"Hmoob Tshuaj Hmoob Rhaub"

Collaborating to bring Awareness, Education and Effective Treatment Strategies on Mental Health to the Hmong community.

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Hmong Mental Health Project

Project Context:
• In the late 1990’s and early 2000’s, there was a wave of spousal murder-suicide. In one case, a mother killed six children.

Two-Pronged Response:
• Hmong
• Provider Community

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**Hmong Community:**
- Town Hall Meetings
- Radio Program
- Teen Magazine
- Talking Circle

**Provider Community:**
- Training: Culture & Mental Health
- Clinical Case Consultation

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Conclusion

• Wellness is defined both in terms of science and culture
• Symptoms are UNIVERSAL and yet the Interpretations of symptoms are through the lens of CULTURE
• STIGMA is often the Fear for the Unknown and Fear/Unknown lead to Dehumanization
• EDUCATION demystifies Fear/Unknown, defines SHARED MEANINGS, promotes COMPASSION for EFFECTIVE STRATEGIES.

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Questions & Discussion

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