MSM in the United States will be diagnosed with HIV during their lifetime.” (CDC, 2016)
Screening Tools

Q1. During the past 30 days, about how often did you feel...

- a. anxious?
- b. hopeless?
- c. restless or fidgety?
- d. so depressed that nothing could cheer you up?
- e. that everything was an effort?
- f. worthless?

All of the time | Most of the time | Some of the time | A little of the time | None of the time
---|---|---|---|---
1 | 2 | 3 | 4 | 5

Q2. The last six questions asked about feelings that might have occurred during the past 30 days. Taking them altogether, did these feelings occur more often in the past 30 days than is usual for you, about the same as usual, or less often than usual? (If you agree with any of these feelings, click expansion option ‘a’.)

More often than usual | About the same as usual | Less often than usual
---|---|---
A lot | Some | A little | Some | A lot
1 | 2 | 3 | 4 | 5 | 6 | 7

The next few questions are about these feelings that may have affected you in the past 30 days. You need not answer these questions if you answered ‘none of the time’ to all of the six questions about your feelings.

Q3. During the past 30 days, how many days out of 30 were you totally unable to work or carry out your usual activities because of these feelings?

(Number of days)

Q4. Not counting the days you reported in response to Q3, how many days in the past 30 were you able to do only half or less of what you would normally have been able to do, because of these feelings?

(Number of days)

Q5. During the past 30 days, how many times did you see a doctor or other health professional about these feelings?

(Number of times)

Q6. During the past 30 days, how often have physical health problems been the main cause of these feelings?

All of the time | Most of the time | Some of the time | A little of the time | None of the time
---|---|---|---|---
1 | 2 | 3 | 4 | 5

Thank you for completing this questionnaire.
The CAGE Adapted to Include Drugs (CAGE-AID) Questionnaire is an adaptation of the CAGE for the purpose of conjointly screening for alcohol and drug problems. The CAGE-AIDS focuses on lifetime use. When thinking about drug use, include illegal drug use and the use of prescription drug use other than prescribed.

- Questions
  - **C**: Have you ever felt that you ought to **Cut** down on your drinking or drug use?
    - Yes +1
    - No +0
  
  - **A**: Have people **Annoyed** you by criticizing your drinking or drug use?
    - Yes +1
    - No +0
  
  - **G**: Have you ever felt bad or **Guilty** about your drinking or drug use?
    - Yes +1
    - No +0
  
  - **E**: Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (**Eye** opener)?
    - Yes +1
    - No +0

- 0 points
Initial Steps:

1. **Identification**: Finding, engaging, and retaining individuals who will benefit from Project KIKI.

2. **Assessment and Education**: Assisting individuals in assessing their HIV risk and understanding how Project KIKI could be an option for prevention.

3. **Prevention Planning**: Facilitating informed choice about Project KIKI and planning for prevention methods, including developing specific action steps.

4. **Linkage**: Facilitating access to mental health, substance abuse and other additional referrals as needed.

5. **Follow-up and Support**: Facilitating ongoing assessment of Project KIKI role in the individual's prevention plan.
Case Management
Mental Health/Behavioral Health Treatment: Clients are provided treatment by Hartford Psychological Services consisting of Outpatient Mental Health, Substance Abuse, and Medication Assisted Treatment (MAT) services to program clients including psychotherapy, psychiatric evaluations, and medication monitoring. Program clients are seen within 48 hours of the Case Manager’s referral.
Dr. Richard Stillson is the facilitator, who teaches program clients sustainable life skills including but not limited to: self-awareness, interpersonal skills, conflict resolution, resilience, effective communication, the importance of confidentiality, anger management, dealing with conflicts among friends. Cohorts are held in bi-weekly.
Evaluation
Latino Community Services, Inc.  
221 Main Street, 3rd FL (Main Office)  
Hartford, CT 06106  
Phone: 860-296-6400  
Fax: 860-728-3782

Satellite Office (Project KIKI)  
629 Albany Avenue  
Hartford, CT 06102  
Phone: 860-595-3840  
Fax: 595-3844

**Project KIKI Staff**  
Case Manager/Recovery Support Specialist: Hope Lumpkin  
Case Manager/Recovery Support Specialist: Erik Delgado  
Project Coordinator: Adaisa Jusino-Ramos  
Project Director: Tawana Guadarrama

**Project KIKI Subcontractors**  
Behavioral Health: Hartford Psychological Services, LLC  
Clinical Supervisor: Mary-K O’Sullivan  
Evaluator: Cross Sector Consulting, LLP
REGION 4

- **Community-Based Organizations**: Gateway Community Services, Nashville Metropolitan Board of Parks and Recreation, Ser Familia, Inc., Universal Institute for Successful Aging of Carolinas
- **Regional/State/Local Leadership**: Kentucky Department of Behavioral Health, North Carolina Department of Health and Human Services, South Carolina Department of Mental Health, South Carolina Department of Alcohol and Other Drug Abuse Services
- **Additional Partners**: Professional Nonprofit Solutions

REGION 6

- **Community-Based Organizations**: Center for Resilience, Family Service of El Paso
- **Regional/State/Local Leadership**: SAMHSA Assistant Regional Administrator, State of New Mexico Behavioral Health Services, Texas Health and Human Services, Indian Health Service Oklahoma City Area, Louisiana Department of Health/Office of Behavioral Health, Oklahoma Department of Mental Health & Substance Abuse Services, South Southwest ATTC
- **Additional Partners**: University of North Texas at Dallas, University of Texas Austin Steve Hicks School of Social Work

NNED Diversity Inclusion Project Showcase | August 31, 2021
Gateway – Steps to Recovery

Jacksonville, FL
To deliver effective treatment and recovery services based on proven steps to help people suffering from alcoholism, drug addiction and related mental health issues.
**Services**

Gateway's service population includes residents of Jacksonville and surrounding areas suffering from substance use, mental health, and co-occurring disorders

<table>
<thead>
<tr>
<th>Motivational Interviewing</th>
<th>Project Saves Lives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Following a SAMHSA led training in March 2020, Gateway began offering Motivational Interviewing in outpatient programs which has shown to be extremely effective in program retention, patient/staff rapport, and program discharge outcomes.</td>
<td>A hospital bridge pilot program utilizing peers with lived experience to connect overdose survivors in Emergency Departments to treatment and recovery services through Gateway and community partners.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medication Assisted Treatment</th>
<th>Integrated Behavioral and Primary Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>In 2015, Gateway began providing MAT services to treat alcohol and opioid use disorders. In 2017, it constructed and opened a new outpatient clinic that has provided MAT services to over 2,500 individuals since</td>
<td>As of February 2021, Gateway now provides comprehensive substance use treatment combined with mental health and primary care for a holistic treatment model that takes on a non-four walls approach to reach underserved and resource-limited individuals.</td>
</tr>
</tbody>
</table>
Major Successes

- **Leading Efforts in the Opioid Epidemic**
  Gateway is the largest nonprofit provider in Northeast providing Medication Assisted Treatment. MAT is in high demand as opioids continue to claim the lives of so many suffering from Opioid Use Disorder.

- **Frontier of Integrated Behavioral Health Care**
  Gateway is one of eleven nonprofits in Florida to receive a Certified Community Behavioral Health Center (CCBHC) Expansion grant designed to overcome barriers to treatment by utilizing an open access and non-four walls design.
COVID-19

Gateway transitioned from providing only in-person outpatient services to telehealth services in a matter of weeks when the pandemic began in March 2020. Since then, capacity for our detox and residential programs have had to operate at 50% to comply with CDC guidelines.

Funding and Resources

Over the last year, due in large part to COVID, state and city dollars for residential, detox and outpatient programs have decreased leaving a gap in funding and resources for vital programs. Many foundations have turned their focus away from substance use towards mental health while the opioid epidemic continues.
Work Towards Enhanced Florida Medicaid Payment Program for Behavioral Health
Gateway, along with the other CCBHC grantees in Florida, are working on a strategic plan to urge Florida to join the many states offering an enhanced Medicaid payment program for integrated behavioral health services, allowing for an increase in capacity for providers to address the growing number of individuals needing treatment.

Capital Campaign for New Detox Facility
Gateway is launching its second Capital Campaign to renovate a property behind its main facility to be a new detox unit. This will increase the current detox census by 50% with an expected number of 45-50 beds.
Candace Hodgkins, PhD, LMHC

Gateway-Steps to Recovery
Chodgkins@gwjax.com
www.gatewaycommunity.com
HHS Region 6
PLAAY at CfR Team

**Brendan Turner, LMSW**
- PLAAY at CfR Program Coordinator
- Certified Master Level PLAAY Trainer
- Racial Literacy Trainer
  - The Lion’s Story

**Kirshla Hingle, BA**
- PLAAY at CfR Lead Trainer
- CfR Lead PLAAY Facilitator
- Graduate Counseling Student

**Liz Marcell Williams, Ed.D.**
- Chief Executive Officer, CfR
- Champion of PLAAY at CfR

**Monica Stevens, PhD**
- PLAAY at CfR Principal Investigator
- Assistant Professor of Psychiatry

**Liz Marcell Williams, Ed.D.**
The Center for Resilience is an innovative partnership among educators, clinicians, and medical practitioners and provides clinically sound, academically effective, and culturally sustaining services to ensure the emotional well-being and academic readiness of children with behavioral health disabilities in the Greater New Orleans region. Currently, the Center offers separate settings for children in grades K-12 with moderate to significant, diagnosed behavioral health disabilities whose needs cannot be met in a traditional school.

We work with students to build the skills necessary to be successful in a less restrictive school setting so they can one day transition back to their home schools. Ultimately, we aim to make sure all children with behavioral health needs have access to the appropriate services and placements.

