

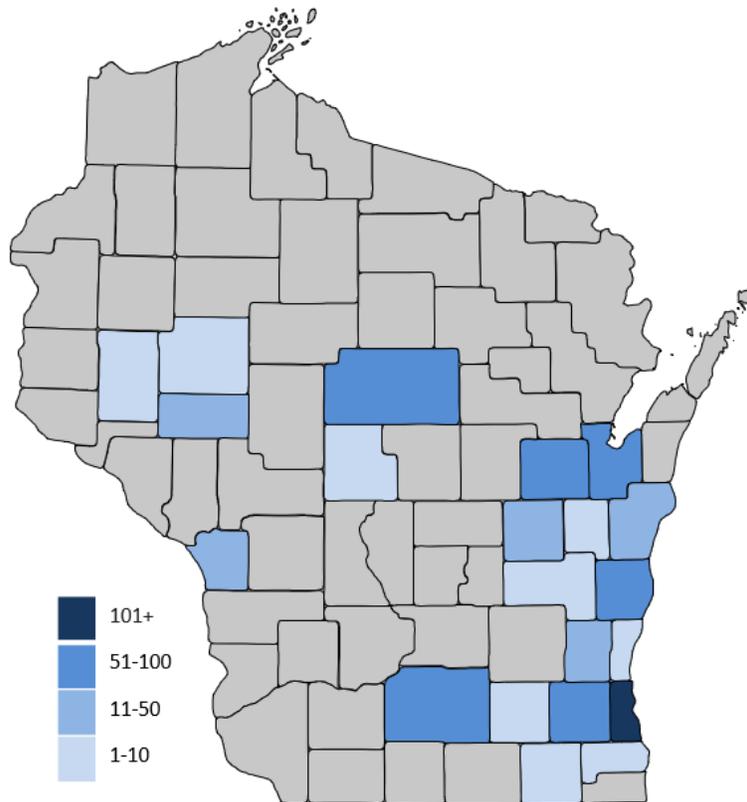


**HMONG AMERICAN
FRIENDSHIP ASSOCIATION INC.**
MILWAUKEE, WI. EST. 1983

2021 Wisconsin Hmong Behavioral Health Needs Assessment: Highlights

Through a grant from the Wisconsin Department of Health Services, the **Hmong American Friendship Association** worked with Center for Urban Population Health to create a survey (in both Hmong and English) that included questions about exposure to trauma, substance use, signs and symptoms of PTSD, depression and anxiety, and experience reaching out for, and/or receiving, behavioral health treatment.

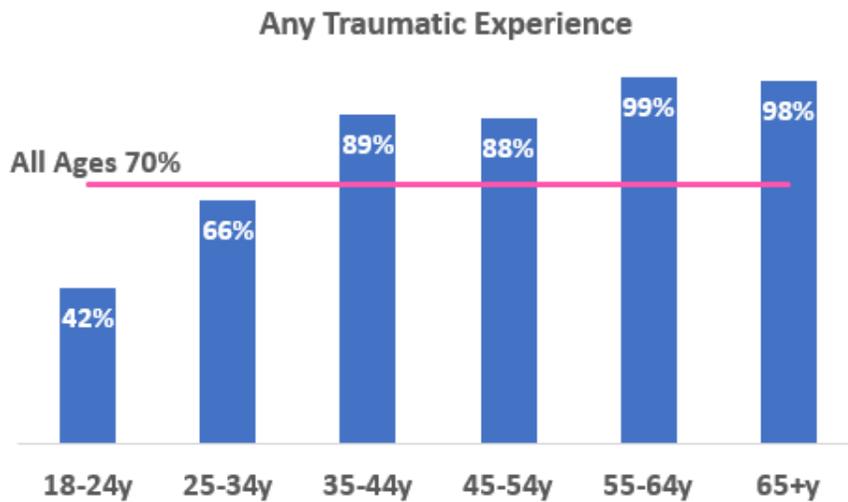
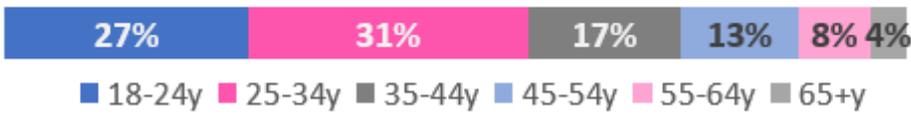
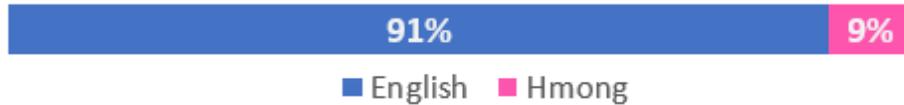
In just two months (August and September of 2021), we obtained **1,073 survey responses** from Hmong adults who live in Wisconsin!



