

# Hmong Youth & Parents United

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# HYPUs Goal

- To provide the Hmong and other Southeast Asian communities in Sacramento the equal opportunity to experience optimum mental health and wellness services [through] progressive and interactive conversations.
- To empower and increase the knowledge, awareness, and utilization of existing mental health support and services in the Sacramento County area.



# Pandemic Challenges and Successes

- Challenges
  - Participant engagement
  - Connecting meaningfully through technology
- Successes
  - Highlighting the importance of mental wellness our organization and in our programs
  - Increase mental health awareness, knowledge and activities in our programs

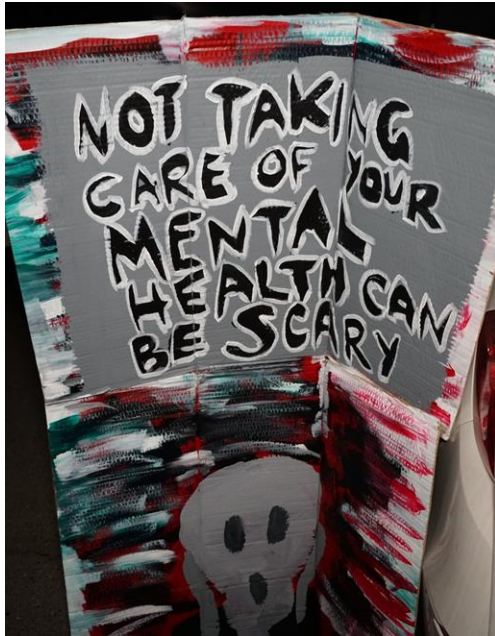
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# Community Engagement - 2020



## STOP THE STIGMA

Stigma is contagious and unhealthy, but with the help of everyone, we can end the stigma on mental health.


### Do's

- Self Educate and acknowledge that stigma is a thing
- Have an open-minded conversations with others about mental health
- Be aware of your choice of words

### Don'ts

- Don't Assume
- Don't put down an individual when they share something important to
- Don't believe mental health myths

### Words to avoid

- "Crazy"
- "Special" 
- "Lunatic"
- "Normal/not normal"

### Mental Wellness Myths:

- "They can control it"
- "They are doing it for attention"
- "They are unpredictable"
- "Therapy doesn't help/work."

For more information go to  
<https://nami.org/Get-Involved/Pledge-to-Be-StigmaFree/StigmaFree-Me>  
<https://www.mentalhealth.gov/basics/mental-health-myths-facts>  
<http://www.stopstigmасacramento.org/>



# Community Engagement - Senior Group



## Weekly Goals

Khoom kuv ua tau

Khoom kuv ua tsis tau

Khoom kuv xav ua tau

## WEEKLY WELLNESS CHECK

KUV LUB CEV

KUV LUB SIAB

KUV LUB HLWB

KUV TUG PLIG



# Community Engagement - Youth Circles Spring 2021



## What is Self-Talk?

Self-talk is our inner voice and how we talk to ourselves. It can involve instructing ourselves during a task, observing random things in our environment, or situations. Self-talk can be positive or negative and is crucial to our well-being and has an important impact on how we feel about what we do.

## Improving Positive Self-Talk

Practice positivity by seeing the glass half full instead of glass half empty. It may also be helpful to identify your strengths in your self-talk, and compliment yourself. Practice thinking good thoughts about yourself as well as act, look and think in positive ways.

## Managing Negative Self-Talk

If you are struggling with negative self-talk, here are some tips you can try to overcome them.

- Be mindful of what you're saying to yourself.
- Ask yourself if what you're saying is accurate.
- Practice putting your thoughts into perspective by asking yourself, "so what?"
- Ask yourself if there is a more helpful thought you can use to replace the negative one.

## HELP HOTLINES

We all need help sometimes and it is okay to reach out for support. Below is a list of resources you can contact if you or someone you know is going through a challenging time.

