

Providing Culturally Relevant Crisis Services During
COVID-19:
**Culturally Responsive Factors to Consider for the
Hmong Population**

Presented By:

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Date and year

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A few housekeeping items:

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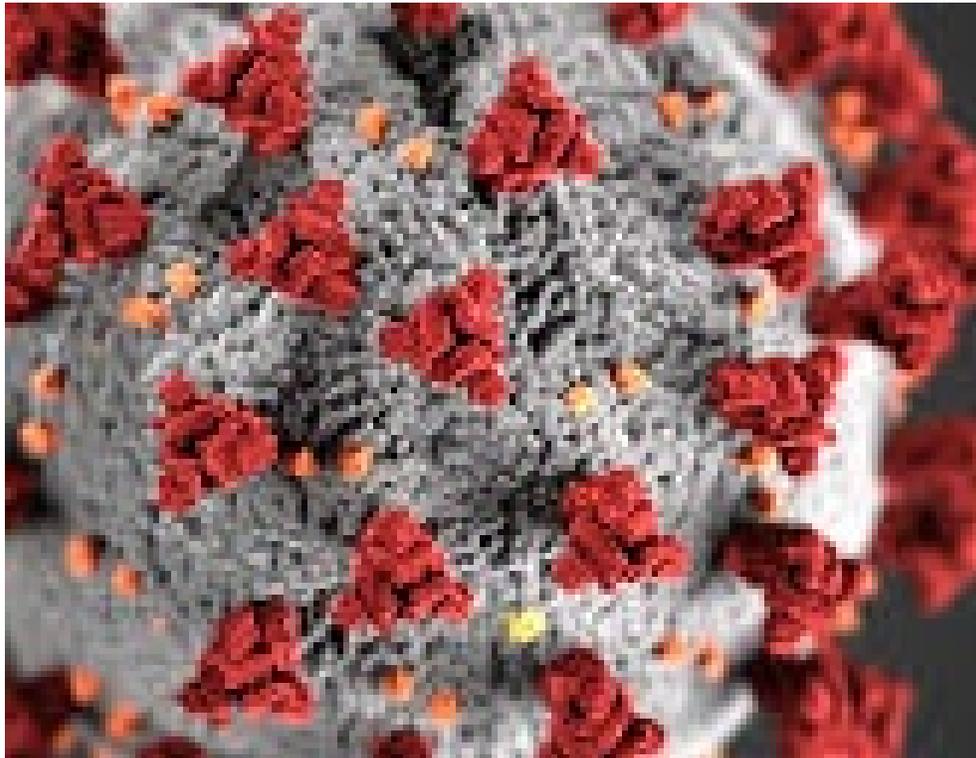
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About Our Presenter

