

## Final Summary Report.

### **a.Final Summary Report should include the following:**

#### **i.Strengths and barriers of the Korean Mental Health Navigation ServicesProject.**

##### **Barriers:**

- 1) Cultural barriers - For Koreans, the field of mental health is culturally and racially difficult to talk to, ask for help, or know how to approach.
- 2) Fear of stigma - In particular, it is not easy to personally participate even if events or workshops are held by government agencies or non-profit organizations or delivered through Korean networks, but there is a cultural barrier that makes it difficult to attend due to the fear of someone seeing me and being stigmatized. there is.
- 3) Barrier to lack of mental health information - Although LA County provides a lot of help and information, due to lack of understanding and information about mental health, there is a barrier to receiving the benefits.
- 4) Barrier of lack of system awareness - Until now, Koreans have made efforts to gather together people or families who are experiencing the same problems or difficulties, share their problems and their children's problems, and prevent them from expanding further. However, there is no information on using the existing system.
- 5) Language barrier - A lot of information and resources are not provided in Korean, and even services have been difficult to provide in Korean.

##### **Strengths:**

- 1) Strengths using the Korean community – In general, all programs run by the government were designed with Americans as the center, so Koreans were not able to participate culturally or linguistically. However, the biggest strength of this Korean-American mental health navigation project is that it selected bilingual Korean-American navigators who can use Korean culture and language within the Korean-American community, and who are fluent in Korean and English.
- 2) Linguistic strength – Since this is a project targeting Koreans who generally speak Korean, everything must be conducted, prepared, and promoted in Korean. The biggest strength is that newspaper advertisements and various information are provided in Korean. It can be said that
- 3) Strengths of selecting a Korean navigator training location - Although 10 Korean navigators were selected, the navigators studied in the main building of the LA County Department of Mental Health, exposed to the location and various educational opportunities provided by DMH, and learned their Korean skills. Through promoting within the network, more Koreans than expected were able to receive understanding, education, and information about mental health.
- 4) Strength of Korean language resource provision - The most important thing is that resource books and various information in Korean were provided in Korean, and the biggest strength was that Ilearned of informationabout various organizations that could provide consultation in Korean.
- 5) Mental health workshop conducted in Korean - In particular, the mental health workshopprovided through 12different topics and instructors delivered a variety of knowledge and information through lectures and various questions.

- 6) Extended counseling service - After the workshop, many Korean community members who attended the lecture visited the instructors and received mental health counseling and received help.
- 7) Expansion of mental health services – This time, we achieved the result of enabling Koreans to visit Koreatown Mental Health Center and PRC through Korean navigators.
- 8) Opportunity to experience education on various mental health - I attended various events provided by DMH, and many Koreans also completed various education programs.

If this opportunity is given again in the future, I believe that if the Korean-American network, which started with 10 navigators, expands to 30 new navigators, more information, education, and connections about mental health will be provided to more Koreans than now.

I am confident that if the mental health education and Korean language information and services needed by Koreans are expanded through the Korean community within the Korean community, it will be a time of new transition where many Koreans can recover from more life situations and environments. .

## **ii. A summary of the pre/post surveys given to the participants of the Mental Health Education and Engagement workshops as well as to the Navigators who participated in the Educational Session Phase. This summary should include a matched pair analysis.**

### **Korean Mental Health Navigation Project OF THE PRE- AND POST- SURVEYS**

**10 Korean American mental health navigators and 279 Korean American community members completed pre- and post-surveys. The pre- and post-surveys included both questions about the project and qualitative answers.**

#### **PRE SURVEY RESPONSES: N = 289**

This is a summary of the changes in the pre- and post-surveys regarding the Korean Mental Health Workshop.

1. Regarding the question about whether they have ever heard of or participated in a Korean mental health workshop, the proportion of Korean Americans who attended three or more mental health workshops increased by more than 5% through the Korean mental health workshops provided this time.
2. Regarding the help in understanding mental health and resources provided through this mental health seminar, more than 17% of Koreans responded that it was very helpful.
3. In terms of seeking help when mental health problems arise, in the past people sought help from counselors or mostly religious leaders, but now the proportion of people seeking help from the LA County Mental Health Department increased by 13%.
4. More than 11% of respondents answered that they knew about three or more organizations to seek help or contact when they have mental health issues.
5. The number of respondents who found information about services provided in Korean in LA County by three or more places increased by more than 12%.