The Mission of PLAAY at CfR is:

● To maximize opportunities for the youth and families of New Orleans to experience the PLAAY program, a culturally competent group therapy intervention which focuses upon preventative and healing responses to the racial trauma and stressful events that individuals and communities endure.
● To contribute research to the existing base of evidence creating possibilities for the PLAAY program to expand throughout the southeast region of the United States.
# Our Core Programs

<table>
<thead>
<tr>
<th>Relationships-Based Day Treatment</th>
<th>Prism</th>
<th>PLAAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>A relationship-based day program providing a blend of therapeutic, medical, and academic service for students with emotional health and trauma-related needs who cannot currently be served in traditional academic settings.</td>
<td>A specialized, highly structured, supportive, and neurodivergence-empowering setting providing Applied Behavioral Analysis (AB) and children with autism spectrum and related disorders who also experience significant behavioral challenges.</td>
<td>A cutting-edge intervention program tailored for African American youth which utilizes sports-based conflicts to help students develop stress reduction and face-to-face conflict mitigation strategies. We also provide youth-facing professionals with Racial Literacy and PLAAY facilitation.</td>
</tr>
</tbody>
</table>
Major Successes of CfR

Reduced need for restrictive placements

Children enrolled at CfR experience:
- decreased frequency of **acute** psychiatric hospitalization (60%)
- decreased **long-term** psychiatric hospitalization (34%)
- avoidance of and/or diversion from suspension, expulsion, and juvenile justice (quantitative data pending)
- successful return to sending or recommended placements (89%)

Stakeholders approve!

- 88% of partner schools rate themselves as satisfied or very satisfied
- 88% of parents rate themselves as satisfied or very satisfied
CfR is designated as the HUB in the Southeast for the implementation and dissemination of PLAAY by Dr. Howard Stevenson!!

.... And we’re excited about this because:

- **Academic Impact via REC research**
  - Increased school attendance
  - Increased school engagement
  - Reduced disciplinary incidents

- **PLAAY at CfR (Pilot) Qualitative Data**
  - Improved social skills (e.g., self-advocacy)
  - Increased conflict-resolution capacity
  - Increased problem-solving skills
  - Larger, more engaged groups
  - Positive peer interactions
  - Improved verbal emotion expression
  - Improved self-regulation
Major Challenges & Barriers for PLAAY in Region 6

- An inadequate continuum of care in the Southeast *especially* for underserved communities that are disproportionately made up of individuals of color

- The disconnect between academic institutions/professionals & CBOs
  - Rigidity within EBTs
  - Lack of
    - community member inclusion, voice, & choice
    - acknowledgment of racial stress
  - Historical distrust of academic/medical endeavors

- Beyond funding...real sustainability needs:
  - Support for academic study of culturally-relevant interventions to elevate the work to EBP status
  - Identification and advancement of the future of professionals who contribute to team diversity and local culture
Our North Star

Our Heart
We are dedicated to efforts that reduce racial inequities via our partners, privileges, & lived experiences. We believe that societal inequality will not be extinguished for many years, but we can prepare youth to challenge systems and equip them with the skills to protect themselves from violence, injustice, and internalized racial stress.

Our Mind
We leverage our relationships with academic institutions to scientifically and objectively evaluate the PLAAY program. We acknowledge the need for novel evidence-based approaches that address systemic issues which contribute to unacceptable outcomes for young people.

Our Reality
We are actively and successfully pursuing relationships with our community partners and leaders to eliminate barriers for this simple yet highly effective program. Yet... we need support to expand the work.
Proactive Steps

Target audience:
Schools/Recreational & Religious Centers

Vulnerable Youth

PLAAY @ CfR provides custom packages that include:
training, group facilitation, supervision, and program evaluation

Triage

Schools
P.E. Class, After School Programming, Sports Teams, SPED Programming, Church Programs

Reactive Plan

Target Audience:
Hearing Office/Juv Courts/DA's Office

At-risk Youth

Triage

Community Based Orgs
Community Centers, Rec Centers, After School Programs, Church Programs, Sports Leagues
Vision and Mission

Our vision is all Latino families flourishing and contributing to the well being of their communities.

Ser Familia provides preventive family services and equips Latinos with tools, resources, and skills they need to move from crisis to thriving.

Our values are faith, hope, love, family, integrity
Couples Program

Our couples' program teaches communication and conflict-solving skills to couples, to help them recover confidence in each other and regain mutual respect.

Youth Programs

Led by Latino teens, Renovación Juvenil fosters socio-emotional learning and leadership skills.

Nuestra Escuelita provides culturally responsive teaching, so students become critical thinkers, multilingual and proud of their heritage, while they prepare to excel in their academic subjects.
**Strengthening Families** reduces problem behaviors, delinquency, and alcohol and drug abuse in children and improves social competencies and school performance.

**Triple P (Positive Parenting Program)** provides parents with the skills to create a home environment in which children can grow emotionally healthy and free of abuse or neglect.
GLADV & Immigration Legal Services

Our Georgia Latin@s Against Domestic Violence program provides assistance for victims of crime including support groups, counseling, emergency assistance and more. It also empowers other victims’ services providers by offering educational programs and technical assistance so that they are better equipped to serve Latino victims. The program also advocates for Latinos crime survivors and offers immigration legal services to those who qualify.
Mental Health Counseling

Counseling services improve self-esteem, relationships with others, and dealing with life events. Our therapists take a trauma-informed, client-centered approach taking into account the person as a whole: body, spirit and mind, and use therapeutic interventions tailored to the client’s individual needs. We also offer Play Therapy for children.
- 53% of our Latino families reported household food insecurity.
- 66% of clients have lost jobs. 39% don’t qualify for unemployment and 52% don’t qualify for SNAP.
- Increase of 112% in Domestic Violence Cases & 200% increase in cases of Child Sexual Abuse.
- None of the shelters nor mental health boards have consistent mental health services in Spanish in Georgia.
- Less than 150 Spanish-speaking licensed mental health professionals to care for almost 800,000 Latinos

**COVID -19**

**Crisis**
- None of the shelters nor mental health boards have consistent mental health services in Spanish in Georgia.
- Less than 150 Spanish-speaking licensed mental health professionals to care for almost 800,000 Latinos

**Response**
- $1.2 million in rental and utility assistance; $300,000+ in groceries vouchers; 500,000+ pounds of food and more.
- COVID-19 testing & vaccination

**Future**
- Increase Domestic Violence services
- Add clinical staff to support response to an increase of 40% in depression symptoms, 27% in suicide ideation and many more child sexual and physical abuse cases
- Continue to provide emergency financial assistance
Metro Parks and Recreation – Davidson County

Nashville, TN
It is the mission of Metro Parks and Recreation to sustainably and equitably provide everyone in Nashville with an inviting network of parks and greenways that offer health, wellness and quality of life through recreation, conservation and community.
Services

Service Population

**Parks and Greenways**
- Community Centers
- Senior Centers
- Nature Centers
- Trails /Greenways

**Health**
- Fitness Centers/ Classes
- Aquatics Center/Classes
- Golf
- Sportsplex

**Cultural Arts**
- Dance
- Theater
- Visual Arts
- Museums

**Outdoor Recreation**
- Camping
- Kayaking
- Bike Trails

**Programs**
- Health and Wellness
- Nutrition
- Sports and Leisure
- Youth and Adult

**Events**
- Celebrate Nashville
- 5ks
- Dog parks
Major Successes

- **Innovative Relationship Building**
  Various partnership with federal, local and community organization to meet the needs of our local community. This alliance provides various opportunities for shared knowledge and training.

- **Post Pandemic Quality of Services**
  Adapted quickly and flexible to the needs of the community and maintain the of services provided to stakeholders.
Major Challenges/Barriers

- **Pandemic**
  - Staffing
  - Staff Wellness

- **Funding**
  - Availability of alternative funding resources

- **Accessibility**
  - Flexibility of service provided
Look Ahead

- **Program Development**
  Using data system to support need allocation. Securing funding for growth

- **Resource/ Partnership Network Growth**
  Growth of resources
  Providing opportunities of growth

- **Evaluative Process Implementation**
  Ensuring equitable access to services
Family Service of El Paso

El Paso, TX
We deliver mental health services that improve the life, health, and wellbeing of individuals and families in the El Paso community.

Mission Statement
Services

Mental Health Counseling

**Age**
Provide mental health counseling starting at 4 years of age.

**Treatment Modalities**
Individual, family, couples

**Treatment Interventions**
Provide CBT, CPT, TF-CBT, EMDR, PT

**Languages**
Provide services in English and Spanish

**Psychiatric Care**
Connect clients to psychiatric services in the community

**Training**
Provide internship/practicum opportunities for mental health and business administration graduate students
Major Successes

- **Counseling Sessions**
  Provide 19,000 counseling sessions annually regardless of people's ability to pay as reflected by 75% of our population (N=3000) falling below the HUD Poverty Guidelines.

- **Accessible Mental Health Care**
  Make mental health care accessible to all regardless of age, ethnicity, sexual orientation and acculturation levels, which is reflected in our population size growing from 900 in 2009 to 3000 in 2019.

- **Training of Student Interns**
  Train between 16 to 25 graduate level student interns per year in addition to about 20 provisionally licensed therapists.
Major Challenges/Barriers

- **Funding**
  Funding is one of the major historical challenges akin to most non-profit organizations.

- **Lack of Physical Space**
  Lack of physical space to provide services comfortably has become a challenge after our service population started gradually increasing in the last 10 years.

- **Adjusting to Telemedicine**
  Adjusting to telemedicine has been a recent challenge after the COVID-19 pandemic hit our community.
Look Ahead

- **Continue Providing Telemedicine**
  Continue providing telemedicine indefinitely as an integrated part of our mental health care services to the community despite of the COVID-19 pandemic status.

- **Seeking Funding & Providing Resources**
  Seek funding for our Navigations Program to continue providing information about community resources to El Paso community members.