### California Youth Crisis Line

24/7  
Call or Text 1-800-843-5320  
<https://calyouth.org/cv/>

### DOMESTIC VIOLENCE & SEXUAL ASSAULT

#### WEAVE

24/7  
Call 916-620-2352  
<https://www.weaveinc.org/>

#### National Domestic Violence Hotline

1-800-799-7233

#### National Sexual Assault Hotline

1-800-656-6871

#### ICTWV

#### The Trevor Project

24/7  
Call 1-866-488-7386  
Text 387381 or 678-678  
<https://www.thetrevorproject.org/>

#### SIICRIS

#### National Suicide Prevention Lifeline

24/7  
Call 1-800-273-8255  
Text 83255  
<https://suicidepreventionlifeline.org/>



Taking Care of Yourself

## What is Self-Care?

Self-care is when a person intentionally engaging in practices and activities that reduce stress. Self-care looks different for everyone and may sometimes be "boring" or "basic" things but they are important to a person's overall well-being.

## MYTHS ABOUT SELF-CARE

**Self-care is an indulgence.**  
Making self-care decisions means making mindful changes in patterns of thoughts and behaviors that do not contribute to your well-being.

**Self-care is selfish.**  
When you make time for yourself and get sufficient rest and energy, you feel more energized and will be able to do more for yourself as well as for those around you.

**Self-care is a one-time experience.**  
Looking after yourself is an ongoing practice in building resilience to face hardship and in preventing burnout.

**Self-care is time consuming.**  
Self-care does not ensure you take out a huge chunk of time from your busy day.

## Benefits of Self-Care

There are many benefits of practicing self-care. Self-care promotes positive health outcomes such as fostering resilience and living longer. Individuals can also be better equipped to manage stress.

## Self-Care List

- Listen to music
- Take a shower
- Talk to a friend
- Watch a movie
- Read a book
- Go for a walk
- Ride your bike
- Exercise
- Play with your pet
- Stretch your muscles
- Do yoga
- Meditate or pray
- Talk to a friend on the phone
- Go to the park with a friend
- Go to the mall
- Take a nap
- Get a hair cut
- Plan an outing with friends
- Go for a jog
- Write in a journal
- Invite a friend to your house
- Go for a swim
- Go for a hike
- Try a new activity
- Play board games
- Play card games
- Play a video game
- Cook with your parent
- Go to the spa with a parent
- Go outside and watch the birds and other animals
- Make a list of things you like about you
- Write a poem about your story
- Go to the library
- Learn a new language
- Sing your favorite songs
- Learn to play an instrument
- Draw or paint a picture
- Make a list of your accomplishments

## Emotional Coping

Coping activities are actions we take to deal with stress, problems or uncomfortable emotions. Healthy coping strategies may not provide instant gratification, but lead to long-lasting positive outcomes. Unhealthy coping strategies tend to feel good in the moment but can have long-term negative effects.

## Coping Skills Examples

- Breathing deeply and visualizing a safe calm place
- Drawing or painting
- Listening to soothing music
- Practicing exercise
- Reading
- Writing yourself a nice note and keeping it in your pocket
- Dancing to music
- Going outside and listening to nature
- Calling a friend

## WHICH ONE IS IT?

- Read through this list and see if you can sort out which coping strategy is health and unhealthy.
- Taking through your problems
  - Healthy eating
  - Being too much of one thing
  - Social withdrawal
  - Seeking professional help
  - Aggression
  - Using social support
  - Participating in activities that are noisy or harmful



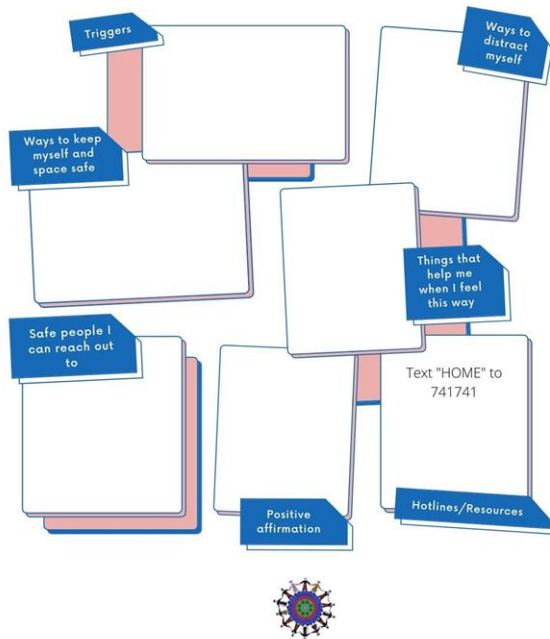
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# Community Engagement - Gen Z Leadership Summit