## PRE SURVEY RESPONSES AS FOLLOWS

		Have participated three or more times.	I have participated once or twice.	Not very interested.	Never heard of the information at all.	
1	Have you or someone you know ever heard of or participated in a seminar on Korean mental health?	55% (159)	33% (95)	3% (10)	9% (25)	
		It helped me a lot.	I know what to do when problems arise.	I'm still not sure.	More information is needed.	
2	Was the mental health understanding and resources helpful through the provided seminar on Korean mental health?	63% (183)	25% (73)	7% (20)	5% (13)	
		Friends	Religious Leaders	Counselors or mental health related services	LA County Department of Mental Health	I don't know any information.
3	Who do you turn to for help when you have mental health problems?	10% (29)	13% (39)	38% (111)	36% (105)	3% (8)
		I know information from more than three agencies.	I know the information of one or two institutions.	I don't know any information.		
4	Do you know of an agency or information to contact directly for help with mental health issues?	49% (143)	41% (118)	10% (28)		
5	Among the mental health providers operated by LA County, Do you know information about the institution?	43% (125)	41% (118)	16% (46)		

**POST SURVEY RESPONSES AS FOLLOWS: N=289**

		Have participated three or more times.	I have participated once or twice.	Not very interested.	Never heard of the information at all.	
<b>1</b>	<b>Have you or someone you know ever heard of or participated in a seminar on Korean mental health?</b>	<b>60% (174)</b>	<b>28% (82)</b>	<b>5% (13)</b>	<b>7% (20)</b>	
		It helped me a lot.	I know what to do when problems arise.	I'm still not sure.	More information is needed.	
<b>2</b>	<b>Was the mental health understanding and resources helpful through the provided seminar on Korean mental health?</b>	<b>80% (230)</b>	<b>13% (38)</b>	<b>5% (15)</b>	<b>2% (6)</b>	
		Friends	Religious Leaders	Counselors or mental health related services	LA County Department of Mental Health	I don't know any information.
<b>3</b>	<b>Who do you turn to for help when you have mental health problems?</b>	<b>7% (19)</b>	<b>10% (28)</b>	<b>31% (91)</b>	<b>49% (143)</b>	<b>3% (8)</b>
		I know information from more than three agencies.	I know the information of one or two institutions.	I don't know any information.		
<b>4</b>	<b>Do you know of an agency or information to contact directly for help with mental health issues?</b>	<b>60% (174)</b>	<b>35% (100)</b>	<b>5% (15)</b>		
<b>5</b>	<b>How much information do you know about the Korean-language Mental Health Partners in LA County?</b>	<b>55% (160)</b>	<b>37% (106)</b>	<b>8% (23)</b>		

**b.Feedback, including personal statements from community members and others who were involved in the Project.**

The analysis for the Korean Mental Health workshop feedback. / Feedback responses: N = 30

		Very Good	Good	It's average	More improvement is needed	.It wasn't Good
1	What do you think overall about the 12 seminar topics?	20(67%)	10(33%)			
		<b>10 or more</b> 1. Anxiety Disorder 2. Bipolar Disorder 3. Depressive Disorder 4. Addiction 5. Obsessive Compulsive Disorder 6. Post-Traumatic Stress Disorder 7. Suicide 8. Schizophrenia 9. Personality Disorder 10. sleep disorder 11. stigma 12. Eating Disorder	<b>7 or more</b> 2. Bipolar Disorder 3. Depressive Disorder 4. Addiction 5. Obsessive 10. sleep disorder 11. stigma 12. Eating Disorder	<b>5 or more</b> 2. Bipolar Disorder 3. Depressive Disorder 6. Post-Traumatic Stress Disorder 7. Suicide 11. stigma	<b>3 or more</b> 1. Anxiety Disorder 3. Depressive Disorder 7. Suicide	
2	Please select what seminar topics were most meaningful to you?	13(44%)	7(24%)	5(16%)	5(16%)	
		Very Good	Good	It's average	More improvement is needed.	It wasn't Good
3	What do you think about the seminar location?	18(60%)	12(40%)			
		Microphone system	Air conditioning system	Environment required for lecture	Lunch	
4	Please let us know if there is anything that needs to be improved about the seminar venue environment.	15(50%)	15(50%)			

