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:

- Today’s webinar is recorded and is available on the Great Lakes ATTC webpage and the Great Lakes Current YouTube channel.
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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

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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

Response to Crisis and Challenges Experienced During COVID-19
Individual Level

Factors
• Acculturation
• Socioeconomic status (SES)

Challenges
• Mental health
• Cultural/ethnic identity crisis
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
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.
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SUMMARY
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Photo: iStock
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 kambob COVID-19 nov” (video) (Hennepin County, MN)

https://www.youtube.com/watch?v=j0jxlqpQ9GU&feature=share&fbclid=IwAR15L4lwXQrMw52L3k7tUDeXGHXB_b28pHHOqQMnDkQ1Yu9KpUSrc9HR3c

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

Hmong Language Resources cont.

3 Hmong TV News (Twin Cities) https://hbctv.net/ and https://www.youtube.com/channel/UCs6Jrb-GcbxfTwpNzF_uYQ
Suab Hmoob News (Milwaukee) https://shrdo.com/ and Suab Hmoob Broadcasting https://www.youtube.com/user/suabhmongradio


