From Inkling to Evidence: Filling the Hmong Data Gap through a Behavioral Health Needs Assessment

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Presenters

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Overview

• Hmong American Friendship Association (HAFA)
• Brief history of the Hmong people
• Why a behavioral health needs assessment?
• Survey development
• Participant recruitment
• Select results
• Use of findings & next steps

This project was funded by the State of Wisconsin Department of Health Services.
Hmong American Friendship Association

• Mutual assistance agency founded by and for Southeast Asian refugees in 1983.

• Mission: to improve the self-sufficiency of the Southeast Asian community and to preserve and share its culture throughout the Greater Milwaukee Area.
Hmong American Friendship Association

• Services provided include:
  • Translation/Interpretation Services
  • Employment Services
  • Sexual Assault Victim Services
  • Southeast Asian Food Pantry
  • Housing Counseling
  • Programs for Youth & Elders
A Brief History of the Hmong People
Why a behavioral health needs assessment?

- A nurse’s story
- Fill a data gap
- Develop and fund programs/services
- Support provider education
Developing the Needs Assessment Survey

1. Goals and priorities
2. Literature review
3. Iterative process with HAFA team
4. Pilot testing in Qualtrics
5. Translation and back translation
6. Item testing with HAFA staff
Developing the Needs Assessment Survey

• 61-items covering:
  • demographics
  • experiences of trauma
  • PTSD, depression, and anxiety signs/symptoms
  • substance use
  • coping strategies and emotional support
  • experience reaching out for, and/or receiving, behavioral health treatment

• Available in English and Hmong

Goal of 1,000 completed surveys
Participant Outreach and Recruitment

• Nyob Zoo Milwaukee TV social media
• One-on-one outreach
• Promoted by other Hmong-serving organizations and clan leadership
• Raffle to win $500 gift card

1,073 complete survey responses in 2 months!
Select Assessment Results

Any Traumatic Experience

- All Ages 70%
  - 18-24y: 42%
  - 25-34y: 66%
  - 35-44y: 89%
  - 45-54y: 88%
  - 55-64y: 99%
  - 65+y: 98%

Depression
- U.S. Population: 7.0%
- Survey Participants: 7.3%

Anxiety
- U.S. Population: 6.3%
- Survey Participants: 3.1%

PTSD
- U.S. Population: 3.5%
- Survey Participants: 20.7%

Depression
- U.S. 65+y: 5.0%
- Survey 65+y: 20.0%

Anxiety
- U.S. 65+y: 7.6%
- Survey 65+y: 15.6%
Select Assessment Results

Sources of Emotional Support

- Family (not parent): 35%
- Friend: 29%
- Partner: 22%
- Shaman: 7%

Has sought professional help: 4% (1% v. 27% 18-24y vs. 65+y)
Has received professional help: 2%

Barriers to Treatment

- Cost: 51%
- Stigma/Shame: 28%
- Lack of Awareness of Services: 23%
- No Hmong Professionals: 21%
- No Insurance: 18%
- No Hmong Speaking Staff: 5%
- Transportation: 5%
- Childcare: 3%
Select Assessment Results

Among respondents who reported seeing a professional:

45.5% “They understood my culture and way of life.”
60.9% “They understood my problems or concerns.”
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.”
Use of Findings & Next Steps

• Dissemination
  • 2021 Needs Assessment Highlights data brief

• Provider Education
  • “A Protocol for Working with Hmong Clients: Guidance for Behavioral Health & Substance Abuse Professionals”

• Funded Grant Proposals
  • 3-year Community Health Worker Elder Outreach and Navigation - WI-DOA Equitable Recovery Grant Program

• Program Development
  • Analyses focused on elders
Thank you!

Questions?