

Cultural Stipend Project:

Chinese Health Initiative (CHI)
Outreach Service for Chinese
Americans Living in San Mateo
County

Presented by Johnson Ma

The Project Rationale

- Underutilization among Chinese Americans in San Mateo County.
- Culture-specific barriers for Chinese Americans
 1. Contextual factors
 - SES
 - Lack of bilingual service providers)
 2. Client Characteristics
 - Different cultural explanations/help-seeking behaviors
 - Acculturation as moderating factors
 3. Provider variable
 - Communication issues
 - Family involvement

The Project Rationale

- Identify areas of concern for Chinese Americans & immigrant families.
 1. Intergenerational conflict
 2. Stress induced by high academic competition.
- Need for culturally and linguistically appropriate outreach service.
 - Public workshop

Project Aim

Provide culturally appropriate parenting workshop for Chinese American and immigrant parents in Chinese & English in order to accomplish the following:

- 1. Increasing Chinese immigrant parents' awareness of how the traditional Chinese cultural beliefs and values may have affected their parenting methods and communication mode.**
- 2. Increasing parents' awareness of unique developmental and mental health needs of their bicultural children.**

Project Aim

3. Learning basic empathy skills and effective communication strategies that are applicable in the context of Chinese culture.
4. Providing parents with self-care strategy and community resources.

Project Planning

- Chinese Health Initiative (CHI)
 - Panel of presenters
 - Content integration/interpretation,
 - Development of outcome measurement
- Stakeholder Meetings – Needs Assessment
 - San Mateo YMCA Youth Worker
 - San Mateo Youth Council
 - Mills High School Student Group
 - School District officials, principal, counselors

Developing the Culturally Appropriate Workshop

- Bilingual workshop title & content that are:
 - Less stigmatized
 - Culturally relevant to audience's needs
- Examples



Achieving Success & Balance in the Modern Day

Chinese Health Initiative
February 26, 2015



COUNTY OF SAN MATEO
HEALTH SYSTEM
BEHAVIORAL HEALTH
& RECOVERY SERVICES



實現成功而均衡的人生

如何為你的孩子在高中及大學
開拓生存和發展之路

Chinese Health Initiative
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Project Outcome

- Attendance:
 - Chinese Workshop: 25~30
 - English Workshop: 70~75
- Highlights from surveys:
 - Chinese speaking parents:
 1. 94% respondents want more workshop in Chinese and 77% want to be contacted for future events.
 2. 55% respondents speak and understand more than one Chinese dialect. Mandarin Chinese being most understood dialect.
 3. 61% respondents have private insurance.

Project Outcome

- Highlights from surveys:
 - English speaking parents:
 1. 2/3 participants identified as Chinese/Asian Americans
 2. 69% respondents want more workshop in Chinese and 58% want to be contacted for future events.
 3. 25% respondents speak English and at least one more Chinese dialect.
 4. 55% respondents have private insurance.

Project Outcome (Before & After comparison)

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Knowledge about children's stress after attending workshop	18	2.00	5.00	3.6667	.90749
Knowledge about children's stress prior attending workshop	18	2.00	5.00	3.0556	.72536
Knowledge about children's developmental/MH needs after attending workshop	18	2.00	5.00	3.6667	.84017
Knowledge about children's developmental/MH needs prior attending workshop	18	2.00	5.00	3.0000	.76696
Knowledge about effective communication after attending workshop	18	3.00	5.00	3.7222	.66911
Knowledge about effective communication prior attending workshop	17	2.00	5.00	3.1176	.78121
Knowledge about resources after attending workshop	18	2.00	5.00	3.6667	.90749
Knowledge about resources prior attending workshop	17	2.00	5.00	3.0000	1.00000
Workshop content	18	3.00	5.00	4.3889	.69780
Professional Knowledge	18	3.00	5.00	4.4444	.61570
Overall evaluation of the workshop	17	2.00	5.00	4.1765	.80896

Recommendations

- Continue collaboration with current stakeholders
- Explore partnership with local faith organizations
- Utilize culturally and linguistically appropriate workshop/seminar to
 1. Engage/Link CA to appropriate service providers
 2. Assess needs/Collect information
 3. Promote help-seeking behaviors
 4. Inform future program development and funding