

Project TAM AN (Inner Peace)

San Jose, CA

AARS, Inc

- Leading agency providing substance abuse services (prevention, outreach, intervention and treatment, residential and outpatient, youth and adult) for API in the nation
- Founded in 1995 by grass root agencies to provide Asian cultural competent services
- Dual-diagnosis capacities
- Strong infrastructure, solid experience, successful track record

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Why AARS, Inc (ct'd)

- **Evidence-based practice**

delivered by Bachelor and Masters level Psychology and Social Work clinicians, experienced in

- CBT-MET, ASAM stages of change,
- ACRA
- BFST

- **Practice-based evidence**

- cultural community events based on cultural tradition,
- bicultural/bilingual service designers and deliverers come from target population with in-depth knowledge, sensitivity and understanding of population,
- Culturally responsive outreach: media, forum
- Home visits, group orientation, non-shame based intervention, face loss sensitivity

Vulnerable refugee/immigrant population Vietnamese in San Jose

- Waves of refugee immigration- San Jose, city with largest VN population (103,483)
- War trauma, forced dislocation
- Humanitarian Operation (HO). Military Men from re-education camp
- Linguistic and cultural barriers
- Highest rate of uninsured medical coverage
- Low utilization of existing mental health services based on equity analysis (MHSA) 90 percent of Vietnamese immigrants in the San Francisco Bay area used indigenous health practices
- Acculturation and Intergenerational conflict (MHSA, VN Report)
- Youth highest suicide rate among Asian and Latina girls