- **Seeking Funding for Peer Support**
  Seek funding to establish a peer support program that may include the development of support groups for El Paso community.
Family Service of El Paso

Family Service of El Paso
Email
(915) 999-8715
https://www.familyserviceofelpaso.org/
REGION 5

- **Community-Based Organizations (presenting):** Bhutanese Community of Central Ohio, Centro Multicultural La Familia
- **Regional/State/Local Leadership:** SAMHSA Regional Administrator and Assistant Regional Administrator, Illinois Department of Human Services/Mental Health Division, Michigan Department of Health and Human Services Behavioral Health and Developmental Disabilities, Ohio Department of Mental Health and Addiction Services
- **Philanthropists:** Blue Cross Blue Shield Minnesota, Casey Family Programs, Comer Family Foundation, Gateway Foundation, Michigan Health Endowment Fund
- **Additional Partners:** Sisters of Charity Health System, St. Vincent Charity Medical Center

REGION 7

- **Community-Based Organizations:** Center for Holistic Development, Santee Sioux Nation Society of Care
- **Regional/State/Local Leadership:** SAMHSA Regional Administrator and Assistant Regional Administrator, Region 6 Behavioral Healthcare, Nebraska Department of Health and Human Services-Division of Behavioral Health

REGION 8

- **Community-Based Organizations:** Pacific Island Knowledge 2 Action Resources, Latino Behavioral Health Services
- **Regional/State/Local Leadership:** SAMHSA Regional Administrator and Assistant Regional Administrator, Colorado Department of Human Services Office of Behavioral Health, State of Utah, Utah Division of Substance Abuse and Mental Health
- **Philanthropist:** Caring for Denver Foundation

Breakout Room 3
Mission & Values

Centro Multicultural La Familia (CMLF) is a private, non-profit, mission-driven organization that provides comprehensive services to a diverse community based in Pontiac, MI. Our mission is to provide culturally-competent support services to families in a holistic approach in order to improve their quality of life. We are proud to be able to offer culturally and linguistically competent services in the areas of mental health, substance abuse, domestic violence, parenting programs, advocacy and community partnerships throughout Oakland and Macomb counties.
Get to know us: Our Services

- Community Support – Access to Resources
- Mental Health Treatment & Prevent
- Language Interpretation & Translation
- Ventanilla de Salud – Health Educ.
- Victims of Crime Advocacy
- ESL Classes and Immigrant Guide

All of our services are offered in English and in Spanish
## OUR SERVICES – Description - ACCESS

<table>
<thead>
<tr>
<th>MENTAL HEALTH PROGRAM</th>
<th>VICTIMS OF CRIME PROGRAM</th>
<th>HEALTH EDUCATION &amp; PROMOTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual, group and Family Therapy for adults and children including psychiatric evaluations and medication reviews, case management and other holistic approaches to healing</td>
<td>Advocacy-based counseling including emotional support and case management, language interpretation, court accompaniment for victims of several crimes including domestic violence, sexual assault, human trafficking, bullying, child abuse, physical assault, stalking and hate crimes</td>
<td>Providing relevant information and resources to get better informed on issues related to nutrition, healthy lifestyles, management of chronic illnesses and referrals to needed healthcare services</td>
</tr>
</tbody>
</table>

### COMMUNITY SUPPORTS
- Assistance with applications for medical insurance
- Translations of documents
- Referrals for financial assistance
- Information and referral to bilingual providers (attorneys, doctors)
- Language interpretation at different sites to assist clients communicate with their health providers

### PARENTING EDUCATION
- Teaching parenting skills to help parents manage difficult behaviors and guide their children using positive techniques

### RADIO STREAMING SERVICES
- Interviews and presentations on different topics related to our program offerings
- International music and cultural showcase of global traditions and folklore
- Promotion of events such as Vaccination Clinics, COVID testing, Health Fairs, Educational Forums, etc
Diversity is Our Strength

Michigan Statistics

Top Counties with Highest Concentrations of Latinos, 2013

Origin of the Latino Population in Michigan

- Mexican - 73.8%
- Puerto Rican - 9.4%
- Central American - 5.1%
- South American - 3.4%
- Cuban - 2.1%
- Dominican - 1.2%
- Other Latino - 5%
Culture and Language are Important!

What do you see as the importance of language access and cultural humility? What are some ways this is done in your workplace?
Get to know us: CMLF Staff

- Today we have 22 employees
- 88% bilingual or multilingual AND bicultural
- 82% of staff from Latin descent (Mexico, US, Chile, Puerto Rico, Peru, Bolivia, Brazil)
- Includes bachelor’s, master’s and doctoral level professionals
- Passionate about serving the community
Major Successes

- **Success**
  Growth of our Victims of Crime funding – it went from $295,000 to $746,261 in 3 years which allows us to serve more clients.

- **Success**
  Received a donation of a school building with 4 acres of land – we will develop a community center to strengthen BIPOC relationships

- **Success**
  Radio streaming program which allows us to outreach to many communities and provide education
Major Challenges/Barriers

- **Challenge/Barrier**
  Developing a capital campaign for the building with limited staffing

- **Challenge/Barrier**
  Space limitations to implement group and workshops

- **Challenge/Barrier**
  Make up of Board is new members – need more members with fundraising skills
Look Ahead

Future Initiative/Growth
We are revising our mission and vision to become more intentional about social justice and diversity

Future Initiative/Growth
With additional space, we can provide a wider array of services and expand to other cities that have limited services for the Latinx community

Future Initiative/Growth
New funding to implement Exito Educativo – a program to help students wanting to go to higher education
How to Reach Us!

Centro Multicultural La Familia
35 W. Huron St. Suite 100
Pontiac, MI 48342
248-858-7800

Sonia Acosta, PhD
sacosta@centromulticultural.org
248-867-2381 cell
Santee Sioux Nation

Society of Care

NEBRASKA
Alliance●Chadron●Gordon●Lincoln
Macy●Omaha●Santee●Walthill
Winnebago

HHS REGION VII
The Society of Care is a leading trauma resource for self-identified Native American youth and their families in Nebraska. We care for our relatives by providing accessible, affordable and culturally sensitive behavioral care. As passionate advocates, we give Native youth a voice, connect them to services, provide wellness education, instill cultural pride and empower them to build resilience. We believe in a brighter future for our relatives and are guided by caring deeply, transforming lives and healing communities.

Mission Statement
Services

Working alongside Nebraska self-identified indigenous young people, families, and communities

- Evidence Based Therapeutic Counseling
  - Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
  - ...and more

- Suicide Prevention
  - Culture Is Prevention
  - cultural events, talking circles, beading, sewing
  - Zero Suicide Academy

- Substance Abuse Prevention
  - Project Venture -- National Network to End Behavioral Health Disparities (NNED)

- Addressing Social Determinants of Health
  - Community Response

- Youth Empowerment
  - Foster & Build Resilience
  - Trauma Warriors
  - UNITY Councils
  - Youth MOVE chapter

- System Change / Research
  - Nebraska State Children's Impact Collective Leadership Board (System of Care)
  - Need Assessments
Major Successes

- **Building Trust**
  - We live and work alongside those we serve
  - Service recipients are “relatives” in recognition our shared experiences

- **Depth of Engagement**
  Through skillful consistent service we have become the provider of choice to Nebraska’s indigenous population across geographic and tribal lines

- **Productive Partnerships**
  Our approach is collaborative, and we are honored to have strong supportive relationships with others with shared goals and interests
**Intergenerational Trauma**
Historical trauma impacts the young relatives, families, and communities we serve in a pervasive continual way.

**Low Socio-Economic Status**
The vast majority of those we serve live in poverty, exacerbating their behavioral health concerns.

**Sustainability**
We have grown and thrived with grant funding, but this is time limited.
Nebraska Native Trauma & Research Consortium
Our master plan is to unite our efforts under this banner in a holistic comprehensive way

Enhance Community Capacity
Support young relatives to reach their potential and communities to care for themselves
-- peer support
-- internships

Sustainable
Private support
Ongoing grant funding
Fee for service
Greg Donovan

Santee Sioux Nation Society of Care

gdonovan@societyorg

402-580-4837

https://societyofcare.org/
PACIFIC ISLAND KNOWLEDGE 2 ACTION RESOURCES

Salt Lake City, Utah
WHAT IS PIK2AR?

PIK2AR is an eco-system of culturally relevant programs, services and events that build people who build families, business and communities from the inside out.
To build alliances, bridge communities, and improve the effects of violence, economic impact and strengthen ethnic identity through preserving and perpetuating all Pacific Island arts and humanities.
## Services

PIK2AR services the growing population of 60,000 Pacific Islanders in Utah equally mainstream and Hispanic communities.

<table>
<thead>
<tr>
<th>Cultural Preservation</th>
<th>Economic Impact</th>
<th>Empowered Living Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasifika Enriching Arts of Utah is a program of PIK2AR serving as springboard for Pacific Islander Artists of all mediums to showcase their talents, improve in their craft, and connect with other artists. PEAU unites Traditional and Modern forms of Art with an emphasis on cultural and communal art with workshops, art shows, festivals, etc. Under PEAU is PEAU Literary and the Utah Pacific Island Film Series and the Masima Film Festival.</td>
<td>The Pacific Island Business Alliance is a program comprised of socially responsible and conscious individuals and organizations who, while business oriented, hold the belief that people and profits are of equal importance. PIBA specializes in helping Pacific and minoritized Businesses start, grow and thrive within the community. Under PIBA there exists opportunities for microlending, professional mentorship and Youth Entrepreneurs.</td>
<td>Direct, social services focused, but not exclusive to, our Pacific Island Community. ELS promotes violence prevention and education by offering weekly and bi-weekly support groups for men (K.A.V.A. Talks) and the Women’s EmpowHERment group, as well as Community Health Workers and Case Managers who provide no barriers, 24/7 care. All services are conducted with a culturally relevant lens by Pacific Island staff members.</td>
</tr>
</tbody>
</table>
Major Successes

- PACIFIC ISLAND BUSINESS ALLIANCE
  The Pacific Island Business Alliance is currently the only Pacific Island centered economic initiative and collective offering resources that has expanded during the pandemic to serve the state of Arizona and will soon be in California.

- CULTURAL RELEVANCE
  Pacific Island Knowledge 2 Action Resources is the only organization of its kind that provides such an expansive array of culturally relevant resources, services, and opportunities in the continental U.S. for Pacific Islanders.