Pang Foua Yang Rhodes, PhD, LMFT



Providing Culturally Relevant Crisis Services During COVID-19



Culturally Responsive
Factors to Consider for
the Hmong Population

**Pang Foua Yang
Rhodes, PhD, LMFT**

Webinar Objectives

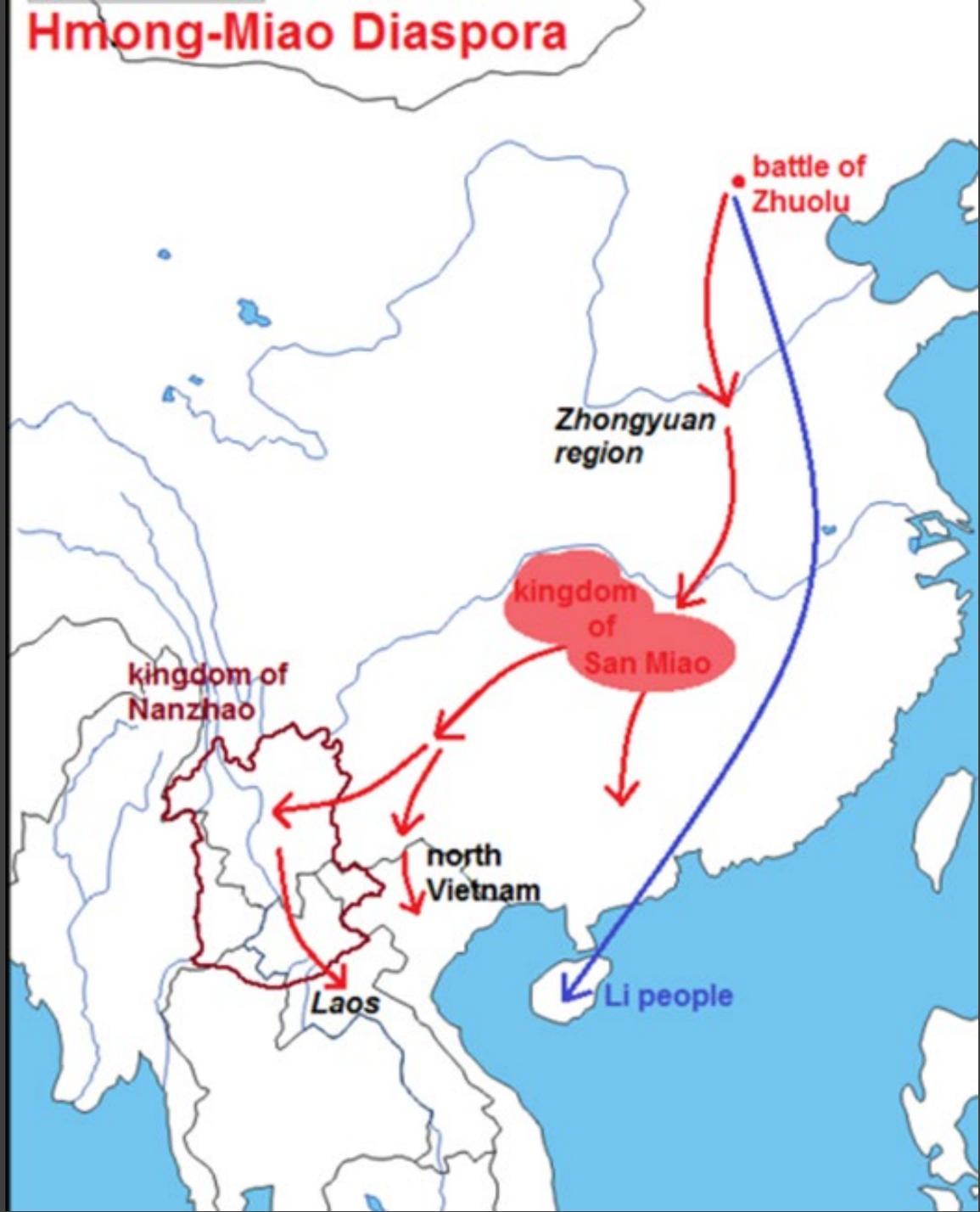
- 1) To identify relevant Hmong-specific factors influencing crisis response at the individual, interpersonal, community, and societal levels;
- 2) To understand the challenges Hmong may experience during COVID-19 from a trauma-informed lens; and
- 3) To explicate culturally relevant communications approaches and mental health services

History of Hmong Americans

- 4,000 – 3,000 BCE: Southern China
- 1800's: Migration to Laos, Vietnam, Myanmar
- 1961 – 1975: Fought CIA's "Secret War"
- 1975 – 1990s; 2005: Immigration to USA