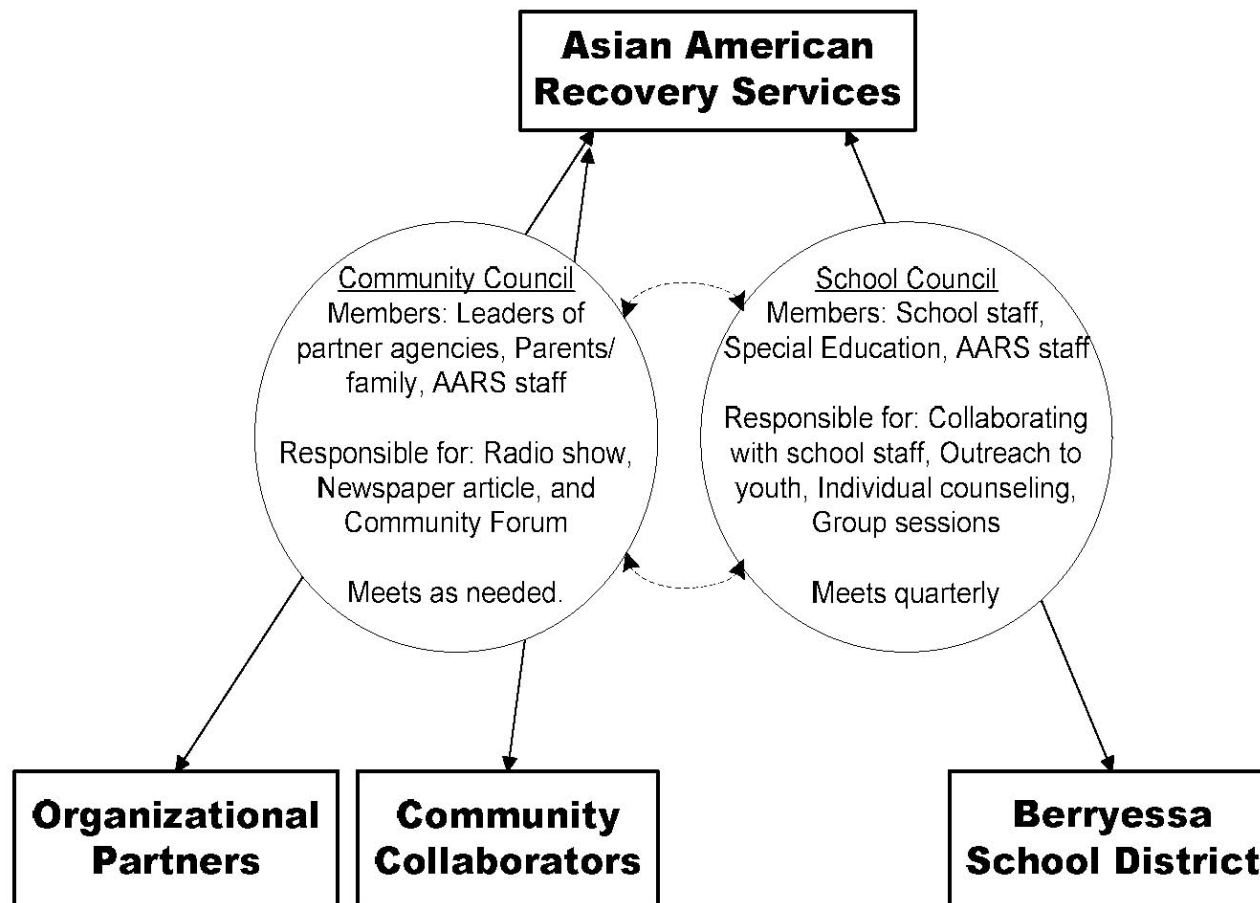
Mental Health needs

- Intergenerational PTSD
- Domestic violence
- County data on middle school age show prevalence of
 - Attention Deficit Hyperactive Disorder (ADHD) and Disruptive Behaviors, Mood Disorders, Adjustment Disorders, and Anxiety Disorders
- Cornerstone survey – Morrill Middle School
 - depression/suicide (78 students),
 - violence-related trauma (72 students),
 - anti-social behavior, e.g., shoplifting, vandalism (35 students),
 - eating disorders (64 students),
 - gambling activities (31 students)

The collaboration

Guiding Principles:

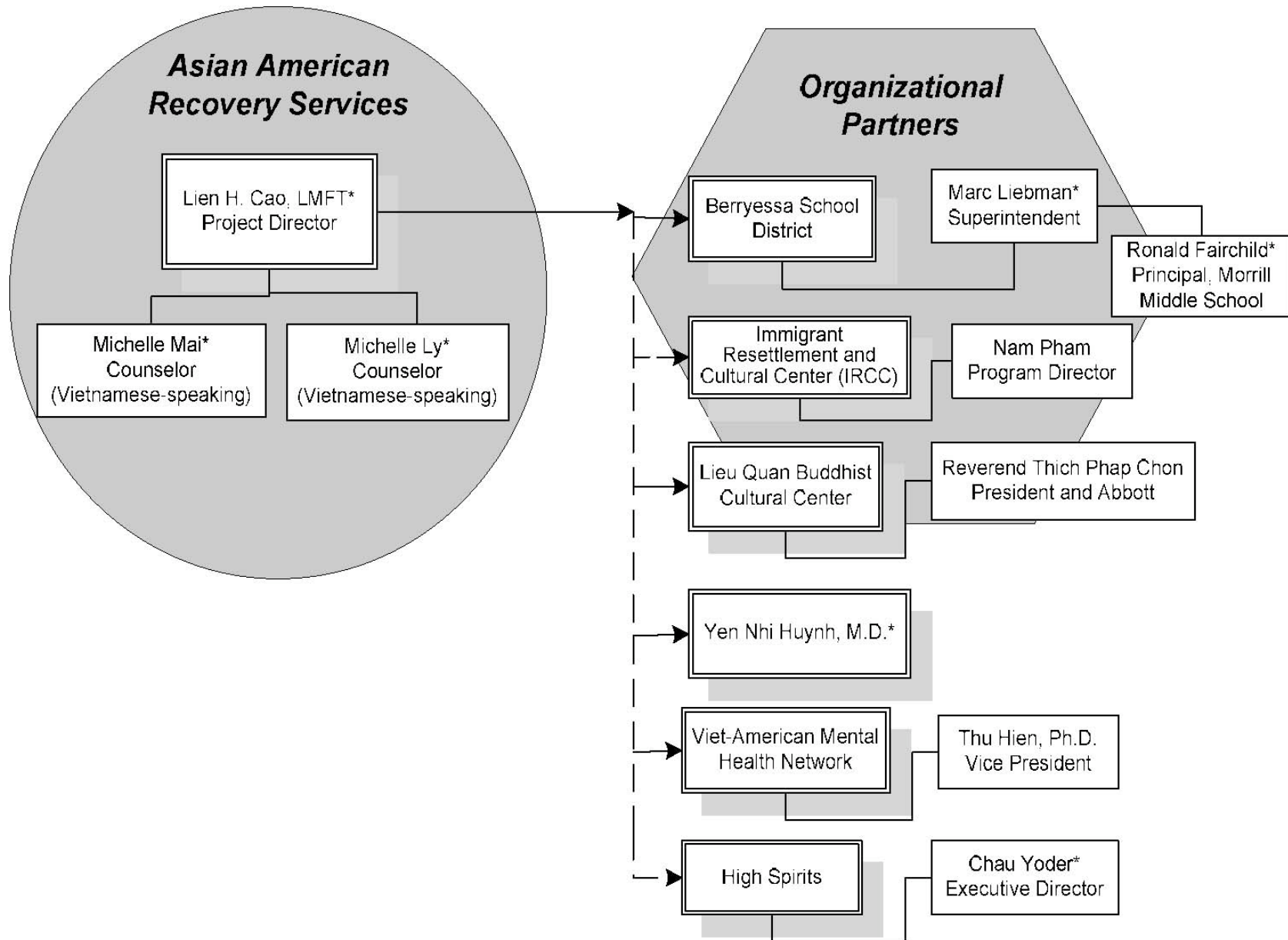
- (1) Collaboration that is genuinely supportive and equal;
- (2) Commitment to client-centered care and wrap-around services; and
- (3) Learning from both parts of our program initiative (school and community).



