

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

PROGRAM TITLE: Holistic Cultural and Educational Wellness Center (HCEWC)

PROVIDER: Fresno Center for New Americans (FCNA) and Partners

PROGRAM DESCRIPTION: The Holistic Cultural and Education Wellness Center (HCEWC) is a program of the Holistic Center Partners, consisting of Fresno Center for New Americans as the contracted provider and its partners Youth Center for America, Integral Community Solution Institute, and Promesa Behavioral Health. The HCEWC is funded by the County of Fresno’s Department of Behavioral Health, through the Mental Health Services Act, Innovations component. There are three sites where the HCEWC provides services. The HCEWC main site is located at 4879 E. Kings Canyon Road. The first satellite site is located in 580 Tulare Street, Parlier to reach rural clients. The second satellite site is located at 255 N. Fulton Street. The HCEWC provides effective, culturally and linguistically appropriate education, training, and linkage services to clients who may not seek clinically based or Western mental health services. The HCEWC’s education and training sessions are also open for Fresno County staff, Fresno County contracted providers, and other mental health/behavioral health professionals. These trainings include topics on various cultures; signs, symptoms, and manifestation of mental health; benefits of various healthy activities (such as yoga, zumba, meditation, artwork, music, story-telling, etc.); and trainings on various cultural practices (such as indigenous healings, cultural ceremonies, etc.).

The HCEWC is staffed with diverse Cultural Brokers, representing the underserved communities in Fresno County. Most of the Cultural Brokers are bi-lingual. The staff speaks Spanish, Hmong, Lao, Khmer, and English.

AGES SERVED:

- Children
- Adult

- TAY
- Older Adult

DATES OF OPERATION: June 19, 2012 to April 30, 2013

DATES OF DATA REPORTING PERIOD: June 19, 2012 to April 30, 2013

OUTCOME GOAL	OUTCOME DATA AND/OR EFFORTS
Reduce stigma and discrimination against those with mental illness within and across diverse cultural populations.	<p>The Holistic Center Partners (HCP) have employed the following efforts and/or strategies to reduce discrimination against those with mental illness within and across diverse cultural population:</p> <ul style="list-style-type: none"> • Tailoring of outreach, education and/or training activities - We tailored our outreach, education

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	<p>and/or training activities of the HCEWC to the underserved and un-served population of Fresno County. In this effort, we have reached a total of 5,948 underserved and un-served clients (See attachment A: client Demographic Information).</p> <ul style="list-style-type: none"> • Have opened 3 sites in geographically and culturally appropriate locations to reach out and provide services to clients that may not initially visit traditional mental health sites for treatment. • Hiring of diverse employees - HCEWC's employees are very diverse and have the capacity to serve the dynamic underserved and un-served communities in Fresno County (See attachment B: HCEWC Staff). Most of employees of the HCEWC are bilingual. In addition to English, we have staff that speak Hmong, Lao, Khmer, and Spanish. We also hired a consultant to help us reach the Lesbian, Gay, Bi-sexual, and Transgender (LGBT) population. • Advisory Council - We have established an Advisory Council, consisting of individuals from various ethnic and professional backgrounds to serve as an advisory board and provide guidance on the design and development of the HCEWC (See attachment C: List of Advisory Council Members). The Advisory Council has been established and active since December of 2012. The Advisory Council consists of community members to aid us in determining who to reach, how to reach them, and understanding what each culture's mental unique health needs may be and how they can be assisted on the road to wellness and recovery. • Identify and/or Engage alternative healers/practitioners - Cultural Brokers (Employees of the HCEWC) have been working diligently in identifying and/or engaging practitioners of various mental health professionals, including traditional and/or ethnic healers (See attachment D: List of Practitioners Identified and Engaged). Currently we have identified and/or engaged 53 Practitioners and/or Healers.
<p>Increase overall mental health awareness in the community.</p>	<p>HCP has implemented the following strategies to ensure that there is an increase of overall mental health awareness in the community:</p> <ul style="list-style-type: none"> • Mental Health First Aid Classes - A total of 47 individuals, including clients , family members, community leaders, and staff of service providers have successfully completed the Mental Health First Aid Classes and are now more knowledgeable of the various and most common mental health illnesses. • Outreach, Education and/or Training Activities – Through outreach, education and/or training activities, a total of 5,948 consumers have been informed about services of the HCEWC, including information on mental health (See Attachment E: List of Activities, Education and/or Training Sessions Conducted Since Implementation of the HCEWC Contract).

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	<ul style="list-style-type: none"> • Hmong Psychological Certification Program – A total of 40 individuals, including Hmong Leaders have signed up for the program. The Hmong Psychological Certification Program is a three-day training program where participants will go through a curriculum consisting of 1) Worldview of Mental Health, 2) Mental Health First Aid, and 3) a tour of many local mental health providers and learn of services available. The training has been scheduled to start on May 23, 2013 and end on May 25, 2013.
<p>Increase in number of programs and activities that are directed at un-served and underserved cultural, ethnic, racial, and linguistic communities.</p>	<p>Since implementation of the HCEWC contract, the HCP have created and implemented new programs and activities that are directed at the un-served and underserved cultural, ethnic, racial, and linguistic communities (See Attachment E: List of Activities, Education and/or Training Sessions Conducted Since Implementation of the HCEWC Contract). In addition, through collaboration and partnership, we have made services in the community more accessible for the un-served and underserved populations.</p>
<p>Reduce incarcerations by client self-report.</p>	<p>The HCP has implemented a Self-Report Survey with our frequent clients to capture program evaluative information. At the moment, 96 individuals have completed the survey and among the many questions, two questions are on incarceration. At the moment, only one individual indicated that he or she has been incarcerated in the past, which is insufficient to draw any inference as to whether our programs and/or activities have made any impact in the incarceration rate. No one indicated that they were incarcerated since their participation with programs and/or activities of the HCEWC. We heard from many of our clients that they were not comfortable answering the two questions on incarceration. Thus, we will continue to work with the HCEWC Advisory Council and our Evaluator to devise a friendlier tool to capture incarceration indicator in the forthcoming years.</p>
<p>Reduce hospitalizations by client self-report</p>	<p>Data collected through our Self-Report indicated that approximately 7 percent (7 clients of the 96 clients responding to this question) of the clients that we served were hospitalized prior to utilizing services of the HCEWC and none were hospitalized after utilizing our services. The sampling may be too small to draw any conclusion as to whether our services and/or activities have made any impact in the hospitalization rate. Thus, we will continue to work with the HCEWC Advisory Council and our Evaluator to devise a better tool to capture hospitalization indicators in the forthcoming years.</p>
<p>Increase services to veterans.</p>	<p>One of our Cultural Brokers is a member of the Fresno Community Forces, an organization of community services that provides support and education to Veterans and their families over and beyond the services that they receive from the Military. The cultural brokers have attended several of the collaboration meetings with veterans, toured the new facility for the veterans, and learned the process to get on the waiting list for veteran mental health services. We did community outreach at two job and resource fairs at the Veterans Hospital. We are signed up to have a booth at the Resource Fair at the Air-guard base on May 24. We have</p>