• *Source: MinnesotaHistoricalSociety.org*

• *Map: Mathieu.van.herzeele*



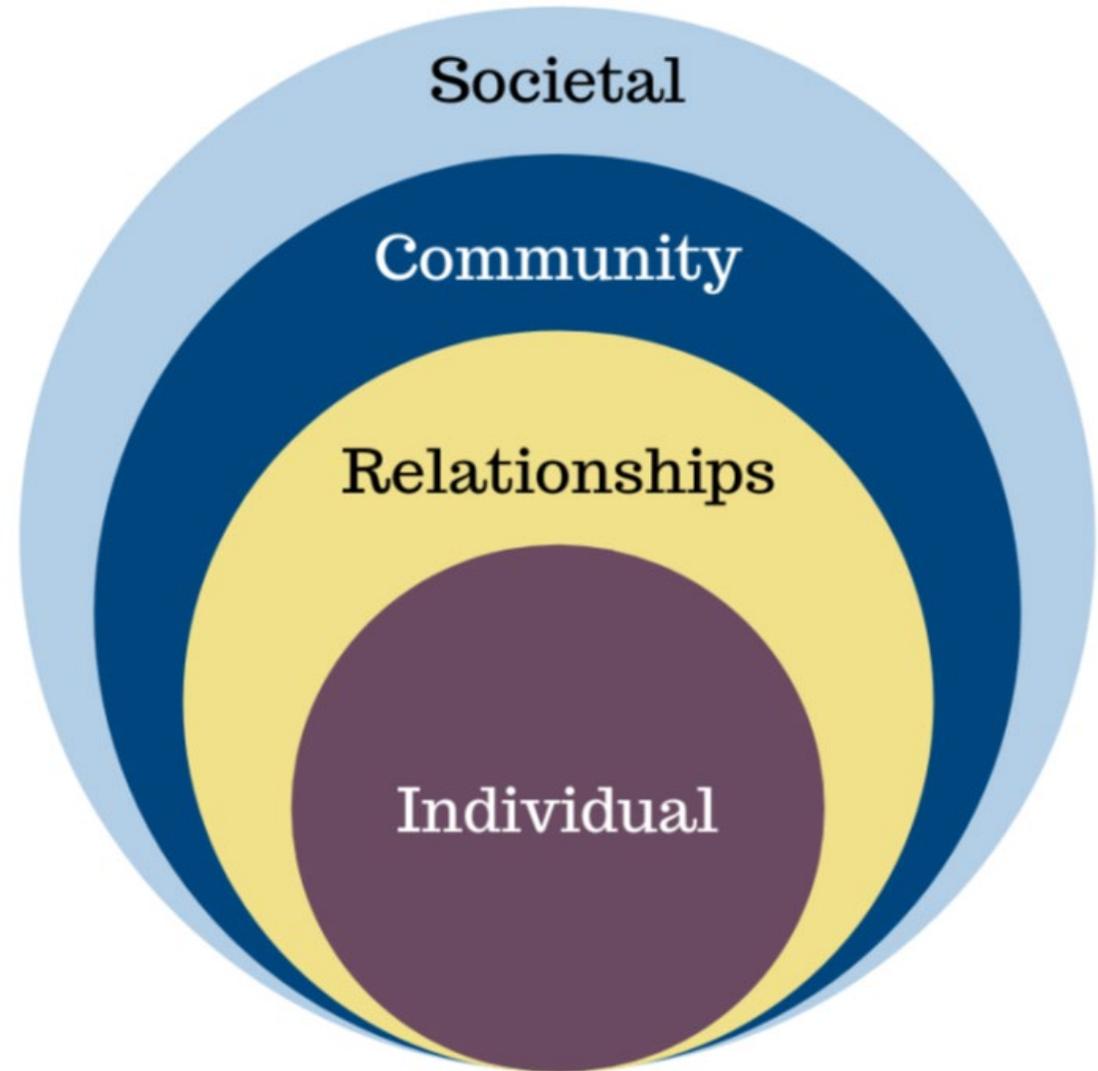
Hmong American Population: 309,564

- Most populous states: 1) California, 2) Minnesota, 3) Wisconsin
- 33% are foreign born
- 15% are 45 years old or older
- 16% of families in poverty

Source: 2017 American Community Survey, US Census Bureau.

Response to Crisis and Challenges Experienced During COVID-19

Social Ecological Model



Individual Level

Factors

- Acculturation
- Socioeconomic status (SES)

Challenges

- Mental health
- Cultural/ethnic identity crisis

Individual





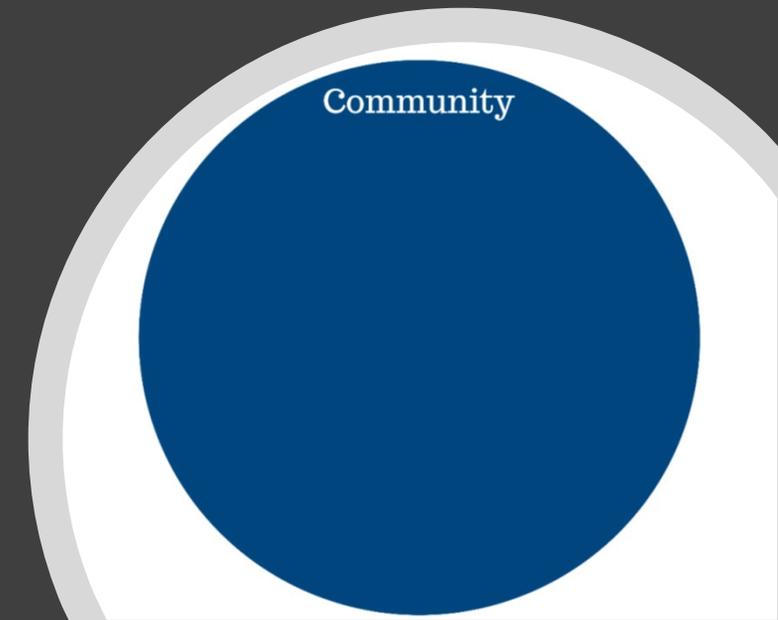
Relationships

Relationships Level

- **Factors**
 - Poverty
 - Familism
- **Challenges**
 - Economic instability
 - Intergenerational conflict

Community Level

- **Factors**
 - Communalism
 - Hierarchy/Authority structure
- **Challenges**
 - Disruption of essential cultural and religious rites
 - Information gathering



Community Level

Historical Trauma

- Displacement: long history of war and migration
- Deprivation and Suffering: scarcity mentality; survival
- Racism/discrimination: fear, separation, communalism



Community

Societal

Societal Level

- **Factors**
 - Disparity in resource access
 - Racism
- **Challenges**
 - Productivity and thriving
 - Safety and mental health



Providing Culturally Relevant Crisis Services During COVID-19

1. Coordinating Communications
2. Providing Mental Health Services
3. Utilizing Trauma-Informed Care



Coordinating Communications

- 1. Collaborate with community leaders.
- 2. Provide information in Hmong, utilizing relevant dissemination methods.
 - Telephone Conference Lines
 - Hmong radio
 - YouTube
 - Facebook



Providing Mental Health Services

- 1. Meet Practical Needs
- 2. Coordinate care with religious leaders
- 3. Provide psychoeducation in Hmong language
- 4. Teletherapy
 - Assess appropriateness for each client.
 - Adjust relevant protocol.
 - Provide psychoeducation and support for client and the whole family.