TWO INITIATIVES

- School initiative
 - Morrill Middle School
 - Outreach – campus, classrooms, teachers
 - Open House
 - Automated VN phone message to VN parents
 - Parents groups
 - Open group Lunch discussion
 - Individual and group counseling
 - Referral to psychiatrists
 - Home visits, case mgt
 - AARS existing Friday Pro-Socials and mentoring
- Community Initiative
 - Media: Local VN Newspapers articles
 - Media: Radio shows
 - Faith based leaders intervention with families
 - Community Engagement Forum
 - May 2007
 - Four tracks:
 - Mental Health,
 - First Five,
 - Addiction (SA and gambling).
 - Domestic Violence

The partnership



THE PARTNERSHIP

- Asian American Recovery Services, AARS
 - Berryessa School district, San Jose, CA
 - Immigrant Resettlement & Cultural Center IRCC
 - International Children Assistance Network ICAN
 - LieuQuan Buddhist and Cultural Center LQBCC
 - High-Spirits
 - Psychiatrist
- ...and other collaborators

Organizational Partners

- **Berryessa School District – Superintendent**
 - *Ensure school participation, provide sites and coordinate survey administration*
- **Morrill Middle School – School Principal**
 - *Refer students. Mental health cultural sensitivity weaved in school activities. Teacher participation.*
- **Immigrant Resettlement Cultural Center – Assistant Executive Director**
 - *Multi media: newspaper and radio, TV*
 - *Outreach to parents and community*
- **LieuQuan Buddhist Cultural Center**
 - *Family intervention*
- **Psychiatrist**
 - *Medical assessment and medication monitoring*
- **High-Spirits**
 - *Friday afternoon pro-social activities such as Rope Course*

Organizational Collaborators

- **ICAN**
 - *Community engagement Forum*
- **VOVINAM**
 - *Viet Martial Arts*
- **Probation Department**
 - *Viet Gang unit and Mental Health Unit*
- **Viet-Mental Health Network**
 - *Professional guidance from VN community*
- **Quan The Am Temple**
 - *Family intervention*

3 Project goals – goal 1

- **Goal 1:** To increase the awareness of adolescent mental health and substance abuse issues, including professional treatment, within the Vietnamese community.
 - **Objectives**
 1. Reach 3000 Vietnamese families through multiple media approaches.
 2. Generate more favorable attitudes towards participation in mental health and substance abuse treatment.)

Goal 2. To improve access to mental health and substance abuse services among Vietnamese adolescents

– **Objectives:**

1. Enhance referral process from school partners.
2. Increase Vietnamese adolescent client caseload at AARS by 300% in year one, 10% in year two, and 10% in year three.

Goal 3. To improve overall mental health and social functioning among Vietnamese adolescents.

– **Objectives:**

1. Reduce substance abuse among project participants by 25%
2. Reduce DSM IV (Axis I) symptoms by 20%, as measured by pre-post assessments. Enhance referral process from school partners.