

What are we talking about



- I am a part of the CSIP program (Cultural Stipend Internship Program) !
- Part of the requirement for my participation in the program is to tell you about what I did this year
- Each intern is assigned to participate in a Health Initiative and must complete a cultural project
 - HEIs “focus on health disparities in access and quality of care for underserved, unserved and inappropriately served cultural and ethnic communities and identify the workforce development needs of staff of these communities”

Filipino Mental Health Initiative

- I was assigned to the Filipino Mental Health Initiative!
- There are lots of different kinds of cultural projects!
- My project was to create and facilitate a workshop on mental health and socioemotional issues at Westmoor High School for the Filipino Barkada student group.

My presentation had three parts...

- Part 1: Discussing overall mental health and wellness information such as:
 - What do mental health and wellness actually mean?
 - Mentally ill vs mentally healthy
 - Stress, common stressors, stress management, effects of chronic stress
- General information about anxiety and depression
 - symptoms
 - Difference between overall problems and mental disorders
 - What can treatment look like?
 - What to do if you or a friend need help? (Strategies and resource information)

Part 2: Filipino Mental Health in San Mateo County (I recruited a speaker from FMHI to do this part!)

- Over 70,000 live in San Mateo County which is about 10% of the county's population. However, Filipinos make up less than 4% of clients receiving mental health services from the county.
 - This trend is also seen within the Filipino youth community
 - The take away?
 - → The Filipino community is not receiving the support it needs.



Four Main Filipino Values

- *Kapwa* (fellow being) – kinship and connectedness to other Filipinos, even strangers
- *Utang ng loob* (debt of reciprocity) – being generous to others, having those favors returned
- *Pakikasama* (social acceptance or conformity) – the needs of the many outweigh the needs of the few
- ***Hiya* (shame) – “Don’t bring dishonor to the family) → relates to mental health

Why don't Filipino Youth Seek Mental Services?

- Cultural Stigma- what does stigma mean ?
- The role of *hiya* (shame)



Why don't Filipino Youth Seek Mental Services?

- Embarrassment around admitting they are having difficulty handling their problems
- Afraid of gossip
- Encouraged to turn to religion
- Based on these things, youth may not feel supported by families in seeking mental health treatment
 - Are sometimes discouraged from discussing problems with people outside the family, including mental health professionals
- **Also**, there are fewer Filipino or Filipino American providers and Tagalog speaking staff/providers (but there are some!)



Part 3: PhotoVoice Activity

What does mental health look like
in the Filipino community??

Question 1: How do you relate to this photo?

Question 2: Have you or someone you know experienced a similar issue?

Response

- In a post-presentation survey I asked the students 3 questions:
- I asked the students how useful they found the presentation from 1-5 (1 being “not useful” and 5 being “very useful”) and the average answer was 4.38
- I asked the students how likely they were to recommend the presentation to a friend from 1-5 (1 being “not likely” and 5 being “very likely”) and the average answer was 4.13
- I asked the students to rate the presentation overall from 1-5 (1 being “not my favorite” and 5 being “Great!!”) and the average answer was 5

Comments from students

- "It helped me better understand mental health"
- "Its a very little known topic that will impact the community"
- "The photo activity helped with the full understanding and relationship to personal experiences"
- "Thank you for coming and expanding our awareness about mental health"
- "I really like the photo activity, it brought the whole group together. No one is alone."

Final Thoughts

Things that were great!

- Working with students!
- Working with the people in the FMHI
- Steph's group

Things that were challenging

- Knowing what project to choose
- Allyship
- Time