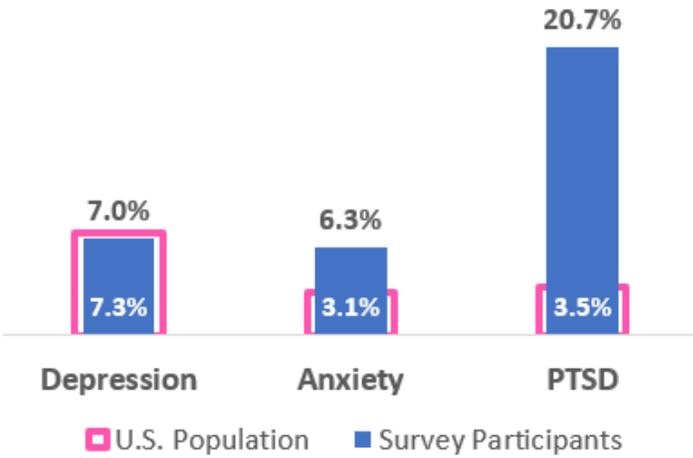
Number of Survey Responses by County

Among those who completed the surveys, the following were tracked:

- Survey language
- Gender
- Country of Birth
- Age

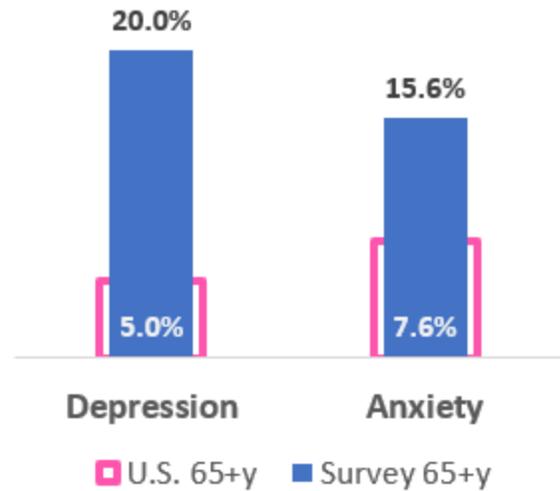


Almost all older Hmong adults reported that they have experienced at least one traumatic event in their lives.