- EXEMPLARY LEADERSHIP
  In 2018 PIK2AR was recognized by the FBI for the Director's Community Leadership Award for outstanding work in violence prevention within the community. In 2021 PIK2AR Executive Director and CEO Susi Feltch Malohifo’ou was featured on the Forbes 50 over 50 Impact List due to the impact of her community work.
Major Challenges/Barriers

- **COVID-19 PANDEMIC**
  The Pacific Island population in Utah rank #1 in both infections and fatalities for COVID-19. This has made the need for direct services and aid more urgent. While we were able to take majority of our programming online, and even expand our reach, the pandemic presented many obstacles and continues to persist through our communities.

- **STRUCTURAL INCONSISTENCY**
  True collaboration and partnership means sharing the work, the revenue, the power, the control and the visibility. No one knows ethnic communities better then ethnic communities. Let us led!

- **SYSTEMIC PREJUDICE**
  Due to the ongoing presence of systemic racism and prejudices our communities of color endure, there is a lot of opportunities missed due to either not knowing about them, not being offered these chances, or being purposely excluded.
Looking Ahead

• **EMPOWERED LIVING SERVICES**
  Diversify revenue streams and strengthening sustainability by increasing contracted services like culturally relevant Peer Support and Mental Health services. Create a Train the Trainer program for Pacific Island Violence Education curriculum

• **PACIFIC ISLAND BUSINESS ALLIANCE (PIBA)**
  Focusing on expansion of the Pacific Island Business Alliance (PIBA) and strengthening and broadening the Youth Entrepreneurs program to include a Youth Summer Camp leadership program to support upcoming business leaders

• **PASIFIKA ENRICHING ARTS OF UTAH (PEAU)**
  To establish a multi-purpose, multi-cultural performing arts & film center with a focus on showcasing the arts, both visual and performing, and a space intended for minoritized communities and communal expressions and celebration to strengthens ethnic self identities.
QUESTIONS?

SUSI FELTCH-MALOHIFO'OU
CEO/EXECUTIVE DIRECTOR

PACIFIC ISLAND KNOWLEDGE 2 ACTION RESOURCES
SUSI@PIK2AR.ORG
(801)793-4639
PIK2AR.ORG
6659 Sorensen Parkway
Omaha, Nebraska  68152
P. 402-502-9788
F. 402-502-3450
www.chdomaha.org

Doris Moore, MS, NCC, CPC, LIMHP
Founder and CEO
Since 2001, CHD has served a diverse community by providing holistic behavioral healthcare services and education programs to individuals, families, and groups.

Mission Statement

CHD Values

Integrity
Empowerment
Professionalism
Mutual Respect
Holistic Well-being
Honoring Personal Potential
Community Commitment
<table>
<thead>
<tr>
<th>Services and Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outpatient Counseling</strong></td>
</tr>
<tr>
<td>Clinical services provided by licensed mental health practitioners to address mental illness and substance abuse issues for all ages.</td>
</tr>
<tr>
<td><strong>REAL TALK</strong></td>
</tr>
<tr>
<td>An educational program that supports middle school youth with building social and emotional competence. The curriculum engages students to discuss real world issues and teaches strategies for success.</td>
</tr>
<tr>
<td><strong>Urban Youth B.O.L.T.</strong></td>
</tr>
<tr>
<td>This culturally based intervention is designed to build our leaders today using the principles of Kwanzaa and African American history to realize purpose.</td>
</tr>
<tr>
<td><strong>Holistic Family Support</strong></td>
</tr>
<tr>
<td>An integrative approach to child welfare services facilitating a creative, rapid, and sustainable positive change in the family unit.</td>
</tr>
<tr>
<td><strong>KidSquad</strong></td>
</tr>
<tr>
<td>A collaborative, city wide approach to providing childcare staff with tools to encourage social and emotional competence in children with challenging behaviors.</td>
</tr>
<tr>
<td><strong>Family Engagement</strong></td>
</tr>
<tr>
<td>Education groups using evidence-based techniques to enhance nurturing and parent engagement. Professionals also connect parents to community resources.</td>
</tr>
</tbody>
</table>
# Outreach Services

Special programming to meet needs in the African American community to address gaps

<table>
<thead>
<tr>
<th>GrandFriends</th>
<th>Brighter Days</th>
<th>Still I Rise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mentoring program for African American young adults ages 19 – 30. Seasoned mentors are available to assist with life’s transitions using a listening ear and nonjudgmental support in problem solving and goal achievement.</td>
<td>A holistic approach to suicide prevention in the African American community. This effort seeks to create awareness, support, and resources.</td>
<td>A resource to address domestic and intimate partner violence in the African American community.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Minority Mental Health Conference</th>
<th>Community Kwanzaa Luncheon</th>
<th>Behavioral Health screenings</th>
</tr>
</thead>
<tbody>
<tr>
<td>An education effort to provide professional behavioral health workshops through the lens of African American professionals and service participants.</td>
<td>A community celebration focused on educating the community on the principles of Kwanzaa and practical application.</td>
<td>FREE, confidential and anonymous behavioral health screenings designed to educate and encourage utilization of services when appropriate.</td>
</tr>
</tbody>
</table>
Major Successes

The Center for Holistic Development, Inc. is the only, full service behavioral health organization in Omaha to intentionally address the needs of the African American community for 20 years.

All services are provided using a S.P.E.C.I.A.L. holistic approach which works to address these points of wellness: Spiritual, Physical, Economic, Emotional, Cultural, Intellectual, Associations, and Love for self and others.
Major Challenges/Barriers

- **Challenge/Barrier**
  Sustainable Funding for operations and infrastructure

- **Challenge/Barrier**
  Lack of qualified and culturally appropriate personnel

- **Challenge/Barrier**
  Insurance coverage and stigma
Look Ahead

Future Initiative/Growth
Hire staff to accommodate all programs and services using a holistic approach in addressing stigma and utilization of services.

Future Initiative/Growth
Build infrastructure through accreditation and guidelines to become a Certified Community Behavioral Health Clinic.

Future Initiative/Growth
Create access and sustainable options for program participants throughout our full service offerings.
Doris Moore, MS, NCC, CPC, LIMHP

Center for Holistic Development, Inc.
demoore@chdomaha.org
402-502-9788
Website: www.chdomaha.org
Bhutanese Community of Central Ohio

HHS REGION - 5

Sudarshan Pyakurel
Executive Director
Bhutanese Community of Central Ohio

Columbus, Ohio
Mission Statement

To serve community members with culturally appropriate social services and empower them through education and advocacy.
## Services

Central Ohio is Home to 27,000 Bhutanese-Nepali

### Case Management
- Benefit Application Assistance
- Bill Payment Management
- Language assistance
- Service Refer

### Wellness Services
- Wellness Program (Mental Health)
- Medical Appointment support
- Cultural Counseling
- Health Education & Screening
- Annual Wellness Fair

### Youth Program
- School engagement program
- Youth Empowerment Training
- Higher Education support
- Sport and youth development activites

### COVID-19 Relief
- COVID-19 Awareness & Education
- Basic PPE supplies
- Grocery and food
- COVID Vaccine Cline

### Language & Culture
- EOSL & Citizenship Classes
- Youth Nepali Language class
- Cultural actives and Festivals
- Cultural Outreach

### Research
- BCCO works with Higher Education institution and engages in researches (OSU)
- Writing and Publication
Major Successes

**BRAVE Project: Addressing COVID-19**
BRAVE Project, which was started in March 2020, become a nation model for community-based approach on addressing the impact of COVID-19.

**ORR Program: Refugee Support**
Post-resettlement program through BCCO has been highlight as one of the best Ethnic Community-based Self-Help programs. It serves the largest refugee clients in the nation.

**Mental Health and Wellness**
BCCO is not only involved in providing director behavioral health support and services but also engaged in research and understating the unique challenges faced by the community.
Health & Economic Disparities
- Health in general is a big challenge the community is struggling with. This is mainly due to lack of the knowledge about preventive health care;
- Post COVID-19 health and economic disparities is emerging as a bigger challenge.

Language and Cultural Barrier
- Lack of prior formal education and lack of access to continued education has added to the cultural barriers in seeking better services.

Youth Mental Illness and Addiction
- In the last two years, youth mental illness and substance dependency has called for action as immediately as possible. Parents are desperately looking for any help they can get.
Look Ahead

Direct Mental Health and Canceling Services
✓ At BCCO we are working on a project to become a certified mental health provider.

Addressing the Youth MH Challenges
✓ Addressing mental illness among youth and providing them hope and stability is an utmost priority for the organization.

Funding and Collaboration
✓ We are working on ways to diversify funding sources and built collaboration with other human services agencies in the region.
Sudarshan Pyakurel

Executive Director
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REGION 9
Community-Based Organizations:
• African Communities Public Health Coalition
• Asian Americans for Community Involvement
• Community Youth Center of San Francisco
• Ka Hale Pomaikai
• Self-Help for the Elderly
• The Cambodian Family
Regional/State/Local Leadership:
• SAMHSA Regional Administrator and Assistant Regional Administrator
Philanthropists:
• Vitalyst Health Foundation
• California Community Foundation
Additional Partners:
• Audacia Consulting LLC

REGION 10
Community-Based Organizations:
• ASHA International
• Muckleshoot Family and Youth Services
Regional/State/Local Leadership:
• SAMHSA Regional Administrator and Assistant Regional Administrator
San Francisco, California
August 31, 2021
Region 9
Mission Statement:

**Community Youth Center of San Francisco** champions the diverse youths in our community—giving them a voice in their futures and pathways to success.
About CYC

Founded in 1970, CYC has provided the youth of our city a sense of belonging and vital tools and experiences to succeed in life.

From our offices in the Tenderloin, Bayview, and Richmond, we serve over 8,000 youth and 2,000 families each year, with programs that include education and enrichment, academic and college counseling, job placement and employment training, substance abuse and violence prevention education, crisis intervention and mediation, leadership development, and technology and computer training.

While those receiving services continue to be primarily low-income Asian immigrants with limited English proficiency, CYC also serves Latinx and African American youths and families citywide.
Services

Health and Wellness
For young people in San Francisco, access to culturally attuned and language-appropriate health and wellness services is piecemeal at best. CYC provides a broad array of services for youth facing challenges related to mental health, sexual health, bullying, drug use, and even violence.

