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PHILADELPHIA CHINATOWN DEVELOPMENT CORPORATION



IMPACT REPORT

THE CHINESE IMMIGRANT FAMILIES
WELLNESS INITIATIVE

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INTRODUCTION

Chinese culture places importance on three “pillars of health” – morality, knowledge, and physical health. Not only is mental and emotional health not considered a component of health, mental health issues are largely overlooked and stigmatized in the Chinese and Asian immigrant communities.

As a result, many Chinese immigrant youth and adults in Philadelphia face a myriad of behavioral health risk factors and barriers to care. Mental health problems, such as depression, anxiety, suicidal ideation, and addiction often go uncared for.

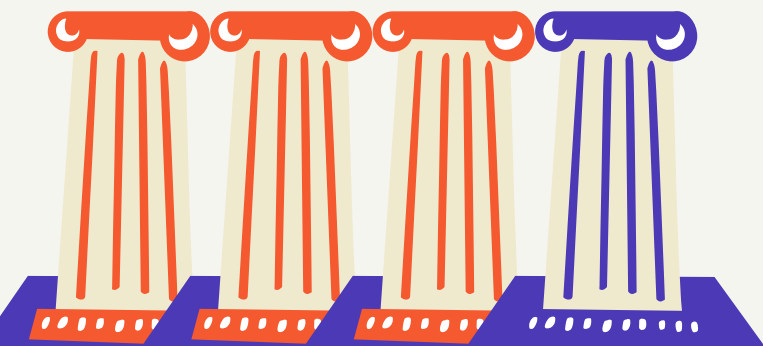
In the United States, Asian Americans have the lowest service utilization rate across all racial groups. Asian Americans are also much less likely to discuss mental health issues with family, friends, physicians, or specialists.

The Chinese Immigrant Families Wellness Initiative (CIFWI) is a wellness program under the Philadelphia Chinatown Development Corporation (PCDC).

Launched in 2020, CIFWI partners with trusted local mental health professionals and community workers to cultivate a culture of care at the family and community levels.

Programs and services include wellness workshops for parents and youth, support groups in Chinese languages, and youth leadership programs to raise awareness of mental health issues and to improve intergenerational communication, and referrals to culturally situated mental health care.

A MERE 8.6% OF ASIAN AMERICANS UTILIZE MENTAL HEALTH SERVICES, COMPARED TO THE 17.9% OF THE GENERAL POPULATION.



OUR STORY SO FAR

OUR MISSION

CIFWI introduces mental and emotional health as a key component of health and community development. We believe community is where wellness begins and wellness in turn helps build community.

CIFWI complements PCDC's other programs to promote social equity and inclusion and to develop self efficacy in Philadelphia's Chinese immigrant community. We do so by building the capacity to address local community needs and increasing awareness of access to resources.

OUR 3 GOALS

All our programs are structured around three goals:

1. **Increasing knowledge and understanding of mental health and emotional distress.**
2. **Improving attitudes toward behavioral health through stigma reduction and intergenerational communication.**
3. **Increasing healthy behaviors that support mental and emotional wellbeing.**

**“WE BELIEVE COMMUNITY IS WHERE WELLNESS BEGINS
AND WELLNESS IN TURN HELPS BUILD COMMUNITY.”**



COMMUNITY NEEDS

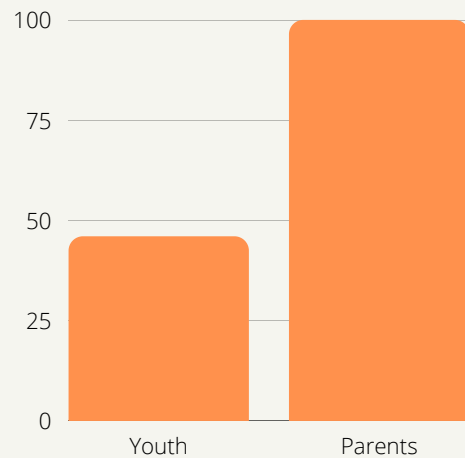
In 2020, we saw a surge of challenges and burden of the COVID-19 pandemic for mental health in the Asian American community. They include:

- Hopelessness and isolation;
- Financial stress;
- Family stress and conflicts between immigrant parents and children;
- Anti-Asian racist attacks due to COVID-19 racism

In March 2020, CIFWI surveyed 78 community members about their mental wellbeing.