		Very Good	Good	It's average	More improvement is needed.	It wasn't Good
5	What do you think about the instructors' preparation for the 12 mental health seminar contents?	17(56%)	13(44%)			
		Very Good	Good	It's verage	More improvement is needed.	It wasn't Good
6	How satisfied are you with the lecture content on the 12 seminar topics?	18(60%)	12(40%)			
		It's needed a lot.	It's Necessary	It's already enough.	It's not really necessary	I'm not interested.
7	Do you think there is a need for more lectures on various topics besides the 12 mental health workshops?	23(76%)	7(24%)			

The contents below are the results of feedback on the Korean American mental health workshop provided in 2023.

1) Regarding the 12 mental health topics, 67% of respondents from the Korean community who attended the workshop responded that it was a very good topic and 33% responded that it was good. This part reflects the opinion that Korean Americans need more education and seminars on mental health.

2) Among the 12 topics, 44% attended 10 or more workshops, 24% attended 7 or more workshops, and 3 and 5 topics were attended due to personal circumstances or circumstances. One person each came out at 16%. Many Korean Americans said that they would like to attend more mental health seminars, but were disappointed that they could not attend due to personal circumstances and circumstances, and those who were working.

3) In the feedback on the workshop location, 60% of people responded that they were very satisfied with the parking lot environment and the classroom environment, and 40% of the remaining people responded that they were satisfied.

4) In the feedback on the workshop environment, it was difficult to listen to the lecture from behind because there was no microphone system, and the opinion that the air conditioning system environment should be improved was answered by 50%.

5) Regarding the 12 mental health seminar topics and instructors' preparation, 56% responded that they were very good, and 44% responded that they were satisfied.

6) 60% of people responded that they were very satisfied with the content of the 12 workshop lectures, and 40% of people also responded that they were satisfied.

7) In response to the question of whether more workshops on mental health are needed in addition to the 12 topics, more than 76% of attendees wanted more Korean seminars and workshops on mental health to be provided. Additionally, 24% of Koreans responded that more diverse workshops were needed.

## Feedback Report

By: Angie Moon – Community Member

Date: 12/1/2023

By participating in the LA DMH Project What changes or impacts has it had one on your life?  
I am currently doing art counseling therapy and was very interested in mental health. The 12 topics provided this time and what I learned from the instructors provided me with a new vision and dream. I am currently helping with art psychotherapy for mental health patients as a partner with the Korean Counseling Center, and I am very happy and happy that I have been able to learn about various topics in depth and even prescription drugs and contents like this. I thought that more learning and effort was needed to give the various patients and community members I would have to deal with in the future through more interest and empathy, and to give them the help they needed, so I decided to study more about the necessary areas.

By participating in the LA DMH project Has it helped someone in your life?  
To this workshop, I invited community members, my children, and church members who came to receive art psychotherapy. And I learned that the Korean English resource book provided this time is needed more by other people. Additionally, information about the Koreatown Mental Health Center and the Peer Resource Center that you receive because you live in LA is provided as it is very important information to patients who come to receive art psychotherapy. I think that if mental health seminars on these and more topics are conducted in Korean in the future, more Korean communities will be able to live more stable lives.

By What steps have you taken to help yourself or others by participating in the LA DMH project?  
Through this opportunity, I realized that I needed to learn more to help with more and more diverse psychological treatments, and now I started studying more and more diverse areas of online school and counseling. Of course, this is not something I can do alone. However, through these preparations and attempts, many people in Koreatown are committing suicide due to mental health issues, so I plan to do my best to help them through art psychotherapy and help them recover.

## Feedback Report

By: Eunice Kim - Community Member

Date: 11/30/2023

By participating in the LA DMH Project What changes or impacts has it had one on your life?  
In a life where I had lived only as a church worker, mental health education gave me an opportunity to think about a new direction in life and the shape of ministry. My son also suffered a lot in church due to depression and had a difficult time going through the process. However, I am very happy that through this training, I have been able to think about how the church can embrace mental health issues and not stigmatize them, and prepare for the remaining church ministries to include aspects of mental health as well.

By participating in the LA DMH project Has it helped someone in your life?  
I experienced that my child went through a very difficult time due to depression, and because of that, I saw people consulting and worrying about mental health issues even within the homes of church members. So, I shared the resource book I learned through this training and the current services and location of the LA County Mental Health Department to church members who needed help.