Enrichment and Advancement
We support young people to explore their full potential in work and life by building their confidence, empathy, curiosity, and access. We offer school based and beacon programs at middle schools and high schools, as well as linked learning opportunities for work and employment skills development.

Community Engagement
We see young people as active participants and leaders in the broader community. We engage youth with the community issues they feel are important to them, and broaden that engagement to include new groups, elders, children, and civic role models from across San Francisco.
Major Successes

Our Programs

• Many youth in San Francisco deal with difficulties in school, economic hardship, family conflict over acculturation, and other barriers. To overcome isolation and hardship, we provide culturally and linguistically appropriate services that support cultural pride and a family-centered approach.
  • CYC directly serves over 8,000 youth each year and 2,000 youth each week.

Behavioral Health Services

• CYC champions the diverse youths in our community—giving them a voice in their futures and pathways to success
  • 1,652 people received mental health and wellness care services at CYC last year

Standing Up for Safety and Justice

• In response to rising violence against the API community, CYC has joined with three other local organizations to provide proactive, integrated, culturally competent violence prevention and intervention services.
  • CYC is serving as the fiscal agency for the Coalition for Community Safety and Justice (CCSJ) and, through the Coalition, provides coordinated street outreach, crisis response services, intensive care management, financial assistance, mental health support, benefits enrollment and legal and court advocacy.
What are some barriers & challenges within the API population?

- Model Minority stereotype
- Stigma attached to mental health in API communities
- Concept of “saving face”
- Mistrust of government/authorities
- Lack of awareness and education
- Generation gaps/cultural differences at home
- Dealing/coping with the trauma of immigration
- Language/Access to Resources
- And the list goes on.....
Looking Ahead…

**Together United**
- Continued to stand up against hate and advocate for safety and justice.
- Expand our CCSJ program and victim services (including case management and mental health service) to reach the greater Bay Area.

**Behavioral Health Services**
- Continued to dispel Mental Health stigma within the API population through raising awareness and community outreach.
- Growing our therapeutic services (both in-person and telehealth settings).
- Focus on COVID recovery, transition/adjustment issues.

**CYC Richmond Community Hub**
- The groundbreaking of our new Richmond Community Hub (located at 952 Clement Street, SF) is now set for Winter 2022.
- The Hub will expand our education and employment opportunities as well as our Health and Wellness services to people in the Richmond District to improve economic self-sufficiency and overall well-being.
Questions
Contact:

Kyle Chan
Program Director
Behavioral Health/ Intervention Component
kylec@cycsf.org
Cel: 415.494.9830
Tel: 415.775.2636
AFRICAN COMMUNITIES PUBLIC HEALTH COALITION

“Empowering Africans to Improve Community Health & Wellness”

ACPHC MISSION IS “TO IMPROVE PERSONAL AND COMMUNITY HEALTH AND WELLNESS WITHIN THE AFRICAN COMMUNITY BY; INCREASING THE AVAILABILITY OF CULTURALLY-RELEVANT PHYSICAL AND MENTAL HEALTH SERVICES; PROVIDING EDUCATION TO REDUCE THE STIGMA OF PHYSICAL AND MENTAL ILLNESS AMONG AFRICAN PEOPLE; AND FACILITATING SOCIAL JUSTICE THROUGH ADVOCACY”
MISSION

The African Communities Public Health Coalition (ACPHC) is a non-profit organization founded by African descendants in 2011 with the mission of improving personal and community health and wellness within immigrant and refugee communities by increasing the availability of culturally-relevant physical and mental health services; providing education to reduce the stigma of physical and mental illness among African people; and facilitating social justice through advocacy.
SERVICES PROVIDED

• Mental Health: Services, clinical direct services and outreach and education, use EBPs that are relevant to African descents and culturally appropriate; Intensive Case management.

• Mental Health Outreach and Education: Advocacy at state and county level to reduce disparities for underserved communities (immigrant and refugee communities).

• Immigration: Services, naturalization, asylum, family law, DV, VAWA, etc.

• Tobacco Reduction: Services, policy change advocacy, tobacco use reduction, and work with faith-based organizations to implement tobacco-free policy.

• COVID-19: Services, prevention outreach and education including vaccination, system navigation.

• FGM Project (founder): Working with DHS to implement prevention measurements and culturally and linguistically appropriate services for victims

• Disaster Relief: We are part of Emergency Network of LA (ENLA) and provide services during crisis.
DEMOGRAPHICS OF AFRICAN IMMIGRANTS AND REFUGEES IN US

• About 2,500% since 1970 – from 80,000 in 1970 to about 2.1 million. The number increases from 1.6 million in 2014 study to 2.1 million in 2018 study and to 4.2 million black immigrants when those from the Caribbean nations are counted.

• The top countries of origin for African immigrants were Nigeria 14% (or 221,000), Ethiopia 10% (164,000), Egypt 9% (143,000), and Ghana 8% (121,000), together constituting 41%.
ISSUES

• African Americans and immigrants do not have a clear definition of mental health because people in this community do not readily speak about mental health or mental illness.

• The African Diaspora carry a range of distinct problems alongside their mental health concerns, social, economic, and legal status, and these interact reinforcing one another and making both presenting symptoms and treatments especially complex.

• Challenges affecting the social determinants of physical and mental illness include (1) lack of trust and social cohesion; (2) lack of stability and consistency; (3) inability to envision the future; (4) disempowerment and lack of sense of community ownership; (5) high level of personal need; and (6) depth and breadth of community needs and disinvestment.
WHAT MAKES OUR SERVICES UNIQUE

• We are among the few organizations in Southern California that cater to special populations such as refugees, asylum seekers, undocumented individuals, and human trafficked African-born immigrants.

• There are approximately 68,000 African-born immigrants residing in the Greater Los Angeles Area. Of those, the ones who recently (past 10 years) immigrated are predominantly refugees (27%) who escaped civil war and ethnic conflicts in their various countries of origin.

• Advocacy is an inherent aspect of ACPHC’s services.

• For many African Americans and immigrants, spirituality and religion play key roles in the development of coping mechanisms to mental duress.
THANK YOU

www.africancoalition.org

(213) 909-0985

info@africancoalition.org
ASHA INTERNATIONAL
WE GIVE HOPE
www.myasha.org

Portland, OR

HHS Region #10
Gayathri Ramprasad, MBA, CPS
Founder, ASHA International
Our Mission

To promote personal, organizational and community wellness through mental health education, training and support.
We’re normalizing conversations about mental health and inspiring hope and well-being, one story at a time.
2020 Impact

LET'S TALK ABOUT MENTAL HEALTH
1,173 students, staff, families and community members reached through the program.

MY STORY MY SUPERPOWER CLUBS
3,600 students & staff reached through 3 high school clubs

GRIT & GRACE CONFERENCE
340 people across 36 states in the U.S. and 18 countries reached

STORYTELLERS
8 storytellers trained in 2020

CONVERSATIONS ON HOPE & WELL-BEING
7,799 views on Facebook and YouTube
LET'S TALK ABOUT mental health.
“The Let’s Talk About Mental Health program was very touching and helpful to me because I have struggled with depression and thought about suicide. I learned that even though I don’t think it will get better, it will. Thank you for the wellness resources you shared.”

- Student, Century High School
Student-led high-school clubs dedicated to normalizing conversations about mental health, one story at a time.

Do you have a mental health story?

SHARE YOUR STORY.
GIVE HOPE.
CHANGE LIVES.

Join the Movement!  #mystorymysuperpower
“Becoming an ASHA storyteller has truly empowered me to discover who I truly am and what it truly means to share my story without shame.”

- Hoda AbouEich
“Becoming an ASHA storyteller has allowed me to be able to talk to others about mental health and help to break down the stigma surrounding toxic masculinity.”

- Jaxon Buell
“Life changing conference both personally and professionally!”

- 2019 Grit & Grace Conference Attendee

“It was deeply nourishing to be enriched by this diverse, inspiring circle of women sharing their truth. The Grit & Grace Conference was the best conference I have ever attended.”

- 2018 Grit & Grace Conference Attendee
Celebrating Success

Since the launch of our programs in 2006, we have reached more than 60,000 people nationally and internationally with a resounding message of hope and well-being.

Together, we are ending stigma and empowering people on their road to recovery and wellbeing, one day, one person, one story at a time.
Major Challenge

Scaling our programs across the country and around the world.
Looking Ahead

All of us at ASHA International understand the barriers to mental health faced by underserved and underrepresented communities – immigrants, refugees, black, indigenous, people of color and LGBTQ+. And we are dedicated to empowering people within these communities to share their stories to inspire hope & ignite change.
Ashley Schmidt
Development Manager
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503-267-0146
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LET'S TALK ABOUT MENTAL HEALTH

JOIN THE CONVERSATION. END STIGMA. SAVE LIVES.

ASHA INTERNATIONAL
WE GIVE HOPE

WWW.MYASHA.ORG
Ka Hale Pomaika’i

“The Blessed House”

Where recovery Lives on the Island of Moloka’i, Hawai’i
Ka Hale Pomaika`i strives to provide treatment options, housing, educational and supportive services to restore people suffering from alcohol and other drug misuse to a state of pono (balance).

This process of restoration involves improving wellness in mind, body and spirit.

In keeping with all that Moloka`i is, Ka Hale Pomaika`i will promote respectful practices that honor self, family, and community through healthy lifeways, cultural values, and therapeutic services.
Ka Hale Pomaika'i has been offering culturally respectful treatment and support services for 26 years on the island of Moloka‘i to Adults and Adolescents who are struggling with Substance Use or Process Disorders, including those who may have a co-occurring behavioral health related challenge. We also reach out to the island of Lana‘i each week.
Award Winning ‘Aina Based Cultural Approach to Treatment Honoring Hawaiian Traditions and Values Instilling Pride to Reduce Disabling Effects of Addiction

Recovery for 98% of our Haumana (students) requires honor of culture and a restoration of cultural values lost in addiction. This includes the preservation of the wisdom taught by our Kupuna (wise elders) including both ‘Aina and Ke Kai (land and sea) traditions, La’au (wellness), the preparation of foods, practices that have withstood the test of centuries. In Hawaiʻi, Molokaʻi has the highest suicide rate often attributed to generational trauma fueled by addiction. Our culture-based treatment concept combined with EBPs has restored pride and self-worth for over 850 people. Haumana become Alakaʻi (leaders). This is part of their treatment plan and specifically relates to the Spiritual wellness that is difficult to measure with Western methodology.