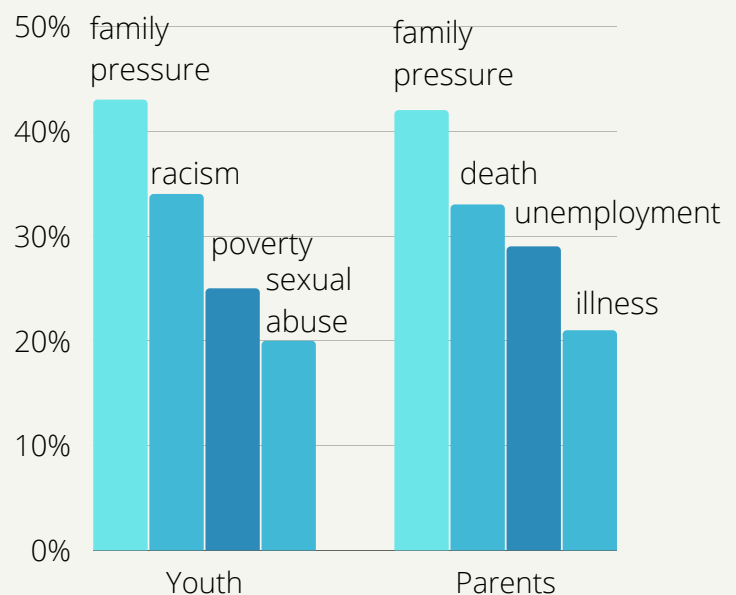
46% of youth respondents (between the ages of 15 and 23) and **100% of parent** respondents reported that COVID-19 had an impact on their mental health.

Percent of respondents who thought COVID-19 had a negative impact on their mental health



To develop trauma-informed services, we also surveyed respondents about their adverse experiences. They include family pressure, racism, poverty, unemployment, sexual abuse, death of a loved one, and illness.

Most Common Adverse Experiences



OUR STRATEGY

At CIFWI, we recognize the gap between existing models of mental health care and what is needed in the community. We offer an opportunity to break through those barriers of mental health care to improve the emotional and mental wellbeing of our community. We do so by:

- de-stigmatizing mental health issues across generations,
- organizing around Asian American issues in the field of mental health and wellness.

We rely on the knowledge, assets and strength of immigrant families, community workers, and mental health professionals to co-create safe spaces for people to support mental wellbeing and to address emotional distress common in Chinese and Asian immigrant communities.

Our core values are (1) inclusion, (2) co-creation, and (3) innovation.

PROGRAMS	DETAILS
Virtual Wellness Workshops	Educational workshops on topics of wellness in Cantonese, Mandarin, and English led by mental health professionals.
Wellness Leadership Program	A 3-month program for high school and college students to raise mental health awareness, develop leadership skills, and promote healthy communication with family.

OUR 2020 ACHIEVEMENTS

1

45 multilingual virtual wellness workshops serving 307 individuals.

68.9% reported that they attended at least 5 workshops. Topics included introduction to emotional health, healthy coping strategies, stress management, communication skills, body image and eating disorders, consent parenting, immigration trauma, race and racism, Asian American identity and the model minority stereotype.

2

44 Asian American youth joined the Wellness Leadership Program.

With a 95% attendance rate, participants joined 10 webinars to discuss various aspects of wellness with 20 local mental health professionals and educators. 31 interviewed their family to discuss the role of immigration trauma and mental health in their lives. 30 pieces of artwork, poems, essays, and photography were created. 8 youth became mentors to offer additional support to their peers.

3

8 Chinese immigrant families were connected to mental health services.

We connected 7 Chinese families who were seeking help to mental health professionals who understand the unique needs and challenges faced by immigrant families and the Asian American community.