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	<p>also collaborated with events with the Wounded Warriors at Fresno State and made 2 referrals to the Veterans Education Program. We served as a sponsor for the annual Marine Corp Ball. As a sponsor, we were publicly thanked and recognized for the work we are doing with the rural communities, including military families. Over 400 people were at this event which was held in Sanger. In addition to sponsoring this event, we made a presentation to 32 members of the Clovis Young Marines. Individual outreach was conducted at the Fresno Veteran's Parade with over 200 Holistic Center brochures distributed to veterans and their family/friends.</p>
<p>Increase services to prenatal and postpartum women.</p>	<p>One of our Cultural Brokers is a member of the Infant Health Collaborative. She attends meetings at Department of Public Health Maternal, Child and Adolescent Health West Fresno Regional Center where they collaborate to provide education and workshops geared towards keeping mothers and infants healthy. She presented stress management techniques at the Pregnancy Puzzle workshop in March and will do so again at the next one in June. Two of our Cultural Brokers have attended some of their outreach efforts such as the Health Fair at the Manchester Mall and Fulton Mall. One of our Cultural Brokers is also scheduled to speak at the Parenting Education Workshop on June 22.</p>

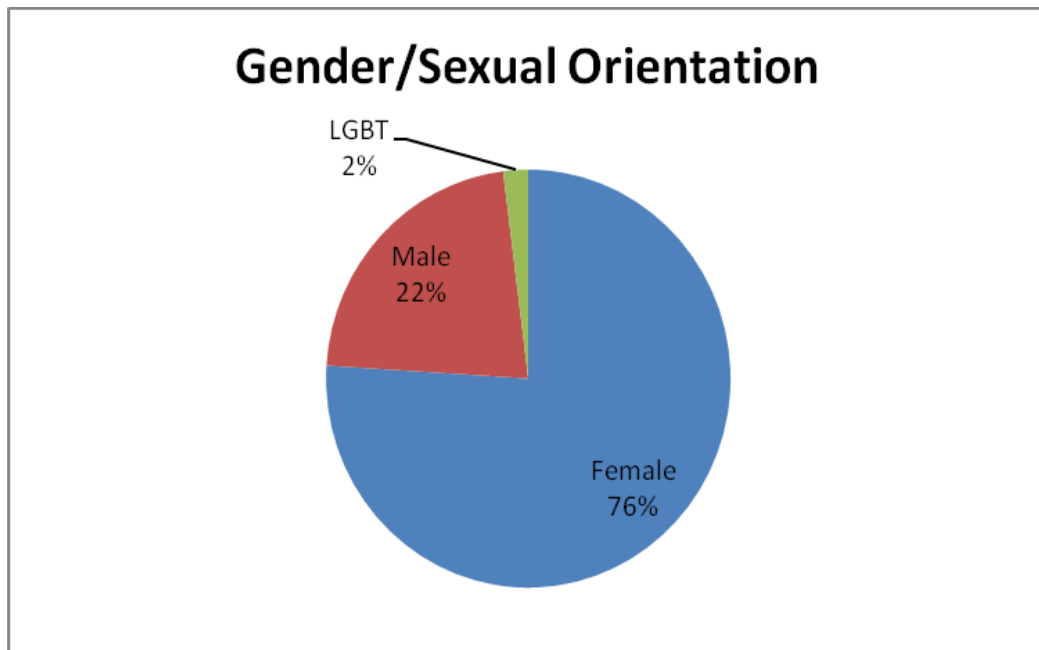
DEPARTMENT RECOMMENDATION(S): Based on outcome and contract measurements reported, the Department recommends to continue MHSa funding for this program for FY 2013-14.

Attachment A: Consumer Demographic Information

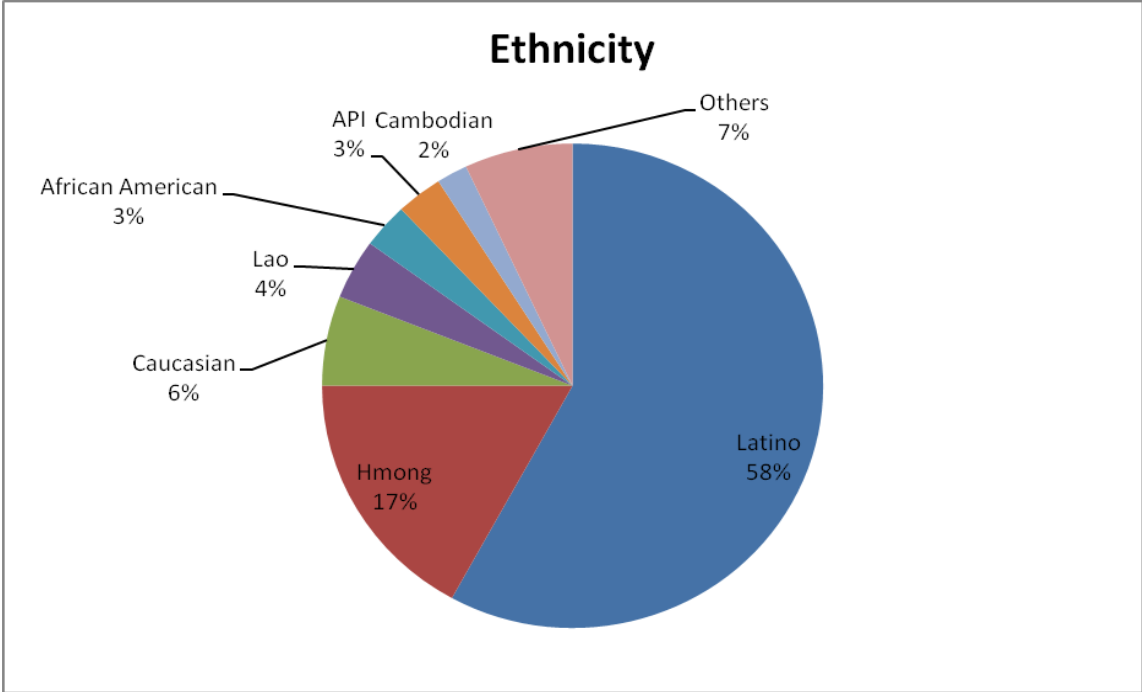
Through outreaching, education, and training efforts, HCEWC has reached a total of 5,948 consumers (4103 by HCEWC Staff and 1,845 by staff at the Satellite Sites). Of the 5,948 consumers, 3,125 completed the consumer demographic survey (1,844 by HCEWC Staff and 1,281 by staff of the Satellite Sites). The table below provides the monthly breakdown of the number of consumers contacted and the number of consumers completed the demographic survey.

Months	HCEWC		Satellite Sites	
	Number of Consumers Contacted	Number of Consumers Completed Demographic Survey	Number of Consumers Contacted	Number of Consumers Completed Demographic Survey
September 2012	268	79		
October 2012	299	272	250	162
November 2012	211	202	129	129
December 2012	1110	465	539	54
January 2013	163	163	59	59
February 2013	501	382	150	48
March 2013	761	143	581	581
April 2013	790	138	137	137
Total	4103	1844	1845	1281