The Island’s Only Safe and Sober Living Program Addressing Houselessness for 26 Years

We built Ki’ai, a sober-living residence, on our home island of Molokaʻi, where up to 5 people without housing can engage in sober-living safety while in early sobriety. Peer Recovery Support Specialists assist residents in navigating the challenges of becoming and staying sober. They provide on-site crisis intervention, offering transportation to outside services. Rent is income adjusted. Chores are shared. Recreational activities may include fishing, beach days, cooking out and in-house games or movies.

Food Producing Farm Combined with Traditional Resources to Address Food Insecurity on the Island

A sustainable farm is used to model and teach agricultural subsistence practices that support a person new to sobriety’s health improvement plan. KHP’s Emergency Food Pantry serves Molokaʻi’s families who are challenged with food insecurity. Combined with traditional hunting, fishing and gathering practices, Haumana and counselors work with Kupuna and cultural practitioners to prepare food for the ‘Ohana (family), themselves and others. Haumana become excited to “Give Back” but the real lesson becomes having the ability to “Give First”! Each weekly session results in overwhelming exclamations of gratitude as both physical, mental and spiritual wellness improves.
Rural Remote Life Has Limited Resources
As a water-bound island, Moloka‘i has no building taller than a coconut tree, no traffic lights, no fast food chains, no box stores, and a barge that comes in once a week to supply the tiny 3-lane markets. There are no psychiatrists or psychologists on island. Jobs are scarce. Public assistance recipient rates are the highest in the state. People often have to choose between putting food on the table, gas in the car, or paying rent. Isolation of the island itself is a larger example of the isolation and frustration that many people feel when expectations for performance or survival are based on Western model big city experience. Our challenge is having to convince funders and others that culture can heal and restore lives.

Hiring and Retaining Educated and Skilled Employees
Availability of trained professional willing and available to work on Moloka‘i in the addiction treatment field is not only a challenge but an impossibility. Pay rates are nearly half of what one could earn in a city elsewhere. Technological demands have made it difficult to provide direct service when data and documentation account for 60% of a counselor’s daily duties. The requirement of 6,000 hours of training to become certified is not attractive to interns who can move off island and be hired by larger organizations while attending a 4-year University of which there are none on island. Finally, Moloka‘i is uniquely driven by the beauty of traditional ways which are not easily embraced by outsiders. Even tourists are not always welcomed. Trust has been betrayed for years making it hard for locals to respect newcomers.

Normalization of AOD Use & Gambling in the ‘Ohana
Many households are multi-generational, living in one small single-family home. Some children are taught early on that they must bring the beer to Papa who thanks them by letting them have a sip. Use of other drugs in the home is not seen as damaging but rather “just the way it is”. When one family member tries to get sober, they are often teased and shamed. They hear others say “what, you too good for us now?” Recovery meetings are generally not supported by anyone other than the person attending, even when family is invited. The stigma, resulting from both the active addict’s anti-social behavior and then their attempt at recovery, is pervasive. Frustration and isolation trigger relapse just to feel that one “belongs” in their home again.
Resiliency Education Scholarships For Local Folks in Recovery

By developing incentive and scholarship programs to offset educational fees for interns, we hope to be able to enlist members of our own recovery community to attend college and work in the agency. This demonstrates resilience and models for others how a life can be healed.

Reducing Stigma Through Special Community Events

Plans for holding large scale recovery related events on island are being discussed by the Executive Board. In the past, these have been well received and resulted in improving collaborative relationships with community agencies that otherwise tend to avoid honoring the recovering person’s journey. Although recent issues have prohibited large gatherings, it is hoped that going forward, we will be able to attract notable entertainers and speakers who are also in recovery to headline the event.

Honoring the Past While Preparing for the Future; Finding a Way Home

Sustainability focused strategic planning is a priority. Faced with the need to purchase our own building with adequate space for our farm, we are in a continual fund development process as well as in a land acquisition hunt. Moloka‘i residents tend to fall over 300% below the national poverty rate which makes it a challenge to fund raise on island. *Ua Mau ke Ea o ka ‘Āina i ka Pono*, our State motto, says that the life of the land is perpetuated in righteousness. So it is with Ka Hale Pomaika‘i. We must preserve our agency to ensure that no local person seeking recovery ever be turned away, recover alone, or be without services at the Hale they call home.
• Mission: To provide opportunities for refugee and immigrant families to develop the knowledge, skills, and desires for creating better health and well-being in their lives.

• A community-based organization founded in 1980 by a group of Cambodian refugees who escaped the civil war and genocidal regime in Cambodia (the Killing Fields).

• Originally founded to provide resettlement services to Cambodian refugees; a few years later became a multi-ethnic human services agency, expanding services to immigrants and refugees from around the world.

• The only nonprofit organization that provides significant services to Cambodians in Orange County, CA. In FY2020, we reached over 30,000 community members and provided over 15,000 services to 2,800 clients. Over 90% of our clients are low-income and limited-English proficient.
Community Health and Mental Health សេវាកម្មអាជីវកម្ម និងជំពូកជាមួយនឹងមនុស្សនៃស្ថានភាព
- Prevention and Early Intervention Health and Mental Health Programs
- Mental Health Services (short-term individual and group counseling)
- Family Support Services
- Benefits Enrollment (i.e. Medical, Food Stamp)
- Health Education and Health Accessing
- Family Advocacy and Comprehensive Case/Disease Management/Health Navigation

Youth ឈុត
- Academic/After-School Tutoring
- Life Skills and Leadership Development
- Youth Mentoring
- Extracurricular Activities: Field Trips, Art Workshops, Music Programs, Sports & Athletics, Colleges Tours
- Youth Substance Use Disorder Prevention Program

Civic Engagement and Immigration សហគមនៈ និងអូប្ល័យទ័ព
- Community and Civic Engagement/Advocacy Field Work
- Community Ambassador Leadership
- Immigration Referrals/Citizenship Application Assistance Services
- Interpretation and Translation Services
- Health/Mental Health Advocacy
- Cultural Competency Training

Southeast Asian, Latinx, and Other Underserved Populations Southeast Asian, Latinx, and Other Underserved Populations
Major Successes

Mental Health Services for Culturally, Linguistically, and Socially Isolated Cambodian Seniors Age 60+

Mobilizing & engaging LEP senior residents in advocating for mental health policies and plans that are responsive to the needs of their underserved communities by achieving the first Orange County (OC) Mental Health Services Act Three-Year Plan FY 17/18- FY 19/20 that reflects the mental health needs of the OC Cambodian community (first plan was done in FY2005-2008) – resulting in approx. $95,000 in funding being invested in in-language mental health services for Cambodian older adults; opened our first-ever in-house Cambodian mental health counseling clinic after 39 years of Cambodian refugees and immigrants resettling in OC, CA.

COVID-19 Community Response

- Supporting over 3,000 clients with their basic needs (i.e. rent/utilities assistance, culturally-appropriate food, internet access, technology/equipment access, etc.)
- Providing in-language COVID-19 and vaccination outreach and education to over 19,000 individuals
- Helping over 2,000 seniors and other vulnerable populations receive COVID-19 vaccines
- Providing CalFresh (Food Stamp), Medical, Unemployment application assistance and information to over 1,200 clients
- Offering in-language tele-mental health counseling, case management, public charge education, financial relief assistance, and other family support services

Significant Improvements in Mental Health Outcomes through Implementing Community-Defined Evidence Practice (CDEP*)

Thanks to CDEP, 58% of program participants reported reductions in effects of past trauma, while depression-related symptoms declined by 69%. Also, PHQ-9 scores were greatly reduced at follow-up.

*CDEP described as “a set of practices that communities have used and determined by community consensus over time and which may or may not have been measured empirically but have reached a level of acceptance by the community” (Hernandez, Statutes of 2013).
Major Challenges / Barriers

**Language barrier and the lack of culturally sensitive PEI and mental healthcare programs and services for Cambodian community**

With over 3.1 million residents, Orange County is becoming increasingly diverse. However, there are no dedicated, fully bilingual Khmer-speaking mental health therapists in all of Orange County, where approximately 10,000 Cambodians have resided for over four decades.

**Lack of organization's capacity to meet a significant increase in in-language mental health counseling/therapy services among monolingual and older adult community members**

According to a recent study conducted the CDC, the percentage of adults with symptoms of an anxiety or a depressive disorder in the past 7 days increased significantly during the pandemic, from 36.4% to 41.5%. At our organization, we have seen a 110% increase in our community members seeking mental health services. We only have one fully bilingual, part-time Khmer-speaking mental health counselor, who sees nearly 20 cases per week, so much that we have had to institute a waitlist.

**Shortage of bicultural, bilingual health and mental health providers**

There are no dedicated, fully-bilingual Khmer-speaking mental health therapists, and there is only one Khmer-speaking medical doctor in all of Orange County, where approximately 10,000 Cambodians reside.

*Featured articles in Los Angeles Times:*

Looking Ahead

Sustaining our high-demand in-language mental health counseling services through building a sustainable revenue stream; becoming a MediCal (California Medicaid) billable services agency

We expect the demand for our in-language mental health counseling services to continue to increase, as the pandemic has significantly contributed to the increase of widespread mental health problems, due to fear, grief, social isolation, loneliness, unemployment, food insecurity, housing, and so much more. We need to increase our organizational capacity to respond to these urgent needs.

Continuing our COVID-19 response efforts, addressing social determinants of health, leveraging coalitions/partnerships

In partnership with other community organizations and governmental agencies, we will continue to provide in-language COVID-19 education, vaccination, free testing, testing navigation, housing during quarantine/isolation, and other critical resources in maintain the spread of COVID-19, including basic needs – resources needed for getting our vulnerable community members back on their feet.