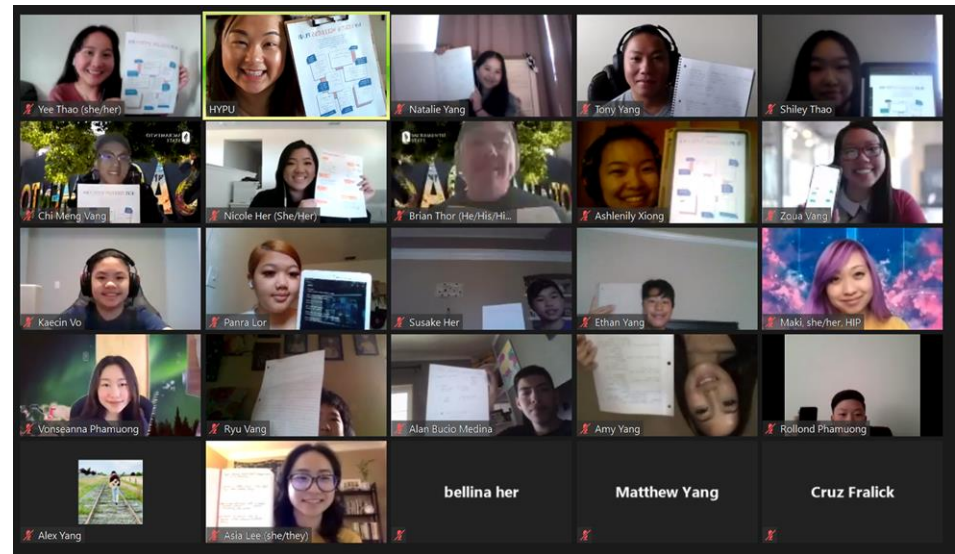
## MY MENTAL WELLNESS PLAN

The best time to make a mental wellness plan is when you aren't currently in crisis. Take some time to intentionally plan, identify support networks, brainstorm self-care, and build skills so that when a crisis comes, you have something to reference.



April 2021

- Summit Components
  - History of Asian American Experience
  - Introduction of Community Organizing
  - Connecting racial trauma and mental health



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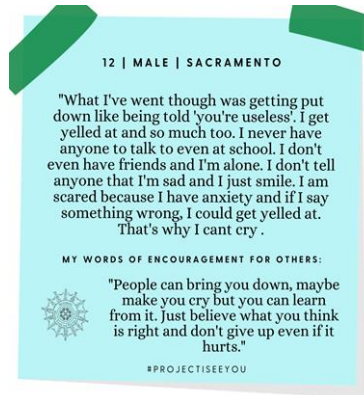
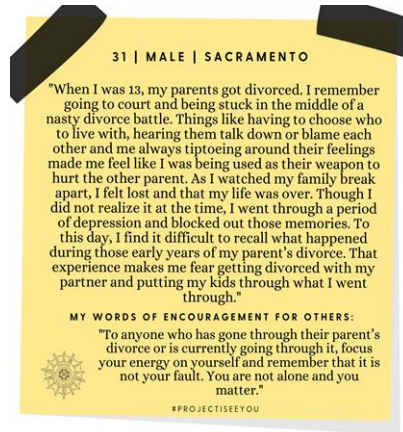
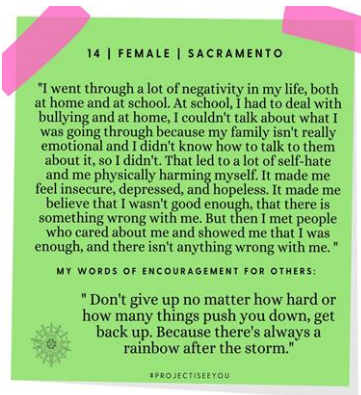
# Community Engagement