4

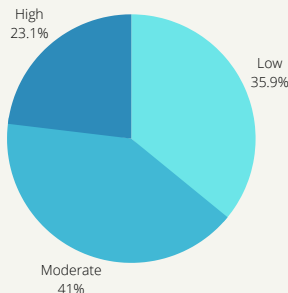
63 care packages were delivered.

We mailed out 13 and hand-delivered 50 care packages to volunteers and youth program participants across Greater Philadelphia in December.

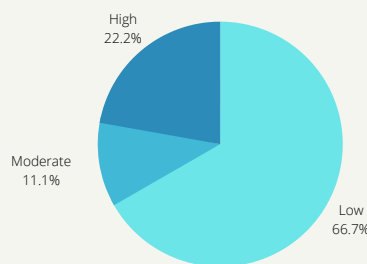
OUR 2020 IMPACT AND OUTCOME

The Wellness Leadership Program has helped youth lower anxiety and increase self compassion and functional health*. While life satisfaction had remained relatively stable, 66.7% reported a low level of anxiety after the program, compared to 35.9% before the program, a dramatic 30.8 percentage difference. 10.3 percent fewer youth reported having low self compassion. Fewer youth reported emotional problems made it very difficult for them to go about daily life.

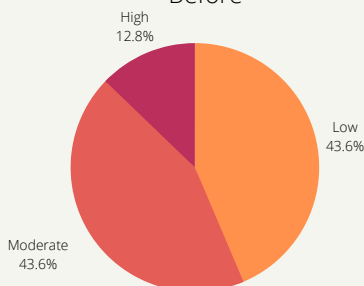
Levels of Anxiety
Before



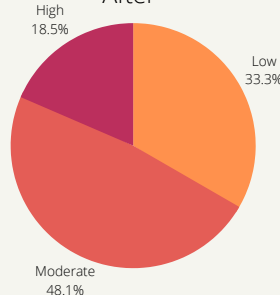
Levels of Anxiety
After



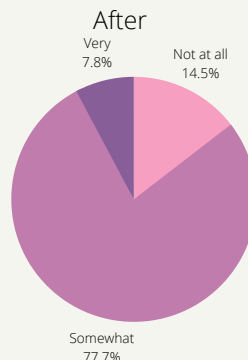
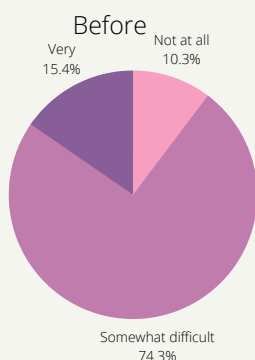
Levels of Self Compassion
Before



Levels of Self Compassion
After



How difficult emotional problems made it for you to do your work, take care of things at home, or get along with others.



100%

workshop participants find the workshops helpful.

100%

youth are satisfied with the 3-month program.


89%

youth will recommend the program to a friend.

48%

youth plan to stay involved with CIFWI in the future.

* We used GAD7 questionnaire to test anxiety, Neff's self compassion score to measure self compassion, and PHQ-9 to test depression and functional health.



"I hoped to learn how to open up to my family. I achieved that and more, the program has helped me feel comfortable starting a productive and healthy conversation."

"I hoped to gain insights on how to deal with mental health for myself and others. This program gave me plentiful ideas on how to calm down and relieve my stress, which I am very grateful for."