By What steps have you taken to help yourself or others by participating in the LA DMH project?  
While attending church ministry and school, I participated in the Korean American Mental Health Workshop. I invited my friends and others who needed information and help in this area to a workshop with a variety of topics and good instructors. And I also heard people thank me for giving them good information. I believe that mental health issues will be needed in various ministry

settings in the future. Through this workshop and in the future, I will share information about Korean language programs that will continue to be provided within the Korean network I know.

### Feedback Report

By: Ji Eun Shim - Community Member

Date: 11/30/2023

By participating in the LA DMH Project What changes or impacts has it had one on your life?  
In various difficulties and situations at home and while growing up, the actions and words of other people were very difficult for me. And seeing them hurt me so much. However, this workshop was a revelation that allowed me to understand and get to know people a little better. I also learned that their external appearance is not everything, but that difficult and difficult mental health problems are expressed in their lives inside. In particular, the instructors' lectures and materials, as well as the new systems and information I learned, were of great help in my life. And it was great to be able to share these parts with church members.

By participating in the LA DMH project Has it helped someone in your life?  
Although I wanted to continue attending this workshop, I was not able to attend many lectures due to family issues and other problems I had to deal with, but I shared the contents of the workshop with members of the church I attend and the mothers of friends of other children. Additionally, the resource books provided in Korean and English were very helpful and were distributed to church members. Also, getting to know many mental health experts was a great help. Also, it is a great help to know that people around me need counseling or advice and have information about the services and resources available in LA County.

By participating in the LA DMH project What steps have taken to help yourself or others?  
After this workshop, five Korean community members, along with Pastor Kim, conducted ongoing education and training. The fellowship spent 12 weeks learning how to spiritually take care of themselves and how to be together with others using a book called Spiritual Self-Care Guide published by the LA County Department of Mental Health. And now, through what I have learned, I plan to study a spiritual self-care guide together with my church members. And we decided to help together when new projects for Koreans are carried out in the future. I look forward to new projects for Korean Americans.

### Feedback Report

By: Ji Young Kim - Community Member

Date: 11/30/2023

By participating in the LA DMH Project What changes or impacts has it had one on your life?  
I received many challenges through this seminar. I also learned how to understand and empathize with people I had never known before. I came to realize that it is more important to understand and empathize with people who act and speak like that rather than judging them based solely on their outward appearance. I also learned that from now on, I need to pay more attention to the people around me and make an effort to listen to every word they say. I have pledged to share my heart, thoughts, and difficulties with the mentally difficult and difficult people around me throughout my future life.

By participating in the LA DMH project Has it helped someone in your life?  
There is a baby mother whom I am taking care of as a babysitter. She is suffering from postpartum depression after giving birth to her child. She told me that in the past, all her mothers had a hard time. However, through this workshop, I learned how important it is to empathize with other people's pain and difficulties. So it was nice to be able to give her her courage and tell her to love herself first. And she was so happy to see her getting her life back on track and recovering from her depression and living her life well.



By What steps have you taken to help yourself or others by participating in the LA DMH project?

I shared the various information and resources I learned this time with others. And during the project period, we invited our friends to a mental health seminar and suicide prevention training in Korean provided by the LA County Mental Health Department and various mental health seminars provided by the PRC. So many people benefited a lot from seminars and training conducted in Korean. I was also able to invite people I knew to the workshop and provide them with a variety of information.

### Feedback Report

By: Kyung Mi Yu - Community Member

Date: 11/30/2023

By participating in the LA DMH Project What changes or impacts has it had one on your life? While working at church, I actually did not understand or empathize with mental health. And he judged and condemned people through their outward words and actions. However, as I continued to attend this workshop, I was able to understand a little bit about people with mental health problems, and my life changed to being able to sympathize, listen, and be considerate of their inner pain. So, it was a time to learn a lot of thoughts and information about how to work with people who have these problems in the future and what kind of conversations to help them.

By participating in the LA DMH project Has it helped someone in your life? There is a member at the church I attend who is having difficulty in daily life due to bipolar disorder. In the past, I didn't understand why people talked and said things like that. However, after participating in this project, my perception of it changed a lot. I then told him about the services and information available from the Department of Mental Health. And if they find it difficult to go alone, we persuade them to go together. I repent for labeling myself as a strange person who wanted to harm others while looking at that person. Now I can open my hands to Him and help Him in His needs.