May 2021

- Healing Circle: Hmong Voices
- Project: I See You
- Amy's Story



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## AMY'S STORY

"Being at a place where I knew that I did not belong, I questioned my worth and purposes. The question I asked myself was **"Why?" Why am I like this? Why did I allow this to happen? Why?"**

I knew that it was an accident because my intention wasn't to disappear. **I wanted to be heard and I wanted to be found.** Feeling like I was neglected, my mental health had dragged me down leading me to the biggest downfall, setting me 1000 steps backward. I remember not seeing the sun, let alone being outside for 2 weeks. I didn't get to take my SATs. I didn't get to live a normal life. I battled my time at the place where I did not belong, and finally, after 2 weeks, I made it home.

This month is Mental Health Awareness Month, I, Amy Yang have been in a place where I have suffered mental health issues as well. I've been involved in the community, a great basketball player in high school, I had many opportunities that awaited me. Even the best version of people can and will go through these phases and have downfalls. Though during that tough time in my life, I was not able to voice myself, I am grown now. I am better. **I'm able to speak my mind freely and communicate about how I feel.** Please remember that you are not alone. Someone is always willing to hear your story because it does matter. Stand your ground, love yourself, put yourself first. Practice not letting the negative thoughts feed your mind. **You are great,**

**always.**  
-Amy



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# Additional Services

- Academic Support & Mentoring
- Food Giveaways



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# Partnerships & Sustainability Plan

## Partnerships

- La Familia
- NAMI Sacramento
- TRUSD

## Sustainability Plan

- Incorporation of wellness sessions and education in programs
- Continuously building connections



# Participant Feedback

## Youth Circle Intern

- “What I learned about myself is that I’m stronger than I thought I was and how it was okay or normal to feel the ways I did...I learned that my mental health isn’t something I should be afraid or ashamed of, because I might not only be the one going through it and talking about it will make it feel better.”
- “This program made me gain so much confidence in myself and learned to take good care of myself, and now I feel so much better than I did weeks ago ! I feel so motivated to do things.”
- “I liked how supportive the mentors were and how they were there to check up on us and even let us know that we could rely on them for help in the future. I didn’t like how Covid had affected this program and mainly everything was online and virtual. I wished that we had more time to be able to work in person and in the same atmosphere so that we got to know everyone a bit more.”

## Parents of Youth Intern

- “Programs like this offers so much opportunities to the youth in our community. [The interns] have shared nothing but positive experience with their Father and I. I can see their confidence and growth as well. A big thank you to both the facilitators for giving both my children an amazing experience.”
- “Thank you for providing this space for our youth, especially during the pandemic. It's important to have such program as this to help support parents and youth understand mental health. Much appreciated.”
- “The [1:1 check-ins] were very helpful because it made each child felt heard. Students were forced out of their comfort zones which definitely helped them grow. Awesome program.”



# Participant Feedback

## Seniors

- “I am constantly waiting for the time and day that we talk. If I miss a session, then I get really sad and lonely. I am my happiest when I am on Zoom talking to everyone.”
- “Even though it is hard for me to get out of bed, every morning when it is time, I push myself to get to the couch and talk to you all. On days I don’t talk with you all, I’m just at home doing nothing.”
- “It’s been a great experience because I am new to the group and I’m able to make new friends and reconnect with old relatives.”
- “I always look forward to the day we come on and meet. The topic discussions are always fun and I always have a great time.”

## Family Members of the Seniors

- “I think it is so great that HYPHU have this program for the elders. Seeing my father in law get excited on the mornings [when] you all meet is great. It gives them something to look forward to especially when they may not have many things to do.”
- “I’m glad the sessions are happening again because when it was on break, my dad was really lonely and did not have anything to do.”
- “My grandpa looks forward to coming back to the in person sessions because he really enjoyed being able to socialize outside the house.”