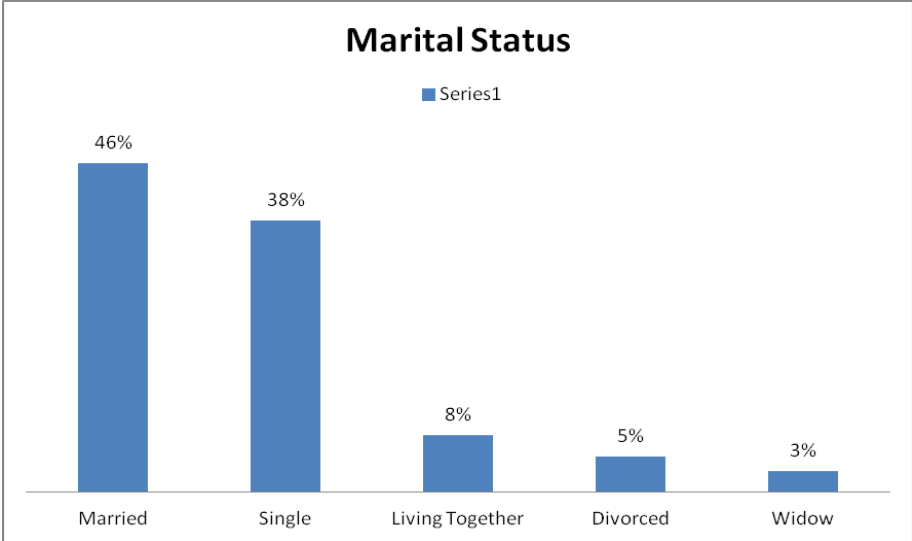
Participants by Gender



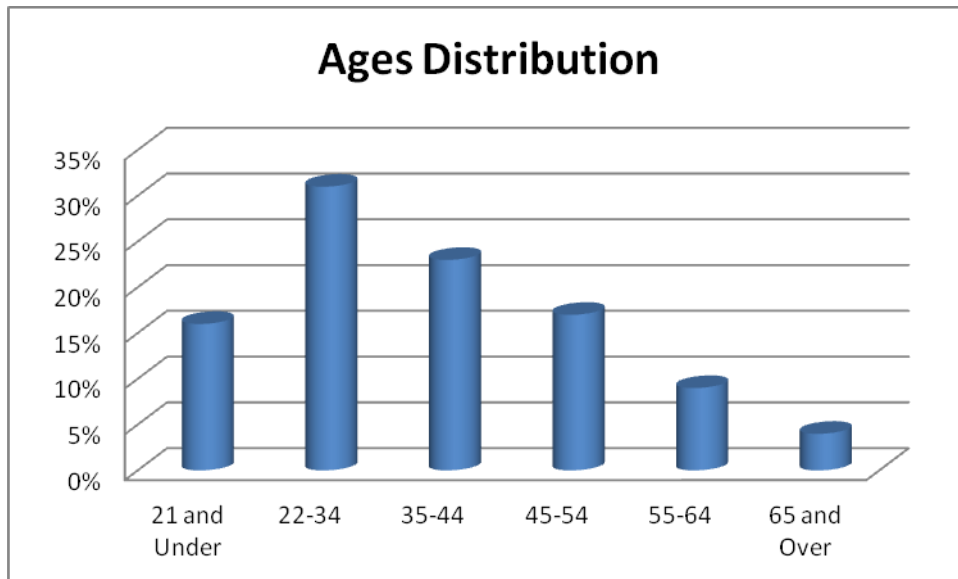
Participants by Ethnicity



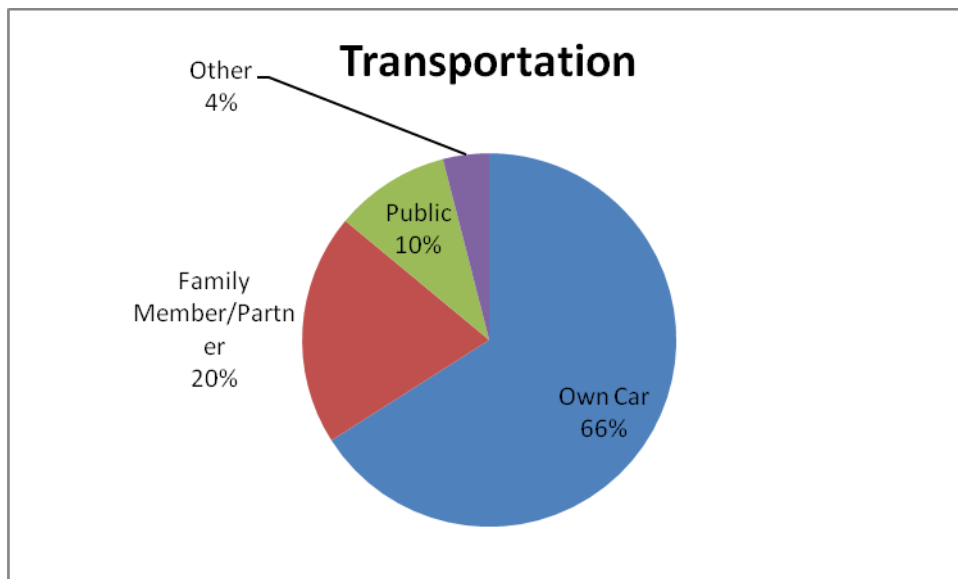
Participants by Marital Status



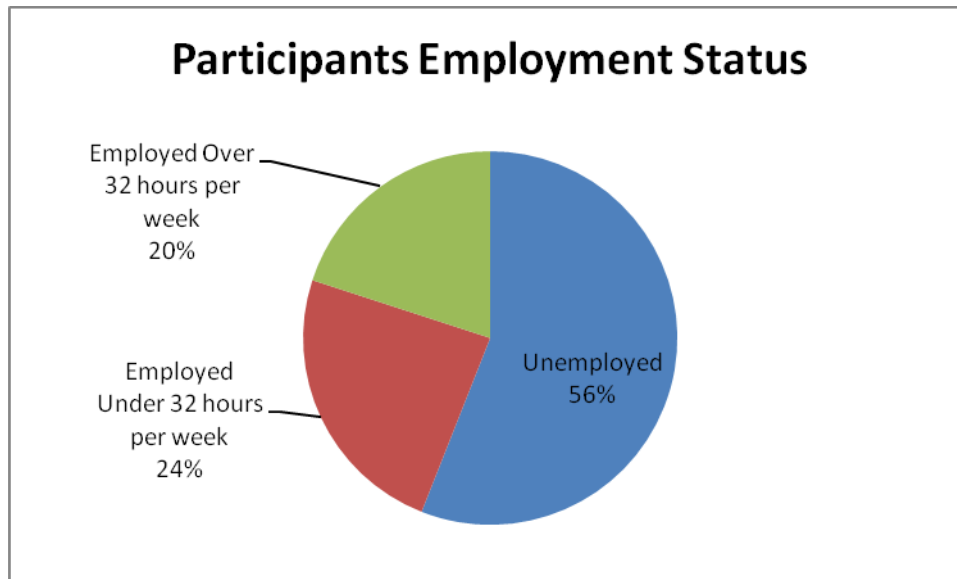
Participants by Ages



Participants Means of Transportation



Participants Employment Status



Other Importance Indicators:

- 15% indicated that they were single parents and
- 2% indicated that they were veterans

Attachment B: HCEWC Staff

Staffing Name/Classification/Academic Degree (per contract)	FTE <i>If not FTE, id % of position for MHPA Program Only</i>	Date of Hire	Bi-Lingual <i>If yes, note lang spoken</i>	Direct Consumer Service Staff	Other Staff
Mark One Box Only					
Andrew S. Xiong, Director, MBA	100%	8/16/12	Yes, Hmong		X
Liliana Robles, Cultural Broker II/Supervisor, MS	100%	9/4/12	Yes, Spanish	X	
Dia Yang, Cultural Broker I, BA	100%	8/27/12	Yes, Hmong	X	
Samneng Heng, Cultural Broker I, AS	100%	10/1/12	Yes, Khmer	X	
Phaivan Nameesai, Cultural Broker I, MA	100%	8/27/12	Yes, Lao	X	
Sandra Mendoza, Cultural Broker I, BA	100%	9/4/12	Yes, Spanish	X	
Tejal Patel, Cultural Broker I, MS	100%	9/24/12	No	X	
Monique Hall, Cultural Broker I, AA	100%	10/16/12	No	X	
Pamee Yang, Program Assistant	15%	6/19/12	Yes, Hmong		X
Anna Maria Cuellar, Cultural Broker I, AA	100%	11/6/12	Yes, Spanish	X	