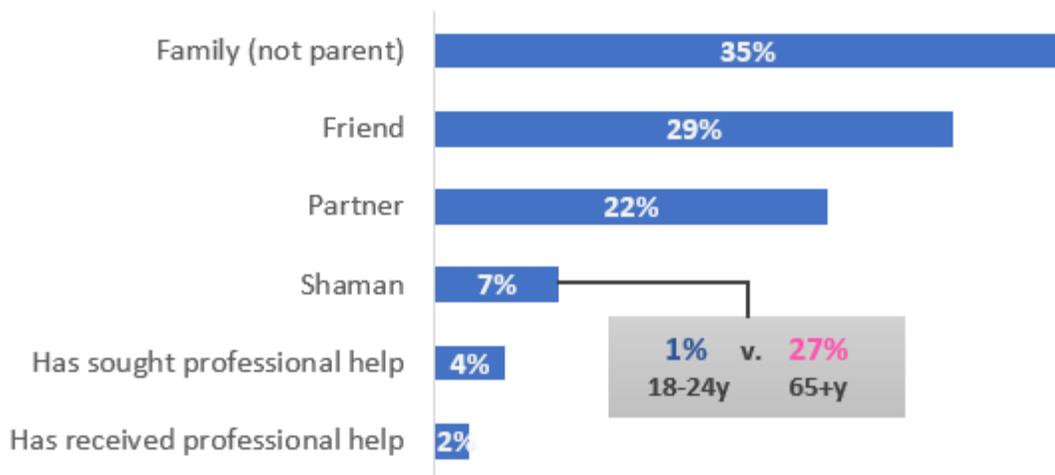


Depression and anxiety across all age groups correlated with higher use of substances, including alcohol, prescription medication, and illegal drugs.

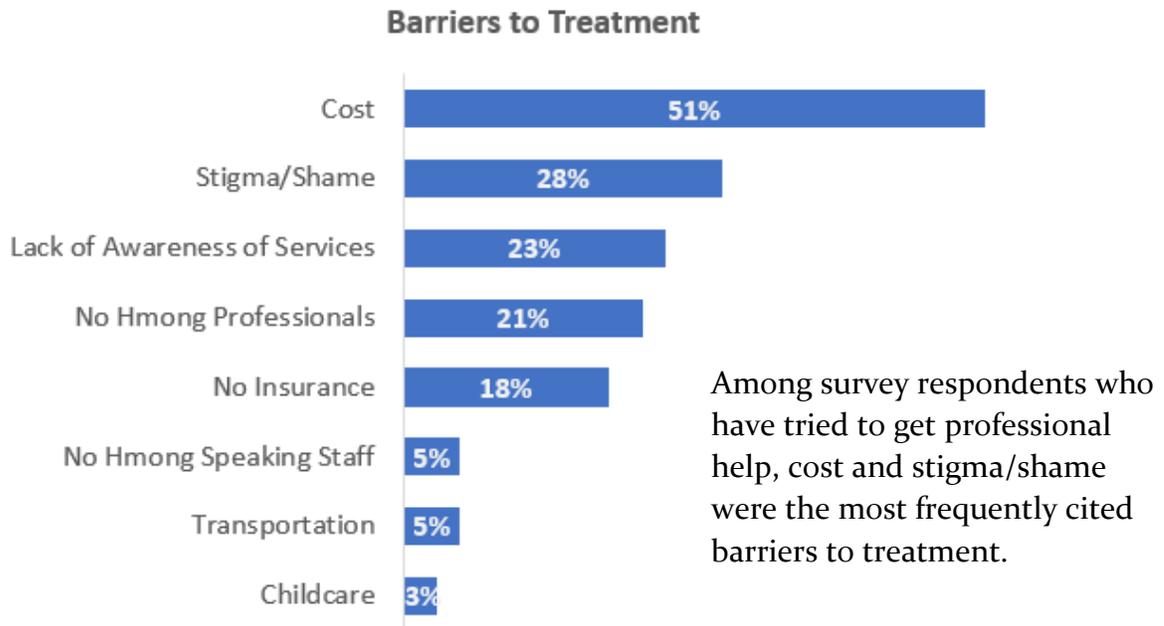
The frequency of depression and anxiety reported among Hmong elders, as compared to the entire over-65 population in the U.S., is especially noteworthy.



Sources of Emotional Support



As shown on the previous page, only a very small percentage of Hmong adults have received, or even sought, professional help for dealing with emotional issues. Barriers cited by survey respondents who tried to get help are listed below.



Survey respondents who reported seeing a professional for behavioral health services, reported the following:

- 60.9% *“They understood my problems or concerns.”*
- 45.5% *“They understood my culture and way of life.”*
- 69.6% *“They respected my culture and way of life.”*
- 73.9% *“It was easy for me to contact them when I needed to.”*
- 73.9% *“I would recommend these services to my family or friends.”*



The Hmong American Friendship Association is grateful to the Wisconsin Department of Health Services for funding this project and to the Center for Urban Population Health for its assistance in developing and carrying out this behavioral health needs assessment.

