

WAPA

WELLNESS FOR ASIAN PACIFIC AMERICAN PROJECT

A PROJECT BROUGHT TO YOU IN PARTNERSHIP BY



ASIAN COUNSELING
and REFERRAL SERVICE



ICHS

International
Community
HEALTH SERVICES

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WAPA (Wellness for Asian Pacific Americans) Project - cohort 3



A person-centered, collaborative, culturally competent, community-based care system of primary health services, wellness education and activities for underserved, at-risk, limited English proficient (LEP) Asian Pacific American immigrants and refugees with a Serious Mental Illness.

In partnership with International Community Health Services, a primary care provider and Federally Qualified Health Center (FQHC).



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Accomplishments and Successes

Transformation from Mental Health Services to *Whole Health Services*.

- Mind and body working together.
- Day activities program is now Wellness Program.
- Exercise, movement, and dance are a part of all group activities.
- Care coordination includes Primary Care and all other needs.
- Over 500 clients participating in the project.



Accomplishments and Successes



- 20 different Wellness Groups: Tai Chi, Yoga, Asian Zumba, Ethnic-Specific Wellness groups (Mien, Lao, Samoan, Cambodian, Vietnamese), Elders groups, gardening groups, walking, Healthy Cooking, ping pong, traditional dance, and karaoke group.
- Dental Service through Mobile Dental Van from Medical Teams International.
- Diabetes-focused Wellness Groups.
- Focus on smoking cessation and establishment of a Tobacco-free campus.
- Acupuncture.



Challenges

- Consensus building with all involved;
- Creating workable workflows and logistics between Mental Health and Primary Care agencies;
- Increased workloads for MH Case Managers;
- Transformation of the MH Program to Whole Health Program;
- Electronic Health Record implementation.



Health and Service Outcomes

	At-risk at Baseline	Remained at-risk	Outcome Improved
Blood Pressure - Combined	54.1%	33.6%	26.6%
BMI	60.9%	53.6%	50.1%
Waist circumference	54.8%	45.5%	54.0%
Plasma glucose	52.9%	44.3%	37.9%
Tri-glycerides	50.0%	35.6%	44.1%

	Positive at Baseline	Positive at Reassessment	Outcome Improved
Healthy overall	32%	42%	21%
Functioning everyday	31%	50%	60%
No serious psychological distress	70%	87%	24%
Social connectedness	61%	79%	44%



Moving Forward

Sustaining the Project through-
more efficient delivery of primary care services and effective billing to cover the cost of PC services,

further integration of wellness components into mental health services, funded through our county's partially capitated system.



Words of Wisdom: Becoming a Whole Health Organization



Focus on Whole Health throughout the organization:

- Wellness for staff incorporated into Agency's strategic plan.
- Wellness information/education during monthly all-staff meetings.
- Integrate wellness into daily life at work
 - Vending Machines
 - Size of coffee
 - Healthy foods and snacks for staff
- Tobacco-Free Campus.



Words of Wisdom: How to develop a wellness group

1. Emphasize health and wellness rather than mental health;
2. Build wellness activities based on culturally relevant practices;
3. Promote social supports, connectedness, and community-building;
4. Offer health and wellness education in different languages and in a manner that can be easily understood and related to;
5. Encourage creativity in care managers as they develop culturally relevant wellness groups, and when acting as a facilitator, role model, and in community-building;
6. Most importantly, promote fun - have a party and have a blast!

■ ■ ■ November 2008



Words of Wisdom: Your MH Case Managers are the Key!

- Expand role of Mental Health Case Manager to a *Care Manager*.
- Support the development of linguistically accessible and culturally competent Care Managers.
- Care Managers act as cultural broker, consultant, health educator, lifestyle coach, interpreter, providing care coordination and case management. They motivate and inspire hope.
- Care Managers know the needs of their community and are empowered to development and facilitate ethnic-specific Wellness groups.

■ ■ ■ November 2008

