

L&L

- Individualist Model/Collective Model- Western forms of therapy tend to focus a more individualist model of self. Eastern forms of healing tend to see the person in relation to their community. This may impact how we offer counseling and wellness services.
- Instead of EBPs → Community Promising Practices or Community Rooted Practices
- RIPE- Responsiveness, Innovation, Participation, and Empower
- Asking clients what their needs are and giving them the agency of being their own experts.
 - Allowing clients to bring in what they see as healing for them into sessions/treatment
 - Participatory learning
- Evaluating what are the known needs (support with SSI, enrollment, case management etc.) and building rapport and trust to uncover the unknown needs (MH needs, wellness, health, food)
- Building trust by going into the communities and meeting folks where they were as opposed to expecting them to come to ask for services
 - Connecting with local community health clinics to provide referrals and help clients schedule appointments
 - Performing wellness checks (calling and asking have you eaten?, how many meals a day?, do you need groceries?, do you need to pick up meds?, attend an appointment?)
 - Follow-up with concrete support
- Rethink about where therapy/counseling takes place (sitting at the SSI office, taking a walk, drive to an appointment, out in the community) the key point is to meet clients where they are at in familiar settings that have less barriers and are less intimidating
- Trust takes time! And is a very important piece of having folks engage in services. KCCEB model
 - 4 weeks spent on team and community building
 - 3 weeks talking about MH under the concept of self care and wellness and focusing on normalizing wellness
 - After 2 months conversation moves into MH and incorporating how external factors/stressors impact MH as a way to destigmatize MH, reduce shame and blame.
 - Administering a stress test and talking about how these stressors can impact MH
- Cultural responsiveness
 - Providers that speak the same language, similar backgrounds, and similar life experiences
- Jikimee
 - Not identifying as a leader/authority rather seeing oneself as a community protector and ambassador.
 - A focus on how MH affects the community rather than on the individual and creating actionable steps to improve the health of their community
 - Ear= active listening
 - Umbrella= provide comfort, safe space, empathy
 - Bridge= help connect to resources & services
 - Bird = see far ahead, bring new information to the community