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## MISSION

To promote health equity and to advocate for the Khmer community to achieve optimal health, safety, and well-being. We work towards breaking down systemic and institutional barriers that impact health outcomes, access and resources.

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## Community Driven Behavioral Health Project

**Mental Health Barriers:** Stigma, PTSD, intergenerational tension, lack of knowledge, lack of culturally competent resources

**1) Educational Materials**

- Adapting and translating materials
- Videos, posters, pamphlets, one pagers

**2) Mental Health Workshops**

- Topics: mental illness, coping strategies, how to talk about mental health
- Khmer facilitators

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# Approaches to discussing behavioral health & substance use

Highlighting khmer voices:



Addressing Cambodian American specific issues:



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# Toolkit Components

- Translated Video
- One pagers/Pamphlet
  - How to cope personally with war/PTSD (self-care)
  - What is depression and anxiety (Recognizing the signs)
- Posters
  - Dealing with stress during COVID (support structure)
  - De-stigmatize mental health (normalize)
- Virtual Workshop Recordings

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# Project Updates and Next Steps

- Continue translating/adapting materials and dissemination
- Develop Mental Health HUB
- Young Adult Virtual Workshops
  - Nov-early december
  - Topics: coping with stress and anxiety, how to talk about mental health with older adults/parents

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# Connect with us

- [www.khmerhealthboard.org](http://www.khmerhealthboard.org)
- [www.khbcovid19.org](http://www.khbcovid19.org)
- [fb/khmerhealthboard](https://fb.com/khmerhealthboard)
- Contact: [khbsea@gmail.com](mailto:khbsea@gmail.com)




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