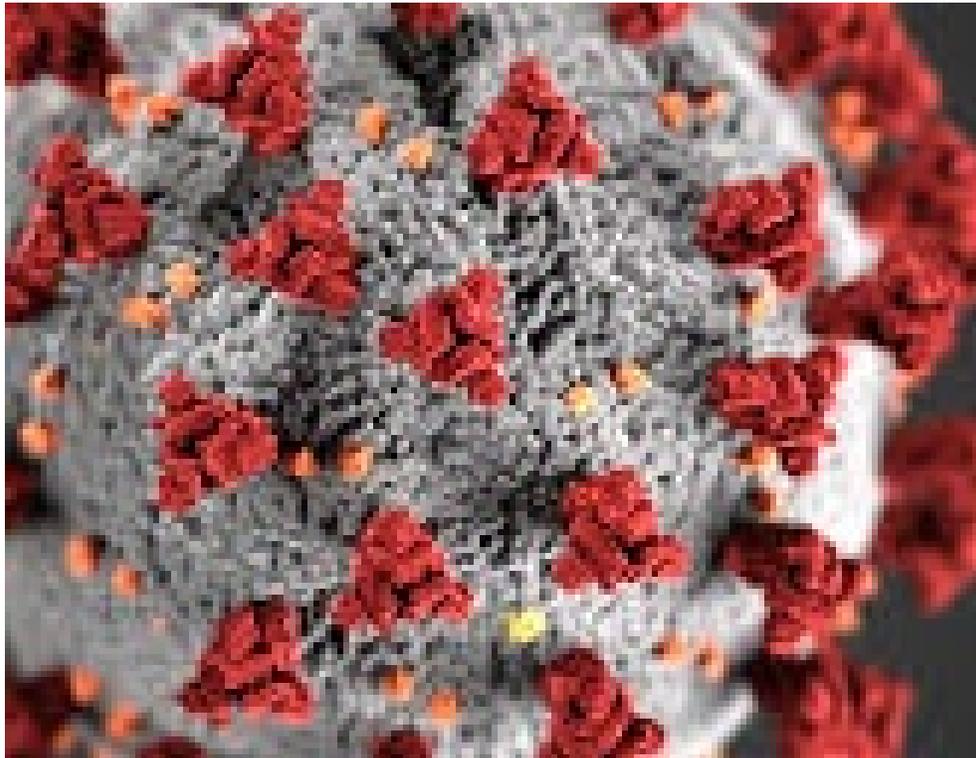
Utilizing Trauma-Informed Care

Trauma-Informed Care (TIC)

- Recognize the pervasiveness of trauma in various forms and its impact.
- Acknowledge and understand symptoms and “difficult” behaviors as coping strategies.
- Collaborate and empower.
- Avoid re-traumatization.



Providing Culturally Relevant Crisis Services During COVID-19



Culturally Responsive Factors to
Consider for the Hmong Population

SUMMARY

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Hmong Language Resources

<https://www.health.state.mn.us/diseases/coronavirus/materials/hmong.html>

“Koj yuav ua li cas yog hais tias koj tau tus kabmob COVID-19 nov”
(video)(Hennepin County, MN)

https://www.youtube.com/watch?v=j0jxlqpQ9GU&feature=share&fbclid=IwAR15L4lwXQrMw52L3k7tUDeXGHXB_b28pHHOqQMDnDkQ1Yu9KpUSrc9HR3c

<https://www.tpt.org/top-questions-hmong/>

<https://www.tpt.org/coronavirus-an-almanac-special/video/minnesota-confirms-its-first-case-of-covid-19-hmong-37104/> (video updates)

Hmong Language Resources *cont.*

- 3 Hmong TV News (Twin Cities) <https://hbctv.net/> and
https://www.youtube.com/channel/UCs6Jrb-GcbxfTwzpNzF_uYQ
- Suab Hmoob News (Milwaukee) <https://shrdo.com/> and Suab Hmoob
Broadcasting <https://www.youtube.com/user/suabhmongradio>
- Hmong TV Network (Fresno) <https://hmongtvnetwork.com/> and
<https://www.facebook.com/hmongtvnetworkinc/>

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