Attachment C: List of Advisory Council Members

<u>Consumers/Family Members</u>	<u>DBH Staff</u>	<u>Public Health Staff</u>
<ul style="list-style-type: none"> • William Lemus 	<ul style="list-style-type: none"> • Megan Ervin 	
<u>Mental Health Board</u>	<u>Education Field</u>	<u>Spiritual/Faith Base Groups</u>
<ul style="list-style-type: none"> • Kathleen Garabed • Natasha Uhlik-Slebiss 	<ul style="list-style-type: none"> • Phoukam Paul Sinpraseuth • Natasha Uhlik-Slebiss 	<ul style="list-style-type: none"> • Rachel Frauenholz • Francisco Alvarez
<u>Native American</u>	<u>Hispanic</u>	<u>Hmong</u>
<ul style="list-style-type: none"> • Rachel Frauenholz • Natasha Uhlik-Slebiss 	<ul style="list-style-type: none"> • Francisco Alvarez 	<ul style="list-style-type: none"> • Melanie Vang
<u>Lao</u>	<u>Cambodian</u>	<u>African American</u>
<ul style="list-style-type: none"> • Phoukam Paul Sinpraseuth 	<ul style="list-style-type: none"> • Nelson Tav 	<ul style="list-style-type: none"> • Letha Hall • Maureen Hunter
<u>Veteran</u>	<u>New/Single Mother</u>	<u>Individual Experiencing job Loss</u>
<ul style="list-style-type: none"> • Jerry Silva • Nelson Tav 	<ul style="list-style-type: none"> • Letha Hall 	<ul style="list-style-type: none"> • William Lemus • Letha Hall
<u>Consumer/Family Advocacy Group</u>	<u>Patient Rights Advocate</u>	<u>Legal Counsel</u>
<ul style="list-style-type: none"> • William Lemus 	<ul style="list-style-type: none"> • William Lemus 	<ul style="list-style-type: none"> • Afredo Cuellar
<u>Cultural Diversity Committee</u>	<u>LGBTQ</u>	<u>Other</u>
<ul style="list-style-type: none"> • Connie Cha, PhD 	<ul style="list-style-type: none"> • Paul Sinpraseuth 	<ul style="list-style-type: none"> • Francisco Alvarez

Advisory Council Members

Name	Phone Number	Email
William Flores-Lemus	(559) 237-7686	williamfloreslemus@hotmail.com
Megan Ervin	559) 600-6834	meervin@co.fresno.ca.us
Kathleen Garabed	(559) 593-5838	kathleengarabed@yahoo.com
Natasha Uhlik-Slebiss, RD	(559) 269-9987, or (559) 336-9303	tashrd4organic@gotsky.com
Phoukham Paul Sinpraseuth	(559) 375-6529	psinpraseuth@fcoe.org
Rachel Frauenholz	(559) 338-3150, or (559) 908-3105	Reikiby Rachel@aol.com
Francisco Alvarez	(559) 519-4109	casadelcurandero@gmail.com
Melanie Vang	(559) 487-4314, or (559) 283-6813	mvang@seiu-uhw.org
Jerry Silva	(559)255-6100, ext 3710, or (559)515-1198	Jerry.Silva2@va.gov
Letha Hall	(510) 887-5910, or (510) 367-2991	letha.n.hall@gmail.com
Maureen Hunter		tattymo59@yahoo.com
Dr. Alfredo Cuellar	(559) 263-1076, or (559) 940-3565	alfredo.cuellar@fresnoeoc.org
Dr. Connie Cha	(559)600-6838	cocha@co.fresno.ca.us
Nelson Tav	(559) 681-9939	nelsontav@yahoo.com

Attachment D: List of Practitioners Identified and Engaged

#	Last Name	First Name	Address	City	Zip Code	Home Phone	Cell Phone	Email Address	Ethnicity	Profession/Specialty
1	Nunes	Donna	1617 E Saginaw Suite 108	Fresno	93704		559 230-2506	dnunes@kingsview.org		Kings View Blue Sky, she is a mental health specialist and she helps keep the center running. We are going to collaborate with her on some art and stress reduction. She is good referral source for sending mentally ill clients to have things to do.
2	Granger	Lori	659 W. Shaw Ave	Fresno	93704	559 228-0099		Lori@TheCenterForMindfulness	Caucasian	The Center for Mindfulness, I have referred several people to her for more meditation practice and some therapy
3	Alvarez	Francisco	1474 Van Ness	Fresno	93728	559 869-8890		www.casadelcurandero.com	Hispanic	Tai Chi of Fresno and Casa Del Curandera, came to do a presentation for both Reiki and Tai Chi. I have recommended both to students at Fresno State after the Meditation Class on March 2, 2013
4	Guevara	Jerry	120 North M. Street	Tulare	93274			jerryguevaraamvets@gmail.com		Team Amvets Department of California, He was interested in his team taking mental health first aid and I sent him the application.
5	Phanco	Tracee	3720 N. First Street	Fresno	93726					MFT Intern at Fresno family. I referred a family for therapy there when they called about their daughter being depressed.
6	Kaur	Simran					510 659-0900ex90		Punjabhi	Sikh Coalition advocacy manager. We engaged her to do a presentation here and also at Fresno Family, and future presentation at Spirit of Women and Children's Hospital. We have requests for Community Hospital
7	Herevia	Rosie	7435 n. Ingram Ave	Fresno	93711		559 309-8203	rherevia@fhn.org		Community Health Representative at The Consulado de Mexico-Fresno. We did a presentation at their office on Aroma Therapy and they would like us to come once a month to present other Holistic Health Habits (LILY)
8	Bloom	Jessica	5241 Maple	Fresno	93740		908-902-7546		Caucasian	Jessica teaches at Fresno State and I did a Meditation lecture as well as how to use the holistic center as referral center for future therapists. She invited me to do another lecture in her 174 class next month
9	Garcia	Juan	255 Fulton Street	Fresno	93701		559 489-0520	jgarcia@fresnostate.edu	Hispanic	Integral Community Solutions Institute. We collaborated on a presentation at Buchanan High School Psychology students on the benefits of meditation
10	Shadrick	Jessica	1911 N. Helm Ave	Fresno	93727	5599201013		jessicas@cvsn.org		Parenting Education Coordinator. She invited me to the teen summit and other community events. She also set up an appointment with a parenting group co-coordinator to do a parent group
11	Westerlund	Dora	1444 Fulton St	Fresno	93721	559 222-8705		dwesterlund@fresnodbh.org	Hispanic	Fresno Area Hispanic Foundation. She helps people start their business and help them navigate the loans and banks and getting started in the business world. They have a business incubator to grow business.
12	De Maris	Yvette		Fresno				yvettedemaris@yahoo.com		She does massage and aroma therapy. She came to do an aroma therapy workshop and I have decided to incorporate it into my meditation sessions.
13	Romano	Xavier	5130 E. Clinton Way	Fresno	93727	559 253-2227	559 977-4706	xromano@alliant.edu	Hispanic	He is the Director of Campus. He is also interested in learning about some of the things that we have to offer
14	Hernandez	Maira	3720 N. First Street	Fresno	93726	559 229-3085			Hispanic	Fresno family Counseling Center Therapist

