

Asian and Pacific Islander
Behavioral Health
Collaborative
(APIBHC)
PROJECT FOCUS



Project FOCUS For Our Children's Ultimate Success

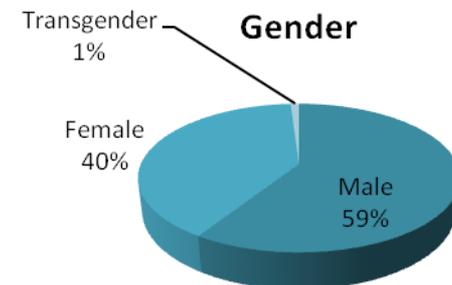
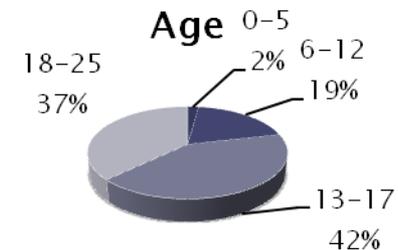
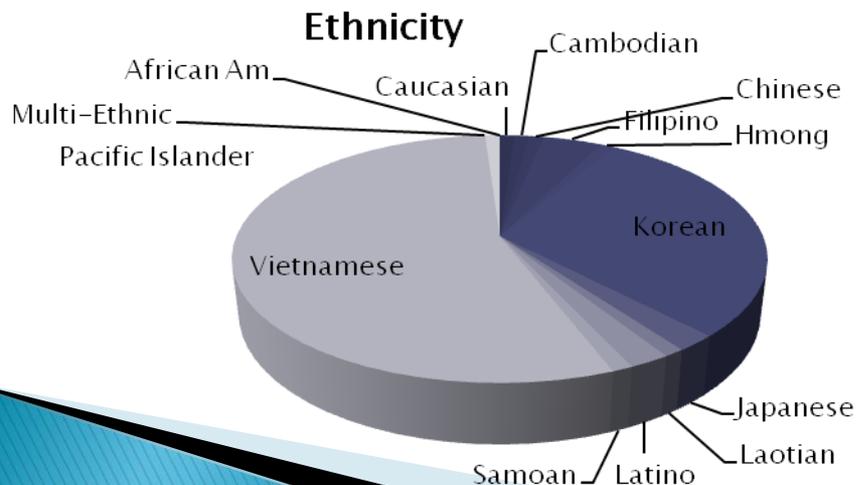
- ▶ Project FOCUS is a Full Service Partnership Wraparound program designed to serve the culturally and linguistically isolated Asian and Pacific Islander individuals and families in Orange County.
 - ▶ The program is a community-based, family-focused, client-centered program where individualized Client Service Plans are developed with participants and their families to address the needs and to improve their well-being.
 - ▶ The program supports children and transitional aged youth (TAY) between 0 to 25 years old (until 26th birthday), who have serious emotional disturbances or severe mental illnesses, utilizing a “whatever it takes” approach, with 24 hours a day/7 days a week assistance via phone or in person.
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Population & Demographics

- ▶ Over 95% of Project FOCUS' participants and/or their parents/ guardians had experienced cultural and linguistic barriers. Studies have shown that compared to proficient English speakers, people with limited English are less likely to seek help and receive needed services. Of those served by Project FOCUS, 45% of participants had limited English proficiency and 38% were monolingual in their native language. That percentage was significantly higher for the parents/guardians of the participants.

Ethnicity:

- ▶ Approximately 97% of participants served by Project FOCUS were Asian /Pacific Islander, with 55% of participants Vietnamese, 30% Korean, 4% Filipino, 2% Japanese, and 1% Hmong, Cambodian, Laotian, Pacific Islander, Samoan, and Chinese each. The remaining 3% were other ethnicities.



Services

- ▶ The program provides a full spectrum of community services needed to ensure the participants' success, which may include, but not limited to:
 - Individual and family counseling
 - Group Support
 - Intensive case management
 - Medication support
 - Benefits inquiry for low income families
 - Education and support for parents/legal guardians
 - Employment support
 - Education assistance
 - Housing assistance
 - Mentorship
 - Independent living skills training
 - Transportation

- ▶ Services are available at the following community-based organizations:
 - Korean Community Services (KCS)
 - Vietnamese Community of Orange County (VNCOC)
 - Orange County Asian and Pacific Islander Community Alliance (OCAPICA)

- ▶ Services are available in Vietnamese, Korean, Tagalog, Samoan, Cambodian, Chinese, Japanese, Hmong, and other Asian and Pacific Islander languages.

Cultural Challenges & Successes

- ▶ Cultural concerns with Asian and Pacific Islander Transitional Aged Youth
 - Immigration
 - Generational Gap
- ▶ Creative and Therapeutic Activities
 - Art, Music, Holiday Drives, Parents or Caregivers Appreciation Events & Cultural Celebrations
- ▶ Video: Asian and Pacific Islander Boy's Support Group
 - Boy's Support Group started as a casual gathering of teenage participants who needed improvement in areas of socialization.
 - Prior to the group, these teenage participants displayed withdrawal and isolative behaviors. The parents of the youth reported that their children had no friends, had no involvement during school or afterschool activities, showed low motivation, spent long periods of time alone in isolation, and even threaten suicide or self injury.
- ▶ Clinical Successes
 - Working through cultural issues revolving the stigma of having a mental health illness, shame with seeking help, and the embarrassment of having someone with a mental health disorder in the family.





Testimonials...

- ▶ *“I was scared, lived with friends from couch to couch, had no job, no home, and no family to turn to. I found Project FOCUS, a program that supported me emotionally, encouraged me to go to college, and helped me find employment. I found myself through this program and now I can say I’m happy- Thank you Project FOCUS for changing my life and giving me hope for a better future.”- J.G., 18 yr. old*
- ▶ *“I did not understand what you see in me, so you never left and I started to express all my stress and you understood my life was a mess...”- R.P., 19 yr. old*
- ▶ *“Thank you! You guys have helped me ever since I got out of the group home. I wouldn’t have made it very far in life without your support. I would probably be dead or in jail...” - A.H., 18 yr. old*
- ▶ *“Thank you for all your help through these past years. You help me find meaningful activities, schooling, and help me with my mental and physical health related issues. I now have an “I can do anything” attitude...” - L.T., 20 yr. old*
- ▶ *“Without you, we would be out on the streets. We really appreciate all the help you’ve extended to us” - C.B. Family*

