

Oregon Health Authority Addictions and Mental Health Division

Mental Health Promotion and Prevention Project

April 1, 2014 – June 30, 2015

Agency: Asian Health and Service Center

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Project Deliverables:

- Culturally Sensitive Engagement activities
 - ▶ Provide culturally specific socialization activities, including: Chinese Opera Appreciation, Table Tennis, Tai Chi, Senior Clubs, Art Clubs, Women's Health Groups, Fitness Classes and Dance Clubs, etc., as well as specific cultural celebrations
 - ▶ Provide at least one socialization group in Chinese, Korean and Vietnamese weekly to serve between 20 and 40 people at a time
 - ▶ Dissemination of community and public health information
- Culturally Enhanced Empowerment activities
 - ▶ Provide skill building groups including: how to access community resources, learning English as a second language (ESL) classes, and psychosocial education groups such as how to overcome immigration adjustment, conflict resolution and stress management
 - ▶ Provide at least one ESL class each quarter serving 20 people in each class
 - ▶ Provide at least one mental health/psychosocial presentation each month in Chinese, Korean and Vietnamese serving 30 people in each presentation
- Acculturation Enablement
 - ▶ Develop an Immigrant Resources Guidebook in Chinese, Korean and Vietnamese
 - ▶ Provide workshops that address how to navigate the health care system, housing, school system and parenting issues