15	Keith Clark	Lisa	876 E. Decatur	Fresno	93720	559 9788567		ilibirty@aol.com		Special Education Specialist
16	Saldana	Miguel	5150 N. Maple Ave	Fresno	93740	559 3610996	5592787030	miguels@mail.fresnostate.edu	Hispanic	Student Veterans Organizations at Fresno State
17	Graves	Douglas	7170 N. Financial Drive 102	fresno	93720	559 449 2731				Clinical Psychologist that works with individuals, Couples and Group
18	Neer	Michael		Fresno		559 260 5237		mneer@tm.org		The Transcendental meditation Program
19	Gorden	Christy	1900 Mariposa Mall Suit 301	Fresno	93721			christy.gorden@fresnoec.org		EOC program manager Adolescent life program
20	Solano	Kathleen	1357 W. Shaw Ave 106	Fresno	93711	5594750854		Kathleen@Solano-LMFT.comcastbiz.net		Licensed Marriage and Family Therapist works with Children, Adolescents and Young Adults
21	Phakonekham	Diane	905 N. Fulton Street	Fresno	93278	5592682447	5592833842	dphak@bigs.org		Program Director
22	Xiong	Sunshine	920 S. Chance Ave.	Fresno	93702	559-761-4289			Hmong	psychic, card reader, illnesses predictor
23	Moua	Vam Pao								
24	Moua	Vam Pao	12682 W. C Street	Biola	93606	559-843-2043			Hmong	Shaman
25	Vue Vang	See	182 N. Echo Street	Fresno	93701	559-577-2950			Hmong	Shaman
26	Lee	Xiong		Fresno		559-486-5851			Hmong	Shaman
27	Vang	Pa	2416 White Apt. D	Fresno	93701	559-348-3758			Hmong	Shaman
28	Moua	Shee	4027 E. Courtland Ave	Fresno	93726	559-229-2511			Hmong	Shaman
29	Yang	Marry	619 Thesta Street	Fresno	93701	559-268-2328			Hmong	Shaman
30	Lao	Mai Lee	12640 W. A Street	Biola	93606	559-259-7485			Hmong	Shaman
31	Yang	May Moua	4568 E. Turner Apt. B	Fresno	93702	559-704-7843			Hmong	Shaman
32	Yang	Ge	4669 E. Grant Ave	Fresno	93702	559-519-9176			Hmong	Shaman
33	Vang	Kia	4861 E. Kings Canyon Rd.	Fresno	93727	559-274-5740			Hmong	Shaman
34	Yang	Dao	5157 W. Mission	Fresno	93722	559-301-6135			Hmong	Shaman
35	Thor	Cha Xiong		Fresno		559-696-6463			Hmong	Shaman
36	Thao	Pa Kou		Fresno		559-261-5170			Hmong	Shaman
37	Lor	Nao Yeng		Fresno		559-313-4293			Hmong	Shaman
38	Thao	Seng		Fresno		559-417-8595			Hmong	Shaman
39	Thao	Pao		Fresno		559-417-8595			Hmong	Shaman
40	Fang	Soua		Fresno		559-930-2018			Hmong	Shaman
41	Lee	Mor		Fresno		559-720-2058			Hmong	Shaman
42	Lee	Nkauj Neeb		Fresno		559-970-5309			Hmong	Shaman
43	Lo	Bob		Fresno		559-313-4293		bobynglo@live.com	Hmong	Shaman
44	Yang	Steve	2318 S. Pierce	Fresno	93725	559-456-0235			Hmong	Shaman
45	Xiong	Soua Mai		Fresno		559-225-1290			Hmong	Shaman
46	Thao	Yee		Fresno		559-600-5036			Hmong	Shaman
47	Yang	Vang	264 W. Roy Ave	Fresno	93706	559-486-5031		vang_yang09@yahoo.com	Hmong	Shaman
48	Kelly	Monica					559 244-1608	monica.kellylifebalance@gmail.com		License Marriage and Family Therapist, Senior Yoga instructor
49	Alvarez	Francisco					559 549 3989	casadelcurandero@gmail.com	Latino	Reike Master, Traditional Healer
50	Banuelos	Elda	6276 N.							

51	Phal	Phan	4832 E. Florence	Fresno	93725	559-252-5866			Khmer	Astrology: fortune teller; Traditional Healer
52	Om	Pin	4844 E. White	Fresno	93727	559-454-1318			Khmer	Astrology: Traditional Healer and Fortune teller
53	Keo	Sary	3066 E. North Ave	Fresno	93725	559-233-9951			Khmer	Buddhist Hmong: water blessing and Fortune Teller

Holistic Cultural and Education Wellness Center

Attachment E: List of Activities, Education and/or Training Sessions Conducted Since Implementation of the HCEWC Contract

Main Center			
Name of Session/Activity	Description of Activity	Date(s)/Day of the Week	# of Participants
Meditation Session	Cultural Broker conducted a meditation session for a senior group at Woodward Park	9/28/2012	20
Mental Health First Aid	Conducted Mental Health First Aid Classes where staff and consumers learned of signs and symptoms of mental illness and how to appropriately access and aid individual in need of services during emergency situation	10/17&18/2012	5
		11/1&2/2012	13
		11/29&30/2012	11
		12/26&27/2012	6
		4/21&22/2013	12
Indigenous Healing Workshop	Hosted a Native Indigenous workshop where consumers and staff learned about Indigenous Healing and benefits of Indigenous Healing	10/17/2012	25
Transcendental Meditation Workshop	Hosted a Transcendental Meditation Workshop where consumers and staff learned about Transcendental Meditation and benefits of Transcendental Meditation	11/26/2012	18
Depression and Anxiety Workshop	Cultural Broker conducted a Depression and Anxiety Workshop at the 4 th Annual Migrant Women Retreat	11/17/2012	45
Diaz de los Muertos	Hosted a “Diaz de Muertos” – Day of the Death where consumers and staff can offer goods to the deaths	11/2/2012	23
Yoga Workshop	Hosted a Yoga Workshop where consumers learned about various types of Yoga and benefits of Yoga	11/13/2012	16
Meditation Workshop	Cultural Broker conducted a Meditation Session at the Heritage for County staff	11/15/2012	N/A
Hmong Shaman Presentation	Hosted a Hmong Shaman information/education session where staff and clients learned about Hmong Shaman and shaman rituals and benefits of Hmong Shaman	11/15/2012	15
Teen Parenting Workshop	Co-hosted a Teen Parenting Workshop at the Central Valley Regional Center for clients and staff of local providers	11/11/2012	N/A
Child Neglect Workshop	Co-hosted a Child Neglect Workshop at Westside Family Preservation for clients	11/29/2012	N/A