Promoting community-defined evidence practices such as our currently-implemented Body, Mind, Spiritual Wellness (BMSW) program

The BMSW Program promotes mental health and wellness for the underserved Cambodian and other underserved populations of OC, whose mental health needs have not been met, and who have been disproportionately impacted by the pandemic. The program provides mental health continuum of care services, ranging from culturally/linguistically-tailored prevention and early intervention outreach, engagement, workshops, mental health case management, mental wellness-promoting activities and resources, to mental health assessment and counseling services.
Vattana Peong, MPH
Executive Director, The Cambodian Family Community Center
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www.cambodianfamily.org
Facebook: The Cambodian Family
Muckleshoot Behavioral Health Services:

Presented By: Dave McLeod, SUDP
Clinical Supervisor
Muckleshoot Behavioral Health Program
Region 10
Recovery is Possible

Muckleshoot Behavioral Health

- Holistic approach – medical, mental health, chemical dependency
  - Outpatient treatment services for youth and adults
  - Medication Assisted Treatment services including Suboxone and Vivitrol (Methadone is now also available at WeCare Daily Clinics in downtown Auburn)
Adult Outpatient

The Behavioral Health Program provides comprehensive, state certified, chemical dependency treatment to enrolled Muckleshoot Tribal members, families, and other Native Americans living on or near the Muckleshoot Indian Reservation.
Adult Chemical Dependency Services

- 8 full-time SUDPs (including a certified problem gambling (PG) counselor) and 2 SUDPTs
- Assessments/Intakes – Referrals to chemical dependency and problem gambling inpatient treatment programs
- DUI assessments
- Individual Counseling for SUD and PG
- IOP AM/Afternoon//PM – Fallen Warrior Curriculum (Medicine Wheel teachings along with traditional IOP information)
- Outpatient groups: Wellbriety, Women’s Group, Seeking Safety, and MAT groups
• **Problem gambling counseling** - we have 1 SUDP who is able to provide gambling assessments and outpatient individual treatment.

• **Smoking cessation** – the medical staff and SUDPs work together with a combination of counseling and medication to help those who wish to quit smoking.

• **Outreach advocates** – We currently have 5 full-time Outreach Advocates who go to client homes and encourage participation in treatment programs, visit clients in hospitals for crisis issues, distribute Narcan kits in the community, transport clients to inpatient treatment, receive outreach requests from Elders, Housing, MCFS, and Medical programs to attempt to engage clients in treatment services.
The youth outpatient program, located in the Health and Wellness Center, provides chemical dependency services for youth up to age 18.

**Chemical Dependency Services**
- Assessments/Intakes
- Individual Services
- Outpatient Groups – incorporates White Bison, the Medicine Wheel curriculum, and Healing of the Canoe material
- Outreach
- Prevention
- School-based services
The Youth Recovery Home (opened in October 2013) is available for up to 8 female youth, ages 13-18. The recovery home provides youth with a positive transitional living environment where Muckleshoot tribal and community members recovering from alcohol and drug dependency or mental health issues can gain the skills and support needed to be successful in their lives.

The Adult Recovery Home (opened in April 2009) is available for 14 men and 12 women, ages 18+. Staffed 24/7, the adult recovery home also employs 2 SUDP’s that assist with case management for issues such as medical, employment, child custody, court involvement.

The Lilly House (opened in March 2015) is a transitional house available for 5 adult women and up to 6 children.

The Butterfly House (opened in April 2017) is an additional transitional house for 5 adult women and up to 6 children.

The Red Cedar House (opened in June 2015) is a transitional house for up to 5 men.

The Annex (opened in 2019) is available for 2 male residents with primary mental health diagnosis.
# Mental Health Services: Youth & Adult

## Youth
- Individual therapy
- Family therapy
- Anger management
- Equine assisted therapy
- (Domestic violence services and advocacy)
- Crisis intervention
- Intake assessments
- Psychiatric assessments
- Medication management
- (4-H Club)
- Prevention
- School based services

## Adult
- 6 full-time and 1 part-time Licensed Mental Health Professionals, 1 psychiatrist & 1 ARNP
- Individual therapy
- Couples therapy
- Family therapy
- Anger Management
- Equine Assisted Therapy
- (Domestic Violence services and advocacy)
- Healthy Relationship Group
- Crisis Intervention
- Outreach
- Intake Assessments
- Psychiatric Assessment
- Medication Management
What is Suboxone?

- A prescription medication used for the treatment of opiate dependence
- Suboxone is a partial opiate that prevents withdrawal
- Also acts as a blocker that prevents the most of the effects of other opiates
- It is a combination of naloxone and buprenorphine
  - Taken sublingually, Suboxone is absorbed and little, if any, naloxone is absorbed
  - Taken intravenously (IV), naloxone is absorbed and causes immediate withdrawal
- The client should no longer experience withdrawal symptoms, have minimal side effects or euphoria, and not have uncontrollable cravings
What is Vivitrol?

- A prescription injectable medication used for opiate and alcohol dependence
- Injected after 7 to 10 days of abstinence from opiates or injected immediately for treatment of alcohol dependence
- Blocks the effects of opioids in the brain’s reward system
- Decreases cravings for alcohol
- It is not addictive and does not lead to physical dependence
- It does not provide pain relief or create a “high”
What is Narcan?

- Narcan is a prescription medication that reverses an opiate overdose.
- Community wide NARCAN distribution – collaboration among medical providers, pharmacy staff, SUDPs, mental health providers, and Outreach.
- We continue to make efforts to ensure there are NARCAN kits in all Tribal homes and Tribal Programs.
- There have been many reported reversals but unfortunately, there are still opioid overdose deaths in our community.
THANK YOU.
BUILDING A CONTINUUM OF ELDERCARE SERVICES IN THE SAN FRANCISCO BAY AREA
Overview

Mission
Self-Help for the Elderly (Self-Help) promotes independence, well-being, and dignity of older adults through culturally aligned services and programs in the San Francisco Bay Area.
Overview

Organization

Self-Help began serving seniors in San Francisco’s Chinatown community in 1966. Today, we serve over 40,000 seniors annually in five Bay Area counties: San Francisco, San Mateo, Santa Clara, Alameda and Contra Costa.
Overview

Vision

We envision a world where all elders have the respect, care, and support to lead dignified and vibrant lives.
Serving population

- Over 90% of our clients are low-income and from minority communities.
- Lack of access to social services.
- Non- or limited English speaking.
Our Programs & Services

- Adult Day Services
- Social Services
- Low-income Senior Housing
- Employment Training and Placement
- Home Care and Hospice
- Technology
- Nutrition
- Health Insurance Counseling & Advocacy (Medicare)
Adult Day Services is a licensed facility serving the health and social needs of the frail elderly and adults.
Adult Day Services Programs

The Adult Day Care (ADC) emphasizes opportunities for socialization, activities, non-medical personal care and supervision services.

Adult Day Health (ADHC) is an organized day program of therapeutic, social and health services provided to frail and/or disabled older adults. Available services include nursing care, physical, occupational and speech therapy, psychiatric care and nutritional counseling.

The Alzheimer’s Day Care Resource Center (ADCRC) provides quality day care for a person with Alzheimer’s disease or other dementias while giving respite to their caregivers. In addition, this program can provide education and training for caregivers, families, and members of the community about Alzheimer's; disease.
Housing

Lady Shaw Senior Housing
- 70 units in San Francisco Chinatown
- Affordable senior housing for seniors 62+ years old

Lincoln Court
- 82 units in Oakland
- Affordable housing for older adults 55+ years old

Autumn Glow
- 15-bed facility in San Francisco’s Western Addition district
- Assisted living facility for Alzheimer’s patients
- Below market rate fee
### Caregiving, Housekeeping & Commercial Cleaning Services

<table>
<thead>
<tr>
<th>Commercial Cleaning Services</th>
<th>Business Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Social enterprise to enhance the independence of elderly at home</td>
<td>• Rate based on the square footage, frequency and need for services</td>
</tr>
<tr>
<td>• Rate based on the square footage, frequency and need for services</td>
<td>• Trained commercial cleaners</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Caregiving Services</th>
<th>Private pay / long term care insured caregiving services</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Experienced caregiver and certified Home Health Aide (HHA)</td>
<td>• Regular Registered Nurse (RN) assessments and visits for care plan</td>
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</table>

<table>
<thead>
<tr>
<th>Housekeeping / Gardening Services</th>
<th>Private pay</th>
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</thead>
<tbody>
<tr>
<td>• Experienced and trained housekeepers</td>
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</table>

Call the service hotline at 415-677-7618
The employment training and economic development department (ETED) creates and provides training, counseling, employment, and job retention for adults of all ages.

Our senior community service employment program (SCSEP) provides job training and placement.

Neighborhood Job Center provides job search assistance, training, and placement.
Employment Training & Placement

Employment, training and placement services for:

1. Home Health Aide (HHA) & Certified Nursing Assistant (CNA)
2. Commercial and Residential Cleaning
3. Appliance Repair and Maintenance
HICAP provides free, unbiased benefits counseling to Medicare and pre-Medicare clients, including educational presentations, workshops, and informational booths at health fairs and community social events as well as training sessions for organizations. Counseling sessions are provided one-to-one. We serve a very diverse population of Medicare populations in San Francisco and San Mateo counties.
Home Health Care & Hospice

Our experienced team will coordinate care with the patient's physician and design a customized care plan to meet the patient’s needs. We care for patients who reside in San Francisco and Daly City.

Our patient care may include:

<table>
<thead>
<tr>
<th>Home Health Care</th>
<th>Hospice</th>
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<tr>
<td>• Skilled Nursing</td>
<td>• Skilled Nursing</td>
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<tr>
<td>• Physical Therapy</td>
<td>• Medical Social Services</td>
</tr>
<tr>
<td>• Speech Therapy</td>
<td>• Spiritual Counseling</td>
</tr>
<tr>
<td>• Occupational Therapy</td>
<td>• Personal Care Assistance</td>
</tr>
<tr>
<td>• Medical Social Services</td>
<td>• Hospice Volunteers</td>
</tr>
<tr>
<td>• Home Health Aides</td>
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</tbody>
</table>

Cost of Services: Medicare, Medi-Cal and most insurance companies reimburse for home health care services.
Nutrition & Senior Centers

Our Senior Centers promote active and healthy lifestyles for older adults by providing nutritious meals and a multitude of recreational activities, senior living education and support services.