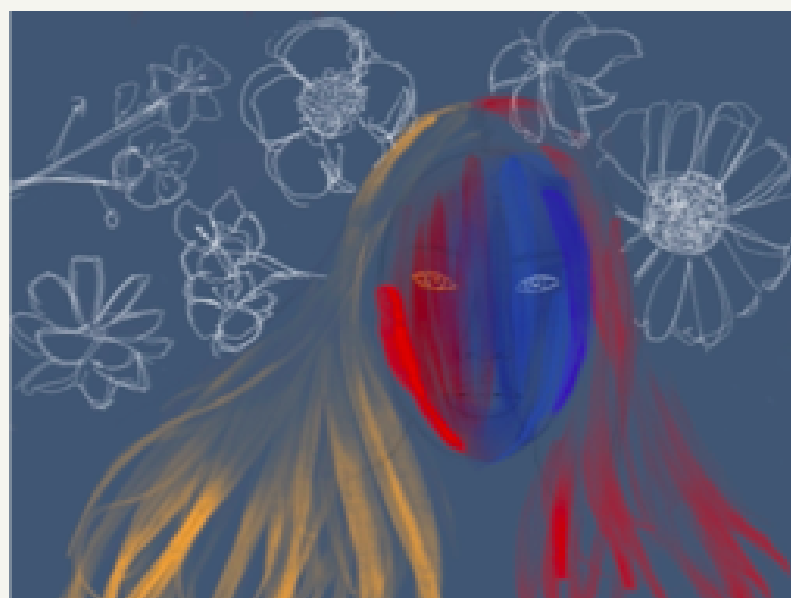
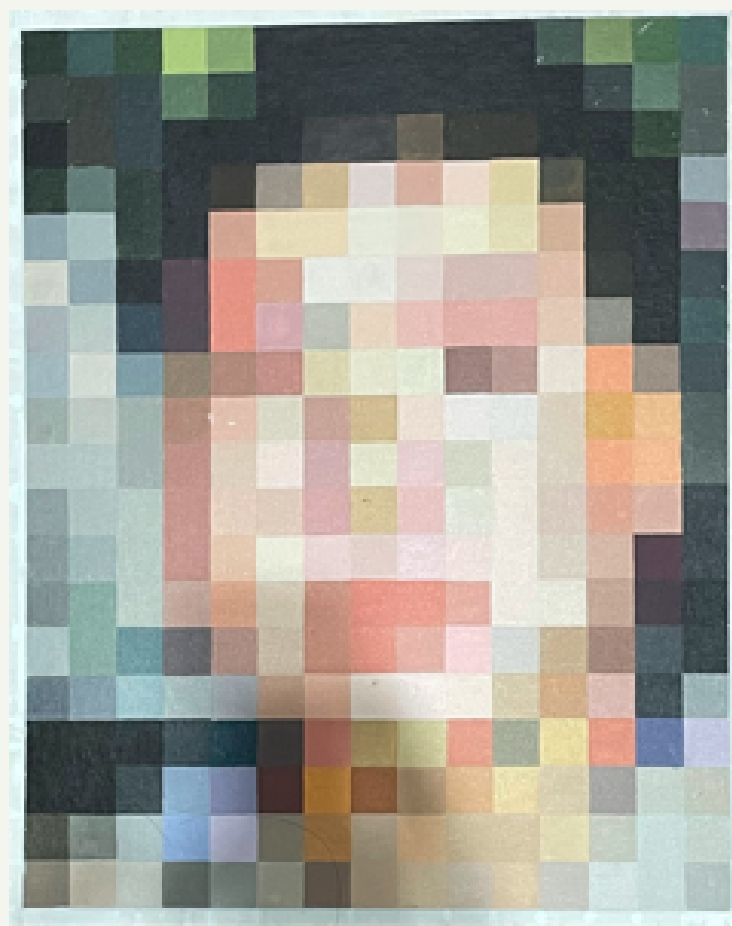
Flora Liang (she/h...

I hoped to gain insight onto the different types of wellness and what that would look like in the Asian community. I wanted to see where I fit into this journey for wellness as well. The program did help me achieve these goals...The intergenerational project allowed me to see what wellness looked like in my own life and create something meaningful to represent it.

Flora Liang (she/h...

"I find the workshops helpful because it's a safe space to talk about topics that aren't usually talked about. It is also very informative; I learn something new every workshop... It's therapeutic in way for me."

"[The workshops] helped me not feel so alone and learn more ways to handle my issues."



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WE THANK YOU FOR YOUR CONTINUED SUPPORT IN OUR PROGRAMS