Tai Chi Workshop	Hosted a Tai Chi Workshop where consumers and staff learned about Tai Chi and benefits of Tai Chi	12/8/2012	N/A
Ayurvedic Medicine Information Session	Hosted an Ayurvedic Medicine information/education session where staff and clients learned about Ayurvedic Medicine and benefits of Ayurvedic Medicine	12/12/2012	N/A
Hmong New Year	Hosted a Hmong New Year Celebration at the Holistic Center	12/15/2012	Approximately 200
Healthy Cooking	Hosted Healthy Cooking where consumers learned about healthy eating	1/16/2013 1/22/2013	9 17
Healing Arts & Crafts	Hosted a Healing Arts & Crafts session consumers were engage in making arts and crafts	1/19/2013	20
Reiki Workshop	Hosted a Reiki Workshop where consumers and staff learn about Reiki and benefits of Reiki	1/19/2013	23
Stress Reduction Workshop	Cultural Broker conducted a Stress Reduction Workshop where clients learned of ways to reduce and/or cope with stress	1/18/2013	21
Hmong Cultural Presentation/Workshops	Conducted five (5) Hmong 101 Workshops where clients learned about Hmong and Hmong Culture	1/8/2013 1/9/2013 1/16/2013 1/18/2013 1/19/2013 1/26/2013	Avg of 20/session
Khmer Cultural Presentation/Workshop	Conducted a Khmer 101 Workshop where consumers and staff learned about Cambodian and Cambodian Culture	1/25/2013	15
Sikh Presentation	Conducted two (2) information/education presentations about Sikhs - where staff and clients learned more about Sikh and Sikh Culture	1/9/2013 1/19/2013	Avg of 15/session
Self-Injury Workshop	Hosted a Self-injury Workshop where staff learned about Self-injury (what it is?) and best practices for staff to serve this population	1/24/2013	13
Meditation Session	Staff conducted a meditation session at Fresno Community Hospital for hospital staff	1/4/2013	N/A
Meditation Session	Cultural Broker conducted a meditation session at the Heritage for County staff	1/8/2013	N/A
Meditation Session	Cultural Broker conducted a meditation session at the Disability Office at 2550 Mariposa for staff	1/23/2013	N/A
Meditation Session	Cultural Broker conducted a meditation session at the Disability Office at 855 M Street for staff	1/31/2013	N/A

Movie Night	Hosted a Movie Night where consumers came with their family and watch movie together. This is an effort to promote the Holistic Center as well as promoting family unity (spending quality time with family).	1/15/2013	9
Community Donation Give-A-Way	Cultural Brokers give-a-way donated clothing and household items to underserved and un-served consumers. This is a promoting activity, where consumers are informed about the Holistic Center and activities at the Holistic Center.	1/5/2013	50
Wacky Wellness	Launched a “Wacky Wellness” where children/youth participate in healthy and educational activities	1/30/2013	N/A
Chronic Illness Support Group	Hosted a Chronic Illness Support Group in the satellite office in Parlier	Every Wednesday	N/A
Family Talk	Hosted and facilitated a Family Talk session where consumers shared and discussed their issues and feelings and received support from each other	1/25/2013	N/A
Black History Presentation	A presentation on Black History	2/1/2013	15
Interpersonal Communication Skills Workshop	Interpersonal Communication skills as a way to reduce stress in the workplace	2/1/2013	6
Healing Dance	Hosted weekly Cambodian Healing Dances at the Holistic Cultural and Education Wellness Center where consumers expresses their emotion and feeling through Cambodian Dance	Every Monday and Friday of the week	Avg 15
Placticando Entre Amigas	Hosted and facilitated weekly Peer Support Group for Latino Women, where participants shared and discussed their feeling and/or issues and received support from each other	Every Wednesday of the week	Avg 16
Lets Move	Healthy Exercises, including Zumba, Yoga, and other Cardio Activities	Every Tuesday, Wednesday, and Friday of the week	Avg 20
Out of School Youth	Hosted a peer support group for Hmong out of school youth at the Holistic Cultural and Education Wellness Center	Every First and Third Friday of the month	Avg 5
Six Week Chronic Illness Support Group	The focus of this group was to provide emotional support for individuals dealing with complications from asthma and chronic obstructive pulmonary disorder.	2/6/2013 2/14/2013 2/20/2013	
Anxiety and Aging Presentation	A presentation on anxiety and aging	2/8/2013	12
Stress, Depression and Interpersonal	A workshop on stress, depression, and interpersonal communication skills	2/23/2013	16

Communication Skills Workshop			
		2/2/2013	20
		2/10/2013	25
		2/12/2013	9
		2/13/2013	16
Healing Arts and Crafts	Hosted a series of Healing Arts and Crafts Activities at the Holistic Cultural and Education Wellness Center	2/14/2013	12
		2/16/2013	19
Movie Night	Hosted a Movie Night for consumers to watch movie and spend time with family members	2/7/2013	26
Coffee Hour	Hosted a Coffee Hour for Cambodian Clients at the Holistic Cultural and Education Wellness Center to increase awareness	2/9/2013	8
Healing Arts and Crafts at the Lao Temple	Arts and crafts activities at the Lao Temple	2/10/2013	25
African Americans Cultural Diversity	Hosted a workshop on African American Cultural Diversity at the Holistic Cultural and Education Wellness Center for staff, professional and clients	2/11/2013	40
Healthy Cooking	Healthy Cooking education and demonstration	2/12/2013	13
Game Night	Hosted game night for clients to have fun and spend time with family members	2/14/2013	6
		2/28/2013	7
Khmer Cultural Presentation	Staff conducted a Khmer Cultural presentation for Spirit of Women	2/20/2013	13
Stress Management	Staff conducted a presentation on Stress Management with Freemont Elementary School Coffee Chat	2/22/2013	17
		2/20/2013	5
		2/22/2013	15
Indigenous Healing		2/26/2013	13
Depression and Anxiety Workshop	Staff conducted a workshop with Firebaugh-Las Deltas Migrant Parent Mini-Conference on Depression and Anxiety	2/23/2013	67
Depression and Anxiety Workshop	Staff made a presentation on Depression and Anxiety with Migrant Parent at Firebaugh	2/23/2013	21
Depression and Anxiety Workshop	Staff made a presentation on Depression and Anxiety with Migrant Parent at Caruthers	2/27/2013	16
We Ain't Crazy Workshop	A workshop on African American Culture and History	2/28/2013	56

Healing Dance	Hosted a weekly Cambodian Healing Dances at the HCEWC, where participants expressed their emotion through physical movements and expressions.	Every Monday and Friday of the week	Avg 15
Placticando Entre Amigas	Hosted and facilitated a Peer Support Group for Women at the HCEWC, where women in the surrounding area can come and discuss their issues and receive support from each other.	Every Wednesday of the week	Avg 16
Lets Move	Hosted and facilitated “Let Move” - Healthy Exercises, including Zumba, Yoga, and other Cardio Activities	Every Tuesday, Wednesday, and Friday of the week	Avg 12
Essential Oils Presentation	Topic: Essential Oils	March 1, 2013	10
Presentation	Topic: Holistic Center and its Activities Presented to: Staff and interns of Focus Forward at the Juvenile Justice Campus. Focus Forward is a non-profit organization that works to help at-risk youth.	March 1, 2013	14
Stress and Depression Presentation	Topic: Stress and Depression The presentation was on signs and symptoms of stress and depression	March 8, 2013	12
Presentation	Topic: Holistic Center and its Activities Presented to Centro la Familia Advocacy Services staff and interns.	March 11, 2013	20
Presentation	Topic: Holistic Center and its Activities Presented to: Staff of the Parlier Jr. High School	March 11, 2013	16
Support Group	Support group for persons dealing with chronic illness; assistance is also provided with navigating medical appointments/paperwork.	March 12, 2012	5
Presentation	Topic: The Effects of Second Hand Smoke This presentation was conducted by a representation of Fresno County Economic Opportunities Commission.	March 14, 2013	10
“Melancholia” Presentation	Topic: “Melancholia” (Melancholy) This presentation was presented by the Perinatal Mental Health specialist of Centro la Familia and focused on depressive symptoms related to pregnancy, menstruation, and menopause.	March 15, 2013	10
Out of School Youth	Hosted a peer support group for Hmong out of school youth at the Holistic Cultural and Education Wellness Center	Every First and Third Friday of the month	Avg 5
Healing Arts and Crafts	Hosted a series of Healing Arts and Crafts Activities at the HCEWC, where consumers/participants are engaged in making arts and crafts to help reduce stress and are informed with in coping and / or renewal skills.	3/25/2013 3/27/2013 3/28/2013	14 22 12