By participating in the LA DMH project What steps have taken to help yourself or others? I learned that everyone is different and that when you're wrong, you're wrong. I realized I couldn't help others without loving myself first. So, while doing church ministry, I realized that I needed to learn and realize more. In fact, since I have attended this workshop six times, I would like to learn about the topics I was unable to attend if I had the opportunity to do so again. We look forward to continuing to provide professional and systematic mental health workshops for Korean Americans.

### Feedback Report

By: Hoon Goo Lee - Navigator

Date: 12/1/2023

By participating in the LA DMH Project What changes or impacts has it had one on your life? I've had a lot of ups and downs in my battle with mental health, especially with unrelenting voices. Many people have helped me survive and become a leader who's able to serve my community. One thing is certain: without the support of peers – people who have been through the same hard experiences I've been through – I wouldn't be where I am today. I might not even be alive. I met great people through this program. And I was comforted

By participating in the LA DMH project Has it helped someone in your life? During this time of physical isolation, an invisible pandemic and racial unrest, my phone is constantly ringing. It can be easy to feel overwhelmed, frustrated, and helpless when someone you love has depression — or when you suspect they might but don't know how to tell for sure. To be honestly... For starters, it's key to know the differences between feeling down in the dumps and having a more serious mental health problem that needs treatment. I provide counseling based on

what I have learned from people I meet in the ministry field. In particular, there are many elderly people in our church, so we provide help to them. They are all targets!

By participating in the LA DMH project What steps have taken to help yourself or others?  
I keep talking to the old people in the church. It's very depressing because most of them live alone. Feeling down is typically a temporary setback that is usually triggered by an external event like an argument with a family member or a setback at work. It doesn't interfere with day-to-day functioning for an extended period of time, and somebody feeling this way will usually continue to engage in some activities they enjoy doing, I says, with resolution after a few days or a week at most. People with depression also tend to have a very different mindset from people who are feeling down. A person feeling down usually has hope that things will change for the better. The person with depression feels that their situation is hopeless and will not change. I will continue to talk to them.

### Feedback Report

By: Kyung Eun Kim - Navigator

Date: 12/1/2023

By participating in the LA DMH Project What changes or impacts has it had one on your life?  
For me, who has been providing youth counseling for a long time, the Korean American mental health workshop provided this time provided a wider variety of services and information for counseling. So, although I don't live in LA, I was very happy to learn new systems and information while attending navigator training and workshops every week in Cerritos. In fact, teenagers are also an age group that is very difficult and difficult and has a very high suicide rate. However, for me, who lacked understanding of the various situations and environments they face, this workshop was a time to learn a lot of information and understanding of people. I think it is very important for the Korean community that these programs continue to be provided in the future.

By participating in the LA DMH project Has it helped someone in your life?  
Since my area is far from LA, I attended this workshop and promoted it through my network of friends who live in LA. And as a Navigator, I listened to people's stories every week, provided them with the information they needed, and made efforts to provide more help in their lives. Of course, I couldn't spend a lot of time because of the distance, but I was grateful that I provided continuous support over the phone and that their problem was resolved.

By participating in the LA DMH project What steps have taken to help yourself or others?  
I learned a lot of knowledge and systems through the Korean-American mental health workshop provided this time. I also learned about various resources that can be used in conjunction with the youth counseling aspect that I am currently handling. And through the learning time, I decided to do whatever ministry I could to help and support Korean Americans. We also decided to provide free counseling to Koreans who are struggling financially or who need counseling among teenagers or their families. This change is another change in my life that I hope to be of some help to the community through this mental health workshop.

### Feedback Report

Navigator Lee, Kyong Hun

1. How has participating in this project changed or impacted your life?

In this day and age, we are well aware that many people are suffering from various mental illnesses caused by various environments, interpersonal relationships, and personality disorders. At a time like this, by participating in this mental health project, I had the opportunity to encounter more specific cases and situations and understand the social problems, family problems, and dark sides of each individual's life caused by mental problems in our society.

By sharing and sympathizing with the problems, I began to think about how I could solve these

problems in a better way.

2. Has participating in this project or workshop benefited anyone in your life?

Yes! of course. By participating in this project and workshop, I deepened my understanding of the personality disordered and mentally ill people around me, which I had not understood well until now, and was able to empathize even a little with the dark past and present conflicts planted within them.