Senior Activities, Wellness and Fall Prevention Activities

- Safety & emergency preparedness
- Always Active, Tai Chi for Arthritis and Fall Prevention, and Walk with Ease programs
- Partnered with Dignity Health to educate seniors about homecare, hospice advanced directives
- Hosted healthcare workshops with Asian Health Collaborative
- Annual Health Fair for Chinatown and Richmond residents
Lifelong Learning
Social Services

- Case Management
- Information and Assistance Program
- Housing Counseling and Housing Subsidy Program
- Family Caregiver Support
- Naturalization Services
- Senior Escort Services
- SRO COVID Response Team
## Major Successes

<table>
<thead>
<tr>
<th>1</th>
<th>Ensure seniors have nutritious meals throughout the pandemic</th>
</tr>
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<tbody>
<tr>
<td>✓ Delivered 1 million plus meals with the help of 350 volunteers</td>
<td></td>
</tr>
<tr>
<td>✓ Food = Love: meeting physical needs helps to support mental health</td>
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<tr>
<th>2</th>
<th>Technology engagement to stay connected during pandemic</th>
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<tbody>
<tr>
<td>✓ More than 100 Zoom virtual classes with more than 1,000 seniors joining</td>
<td></td>
</tr>
<tr>
<td>✓ Reduce loneliness and social isolation by connecting virtually</td>
<td></td>
</tr>
</tbody>
</table>

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<tr>
<th>3</th>
<th>Conduct thousands of wellness calls with trained case managers and staff</th>
</tr>
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<tbody>
<tr>
<td>✓ Build rapport with clients and provide emotional support</td>
<td></td>
</tr>
<tr>
<td>✓ Early screening, and connecting clients to mental health services when needed</td>
<td></td>
</tr>
</tbody>
</table>
Major Challenges

1. Challenges learning technology due to language barriers, physical/mental functional limitations
   - Advocacy on funding for computer classes in different languages, and for devices
   - One-to-one assistance

2. Fear due to COVID-19 and AAPI hate crimes
   - Senior escort services
   - Promote vaccinations
   - Empowerment on street safety and

3. Stigma on mental health
   - Raise awareness through providing services that meet clients’ needs
   - Build trust, and rapport through understanding clients’ culture.
# Future Opportunities

## 1. Continue with Technology
- Intergenerational and youth computer programming
- Expand virtual and hybrid (virtual and in-person) classes

## 2. Socialization
- On-going safety training for staff and clients
- Conduct wellness calls
- Report on anti-Asian violence/hate crimes
- Reopen senior centers 100% safely for in-person services

## 3. Wellness Calls & Senior Escort Services
- Companionship
- Social services as gateway to preventative health and wellness
- Screening for prevention and early intervention
Self-Help for the Elderly

www.selfhelpelderly.org

CONNECT WITH US

@selfhelpelderlyorg
@SelfHelpElderly

https://www.linkedin.com/company/selfhelpelderly
Asian Americans for Community Involvement
San Jose, CA
Mission Statement

Our Mission:
To strengthen the resilience and hope of our diverse community members by improving their health and well-being.
Services

Service Population: marginalized and ethnic communities of Santa Clara County

### Specialty Mental Health
- Family and Children
- Adult and Older Adult
- CalWORKS
- Intensive Outpatient
- Ethnic Specific

### Substance Abuse Services
- Youth Education and Outreach
- Intervention and Relapse Prevention
- Adult DUI Program

### FQHC Services
- Integrated Prevention Services for Cultural Communities
- Behavioral Health Integration Incentive Program
- WPC - ECM

### SOT, Human Trafficking, IPV
- Center for Survivors of Torture
- Shelter, Crisis Line, Safe Chat,
- Case Management, Counseling

### Prevention and Early Intervention
- New Refugee
- Youth Programs
- Senior Wellness
- Elder Story Telling

### Advocacy
- Leaders For Education, Advocacy, And Democracy (LEAD);
- Client Councils;
- Anti-racism; Health Parity; Permanent Supportive Housing and other Social Determinants Of Health
Major Successes

- **Success**
  Integrated Services/Whole Person Care approach
  Availing our array of services, building upon Achieving Whole Health model and utilizing innovative approaches to care (Healing Arts) with multidisciplinary/multilingual team

- **Success**
  Local, Statewide & National Advocacy:
  Trans Care Coalition, API Health Parity, Anti Racism Task Force, Project Safety Net, Refugee Forum, Racial and Social Equity Task Force, Survivors of Torture International

- **Success**
  Addressing Barriers to care: Multi language Anti-stigma campaign, Telehealth hybrid model implementation, Digital Literacy Programming, Youth developed outreach materials
Major Challenges/Barriers

- **Challenge/Barrier**
  Gaps in resources to serve all community members in need: eligibility rules; access to affordable housing, transportation, telehealth and other resources.

- **Challenge/Barrier**
  Impact of racial violence on community members as well as providers. Fear of accessing services and impact on engagement.

- **Challenge/Barrier**
  Workforce shortage of qualified bilingual/bicultural providers with increased need and level of acuity. Competing with for profit, county, CBO's.
Future Initiative/Growth
Increase co-occurring capability and assessment and treatment of Autism Spectrum.

Future Initiative/Growth
Expand outreach in all communities of need via Community Health Workers and Promotoras

Future Initiative/Growth
Continued Movement towards Full Collaboration in a Transformed/ Merged Integrated Practice
Nira Singh, PsyD

Director of Behavioral Health
AACI
Nira.singh@aaci.org
www.aaci.org
Community Youth Services

Olympia, WA
Community Youth Services empowers youth at-risk and their families to meet their goals for safety, stability, belonging and success by providing a continuum of individualized services and advocacy.
**Multisystemic Therapy (MST) Program**

Service Population & Description

<table>
<thead>
<tr>
<th>MST is an EBP</th>
<th>Worldwide Recognition</th>
<th>Population Served</th>
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</thead>
<tbody>
<tr>
<td>MST is an evidence-based practice with over 30 years and 60+ published studies of research.</td>
<td>MST is recognized by 24 groups worldwide, including SAMHSA, NIDA, CSAP, and CSAT.</td>
<td>Youth must be between 12-17 years old and have at least one caregiver willing to participate.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Treatment Target</th>
<th>Typical MST Behaviors</th>
<th>Modality &amp; Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>To reduce the youth's acting out behaviors and keep youth in the home, in school, and not getting arrested.</td>
<td>Aggression, running away, substance use/abuse, theft, fire setting, and school problems.</td>
<td>For 3-5 months, MST is available to families 24/7 and meets frequently with them in their home and community.</td>
</tr>
</tbody>
</table>
Major Successes

These Outcomes are at the time of discharge for the CYS MST Team from 1/01/13 – 3/15/21, n=355 youth

- **MST Ultimate Outcomes**
  - 92.4% of youth were living at home
  - 89.3% of youth were in school/working
  - 84.2% of youth did not get arrested during MST
  - 82.7% of youth met their goal of reducing / eliminating their substance use

- **MST Instrumental Outcomes**
  - 88.2% of parents had the skills to handle future problems
  - 87.3% of families had improved their family relationships
  - 90.1% of families had improved their network of supports

- **Population Served 1/2019 – 12/2020**
  - 3% Black/African American, 2% American Indian/Alaska Native, 19% Multiple Races, 76% White
  - 13% Hispanic/Latino, 87% Non-Hispanic/Latino
  - 38% Female, 60% Male, 2% Transgender
Major Challenges/Barriers

- **Engaging families during the COVID-19 pandemic**
  - We navigated it well in the beginning by shifting to Telehealth for safety.
  - However, recently there has been an increase of burnout amongst families, therapists, and key stakeholders.

- **Engaging the community in the notion that “more” is not always “better”**
  - Working with high-risk youth, there’s a tendency to refer the youth for more services, which creates barriers to success.

- **Not having a way to track and report on outcomes specific to underserved populations**
  - Efforts have been made to address this need, yet efforts need to continue.
Look Ahead

- **Expansion into Pierce County**
  - With sustained success in Thurston and Mason Counties, the goal is to expand to Pierce County.
  - The plan is to connect further with funders for next steps.

- **Strategies to improve staff retention**
  - Offering student loan reimbursements.
  - Exploring grant opportunities to offer retention bonuses.
  - Assessing needs of staff to ensure we are targeting those.

- **Funding for youth without Medicaid in Mason County**
  - We only have Medicaid funding for youth in Mason County, so we continue to look for opportunities to serve all youth regardless of insurance.
Tricia Wiltse, MA, LMHC
MST Program Director

Community Youth Services
twiltse@communityyouthservices.org
360-918-7889
www.communityyouthservices.org
There are opportunities to connect with more community-based organizations as partners in behavioral health!

Partner Central, a tool from the NNED, allows funders, leaders, other community-based organizations, and interested individuals to connect with trusted CBOs working in communities across the country, territories, and tribal nations.

nned.net/connect/about-partner-central
Recap From the Breakout Rooms

REPORT OUT BY NNED STEERING COMMITTEE MEMBERS

• What were some themes that came up in terms of focus areas or successes amongst CBOs to address behavioral health in diverse communities?
• What about challenges or barriers?
• What opportunities for future work/connection were created?
Questions & Answers

Final time to ask those burning questions!
Closing Remarks

Thank you again for joining us today. We encourage you to connect with each other and build long-standing relationships that will help to support diverse communities in achieving behavioral health equity.

PERRY CHAN, MS
PUBLIC HEALTH ADVISOR, SAMHSA
OFFICE OF BEHAVIORAL HEALTH EQUITY

NNED Diversity Inclusion Project Showcase | August 31, 2021
Thank You for Your Participation Today!

For resources & to stay connected

nned.net/DIPS

Once available, the recording from the DIPS session will be posted along with any resources on the above page. You can also visit here for the slides and for more information about how to stay connected.