Movie Matinee	Hosted a Movie Matinee for consumers at the Satellite office in downtown to increase awareness about services.	3/14/2013	19
Coffee Hour	Hosted a Coffee Hour for Cambodian Clients at the HCEWC to increase awareness	3/23/2013	12
Healing Arts and Crafts with Edison H.S. Women Alliance	Off-site Healing Arts and crafts with the Edison High School Women Alliance	3/20/2013	18
EMDR Workshop	Hosted an Eye Movement Desensitization Reprocessing Workshop	3/25/2013	12
Transgender Workshop	Hosted a Transgender Workshop where participants were informed about in Transgender Cultures.	3/26/2013	5
Healthy Cooking	Healthy Cooking education and demonstration	3/14/2013	14
Game Night	Hosted game night for clients to have fun and spend time with family members	3/14/2013	14
Khmer Cultural Presentation	Staff conducted a Khmer Cultural presentation for Spirit of Women	2/20/2013	13
Stress Management	Staff conducted a presentation on Stress Management Parlier Unified School District, Junior High School	3/13/2013	22
Stress Management	Staff conducted a presentation on Stress Management to Tehipite Middle High School	3/6/2013	18
“I Am Not My Hair” Workshop	Hosted an workshop at the HCEWC to inform participants about the Black Cultures and the Hair	3/27/2013	10
Essential Oils/HCEWC	An education session on the benefits of essential oils	3/5/2013	10
Indigenous Healing Practice at Parlier Satellite Office	An education session on Indigenous Healing Practice	3/8/2013	6
Indigenous Healing Practice at HCEWC	An education session on Indigenous Healing Practice	3/8/2013	23
Indigenous Healing Practice at Community Regional Hospital	An education session on Indigenous Healing Practice	3/21/2013	13
Indigenous Healing Practice at HCEWC	An education session on Indigenous Healing Practice	3/22/2013	6
Meditation	An education session on the benefits of Meditation	3/27/2013	1

Indigenous Healing Practice at Fresno Pacific University	An education session on Indigenous Healing Practice	3/28/2013	24
Indigenous Healing Practice at Self-Esteem Native Indian. Std	An education session on Indigenous Healing Practice	3/28/2013	5
How to Love Yourself Presentation	Topic: “Como Querease a Si Mismo” (How to Love Yourself).	March 15, 2012	10
Facilitated Discussion	Topic: “Es Dificil Ser Mujer” (It is Difficult to be a Woman)	March 15, 2012	10
Support Group	Support group for persons dealing with chronic illness; assistance is also provided with navigating medical appointments/paperwork.	March 19, 2012	3
Conference	Holistic Center information was shared at the Headstart Pre-school Migrant Conference	March 19, 2012	40
Presentation	Topic: The Dangers of Smoking This presentation was conducted by a representation of Fresno County Economic Opportunities Commission.	March 20, 2013	60
Presentation	Topic: “Que ha Hecho la Mujer?” (What Have Women Done/Contributed?) –a presentation celebrating the accomplishments of women throughout history in honor of Women’s History Month.	March22, 2013	15
Support Group	Support group for persons dealing with chronic illness; assistance is also provided with navigating medical appointments/paperwork.	March 26, 2013	4
High Risk Behavior Presentation	Presentation Topic: High Risk Behaviors Presented to: Parlier parents; highlighted behaviors that could increase the risk of their children dropping out of school.	March 27, 2013	59
Stress and Depression Presentation	Topic: Stress and Depression Presentation conducted by a licensed Marriage and Family Therapist	March 28, 2013	50
Wacky Wellness (Wellness Activities for kids)	Presentation Topic: Taking care of yourself This presentation was given to a group of kids in Parlier and highlighted different ways to staying healthy and clean. The activity consisted of decorating cupcakes with the theme of earth day, teaching kids the importance of taking care of our Earth.	March 29, 2013	92
Women’s Health Workshop	Hosted a workshop on Women’s Health	3/19/2013	10

Lao and Khmer New Year Celebration	Hosted a Lao and Khmer New Year Celebration at the Holistic Center	4/5/2013	Approximately 250
Mindful Meditation Workshops	Two workshops on mindful meditation	4/22/2013 4/25/2013	45 25
Love Languages Presentation	Presentation/Workshop on Love Languages	4/24/2013	12
Native American Story-Telling	Story teller provided cultural context of stories in Native American life in relationship to healing	4/22/2013	20
Ethno-Psychopharmacology Training	Ethnic dimension of psychopharmacology in prescription, impact, effect, diagnosis presented by Herb Cruz, MD	4/26/2013	55
Support Group Meetings	Chronic Illness	Every Tuesday of the week	4
Presentation	Mental Health Services: How can they benefit an individual's wellbeing?	4/2/2013	40
Spring Fling	Hosted a "Spring Fling" at the Downtown Satellite Office	4/6/2013	11
Workshop with Youth Council	How to Reach Your Dreams (Career Building Skills)	4/11/2013	4
Coffee Time	Hosted a "Coffee Time at the Downtown Satellite Office to draw residents/consumers in the area to visit the office and learn of services available at the Holistic Center.	4/12/2013	10
Bullying Presentation	Staff conducted a presentation on bullying at "Back to School Night" at John C. Martinez Elementary School	4/17/2013	15
Clothing Give Away	Staff give away donated clothing at the Downtown Satellite Office	4/24/2013	32
Rainbow Tower (District) Walk	Hosted a "Rainbow Tower Walk" at the Tower District	4/27/2013	8
Depression/Anxiety Presentation	Staff conducted a presentation on Depression/Anxiety with parents at Parlier Jr. High School	4/30/2013	17
Healthy Cooking	Demonstration/ information sessions on healthy cooking and the benefits of healthy eating	4/11/2013 4/25/2013	18 22
Movie Night	Hosted 2 "Movie Night" where consumers spent quality time with their family	4/4/2013 4/18/2013	8 9
Healing Arts and Crafts Workshops	Healings Arts and Crafts Workshops as a social support activity and a tool to reduces stress/anxiety	4/5/2013 4/10/2013 4/29/2013	9 19 25

Healing Dance	Hosted Cambodian Traditional Dance sessions as social support, stress/anxiety reduction activity	Weekly	20 Avg.
Khmer Culture Presentation & Arts Show	Hosted a Khmer Culture Presentation & Arts Show	4/12/2013	103
Let's Move	Hosted healthy Exercises; including Yoga, Zumba, and other Cardio Exercises	Every Tuesday and Wednesday of the week	20 Avg
Let's Talk	Hosted a weekly "Let's Talk" session as a social support activity where consumers can share and discuss their issues with each other	Every Wednesday	27 Avg.
Indigenous Healing Practices	Conducted three (3) information sessions to inform and educate consumers about Indigenous Healing Practices	4/19/2013	8
		4/29/2013	9
		4/30/2013	3

Outreach Activities	
Date	Place or Name of Event
9/8/2012	SEIU-UHW Meeting at the HCEWC – HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population
9/15/2012	Family Resource Fair at a Lao Temple – HCEWC staff set up an informational booth, passed out information about HCEWC and conducted demographic/needs assessment survey.
9/24/2012	Hmong Youth Fashion Show at Fresno Center for New Americans – HCEWC staff set up an informational booth, passed out information about HCEWC and conducted demographic/needs assessment survey.
9/29/2012	Annual Regional Migrant Parent Conference - HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population.
10/3/2012	Five Points Unified School Parent Meeting - HCEWC staff made a PowerPoint presentation informing participants about the

	HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey.
10/11/2012	Helm Elementary School After School Program Parent Meeting - HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey.
10/11/2012	San Joaquin Elementary School After School Program Parent Meeting - HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey.
10/11/2012	San Joaquin Elementary School After School Program Parent Meeting - HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey
10/11/2012	Teen Parenting Training – HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey.
10/12/2012	Golden Bowl Super Market - HCEWC staff set up an informational booth, passed out information about HCEWC and conducted demographic/needs assessment survey.
10/15/2012	Cambodian Temple - HCEWC staff set up an informational booth, passed out information about HCEWC and conducted demographic/needs assessment survey.
10/20/2012	Fresno Unified School District Parent University Parent Teacher Conference (October 20, 2012) - HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey.
10/20/2012	SEIU-UHW Members Meeting - HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey.
10/25/2012	HCEWC Inaugural Opening (October 25, 2012) - HCEWC staff set up an informational booth, passed out information about

	HCEWC and conducted demographic/needs assessment survey.
10/27/2012	Mendota Red Ribbon - HCEWC staff set up an informational booth, passed out information about HCEWC and conducted demographic/needs assessment survey.
11/1/2012	Coalinga-Huron Joint Unified School District Migrant Parents Advisory Council Meeting - HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey
11/14/2012	AP Psychology at Buchanan High School – HCEWC Staff conducted a meditation workshop and conducted demographic/needs assessment survey
11/17/2012	4 th Retino Annual Regional De Madnes “CEMA Project” - HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey
11/27/2012	Youth Empowerment Workshop - HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey
11/29/2012	Westside Family Preservation - HCEWC staff made a PowerPoint presentation informing participants about the HCEWC and facts about mental/behavioral health related issues of the underserved and un-served population, and conducted demographic/needs assessment survey
10/1-3/2012	The Big Fresno Fair – Leveraged with the Big Fresno Fair to connect and introduce HCEWC to consumers whereas free tickets were given to low-income consumers to enjoy a family-friendly event
Last week of October 2012	Red Ribbon Week (Last Week of October 2012) – YCA staff set up an informational booth, passed out information about HCEWC and conducted demographic/needs assessment survey.
11/10-12/2012	Annual Marian Corp Ball - Sponsor of the event where over 400 individual participate and over 200 HCEWC brochures were distributed. In addition, YCA also made a presentation to 32 members of the Clovis Young Marine
12/10/2012	Appeared as guest at a Laotian TV program at Hmong TV Network and talked about activities and services at the Holistic Cultural and Education Wellness Center
12/15/2012	Sponsored “A Night In Laos” event at Fresno City College and distributed approximately 100 HCEWC fliers
12/20-22/2012	Toys 4 Tots – Distributed Toys and provided HCEWC program information to approximately 300 families
12/26-28/2012	HCEWC staff set up an informal booth and passed out fliers on HCEWC and conducted demographic surveys.

	Distributed over 500 fliers and conducted 149 demographic surveys
12/26/2012	HCEWC staff participated in the Hmong New Year Parade – Staff carried HCEWC banner and walked through the Hmong New Year. As we walked by the stage, where approximately 3,000 participants, including VIP guests, the narrator read a short informational sheet about the Holistic Cultural and Education Wellness Center
12/4/2012	Khmer Temple – HCEWC staff conduct an informational presentation about the Holistic Cultural and Education Center to 45 individuals
12/6/2012	Stoney Brook Apartments – With permission from the Manager of the Stoney Brook Apartment, HCEWC staff distributed over 200 HCEWC fliers to the residents of the Stoney Brook Apartments
12/10/2012	Asia Super Market – With permission from the owner, HCEWC staff set up a booth and handed out over 100 HCEWC fliers to shoppers
12/10/2012	Vallarta Market - With permission from the owner, HCEWC staff set up a booth and handed out over 50 HCEWC fliers to shoppers
2/1/2013	Information presentation with Pan Valley Institute's Meeting
2/2/2013	Information booth at Reedley College Campus 3rd Annual "Padre Como Companeros" Conference
2/3/2013	Information booth at Lao Temple's Celebration of Giving Thanks to Rice
2/5/2013	Door to door outreach in the Westside area of Fresno
2/11/2013	Appeared at KBIF 900AM Radio and talked about services/activities at the Holistic Cultural and Education Wellness Center
2/12/2013	Information presentation at Cultural Arts Rotary
2/13/2013	Information presentation at Mexican Consulate
2/20/2013	Networking and information sharing with Wounded Warriors Program
2/23/2013	Information presentation with Fresno Community College Game/Activities
2/23/2013	Information booth at Body United at Manchester Center Mall
2/23/2013	Information presentation at Black History Month Event at Ella Brown Center
2/24/2013	Information presentation at a Cambodian Community Meeting
2/24/2013	Information booth at Lao Temple's Rice Festival
2/24/2013	Information presentation at a Cambodian Community Meeting

2/27/2013	Information presentation at Edison High School's Women Alliance Class
2/28/2013	Information/networking session at Connection Café
3/1/2013	Edison High School Women's Alliance Class
3/18/2013	Edison High School / Mother-Daughter Relationships
3/20/2013	EOC Health Services and Education, Safe Place Event
3/11/2013	Hmong USA TV
3/12/2013	Distributed Fliers at Sunnyside Pizza
3/15/2013	Distributed Fliers at Fresno Inter-denominational Refugee Ministry (FIRM)
3/18/2013	Distributed Fliers at Home Depot/FoodsCo Parking Lot
3/19/2013	Distributed Fliers at Asian Stores
3/22/2013	Information Presentation to Lao Dance Troupe at FIRM
3/25/2013	Distributed Fliers at Lao New Year Pageant Event at Radisson Hotel
3/22/2013	Information Booth at Manchester Center Farmer's Market
3/13/2013	Information Booth at Kerman Unified Migrant Mini-Conference
3/2/2013	Information Booth at Coalinga Unified Migrant Mini-Conference
3/16/2013	Information Booth at Sunnyside High School Health Fair
3/23/2013	Information Presentation at Fresno City College Club Game
2/24/2013	Information Presentation at a Cambodian Community Meeting
3/27/2013	Distributed over 50 Fliers at Mayor's Job Fair at Manchester Center
4/4/2013	Appeared live on KSEE 24 and shared with community about the Holistic Center and the Lao/Khmer New Year Celebration
4/12/2013	Information booth at the Khmer Culture Show in Fresno
4/13/2013	Information booth at the Lao New Year Celebration at the Lao Dhamma Sacca Temple in Fresno
4/13/2013	Information booth at the Khmer New Year Celebration at the Cambodian Temple in Fresno
4/22/2013	Information booth at Earth Day – "The Face of Change" at Fresno City College
4/27/2013	Information booth at the Southeast Fresno Community Health Fair
4/23/2013	Networking and passing of information at Fresno State Diversity Week
4/20/2013	Information presentation at a Parents Migrant Conference at Golden Plain School District
4/12/2013	Information presentation at the Latina Women's Conference
4/18/2013	Information presentation/networking at Mary Ella Brown Center

4/25/2013	Information booth at Fresno City College's "Gay Day"
4/22/2013	Information presentation at Children's Services Network on services/activities available at the Holistic Center.