3. What actions did the workshop inspire you to take for yourself or others?

First, I referred several young people at my church with mental disorders and anger disorders to professional psychiatrists for counseling.

### Feedback Report

By: Mi Ran Lee - Navigator

Date: 12/1/2023

By participating in the LA DMH Project What changes or impacts has it had one on your life?

While working as an Oriental medicine doctor, I existed as an Oriental medicine doctor who only corrected symptoms when treating people. However, through this Korean-American mental health workshop, I learned about the symptoms and circumstances that appear in so many people. In fact, many people only focused on improving their symptoms when they came for treatment, but I also learned that people want to listen to their stories. So, from now on, I decided to become an Oriental medicine doctor who empathizes with people's hearts and thoughts as a whole person and listens to their stories.

By participating in the LA DMH project Has it helped someone in your life?

I entered a new field as a navigator and experienced various services and events in LA County. In particular, as May is Mental Health Month, I attended three different events and got to know many organizations that support and support mental health by participating as vendors. There, I learned how many organizations are dedicated to this type of ministry and providing services for the community. From there, information on various services, the Korean and English resource books provided this time, and information on mental health services were provided to patients coming for treatment. I also provided it to staff and students at the school where I teach, and they said they were happy to learn the new information.

By participating in the LA DMH project What steps have taken to help yourself or others?

It is wrong to personally know about the various services and contents I learned and learned this time. Therefore, starting in 2024, we plan to provide students with content about alternative medicine and local community services in courses taught at the University of Oriental Medicine. This is because the various mental health services and information provided by LA County are very important to immigrants and those preparing to become Oriental medicine doctors. If this initiative is provided to the Korean community and all those in need in the community, I think it can contribute to making the community more stable and reducing the suicide rate.

### Feedback Report

By: Shelby Kwon Feedback Report

Date: 11/29/2023

1) How has participation in the LA DMH project changed or affected your life?

I learned how well prepared mental health services and resources are in LA County. So now I can provide detailed information to others when they ask for help. And through this training, I gained a lot of information and understanding about mental health. I also told this to my friends and they participated in Korean mental health education together.

2) Has participating in the LA DMH project helped anyone in your life?

I know many people in the church who have mental illness or who have difficult problems in life due to mental problems. By participating in this project, I learned about and provided various services and information to them. I was happy to hear that I received information and received practical help.

3) What steps have you taken to help yourself or others by participating in the LA DMH project?

This time, books written in Korean and English on the four service areas provided at the workshop were distributed. Through this book, many Korean Americans learned where to call when they had a difficult problem. We also distributed leaflets to the Koreatown Mental Health Center and Peer Resource Center provided by the LA County Mental Health Department to friends and church members who needed them. And they told us what services and information were provided.

### Feedback Report

By: Yong Chu Kim -Navigator

Date: 11/29/2023

By participating in the LA DMH Project What changes or impacts has it had one on your lif?

- 1) Even if I am not a doctor, I have the courage to do some mental health evaluation.
- 2) I have come to recognize that regardless of the situation, the standard of attitude toward people should be respect.
- 3) I found that I need the wisdom and ability to constantly study, listen, empathize, and do my best to encourage and keep confidentiality to understand and grasp clients' problems.

By participating in the LA DMH project Has it helped someone in your life?

- 1) I was able to communicate and understand my sister who is currently being treated for a panic disorder and depression more effectively.
- 2) Knowing that the people around me had more various disabilities than I thought, I treated them with mercy.

By participating in the LA DMH project What steps have taken to help yourself or others?

- 1) I know how to share Emergency Contact Information and DMH expert information to the community as a community advocate.
- 2) I know and recommend DMH First Aid and Self Care to others.
- 3) I try to help myself and others by constantly learning about the ability to recognize certain disabilities and the risk factors of mental illness and the mental, physical, and social resilience.

**c.Number of mental health referrals provided by the Navigators to participants of the workshops, as well as community members at large.**

## Log of Linkages to Mental Health Services and Resources

Name of Participant and Date	Description	Type
Grace E. Oh (5/12/23)	Therapy access to trauma Family therapy and medical services	. Union Rescue Mission - Single mother gain the skills
Park Ken (5/12)	Conflict and worries about his own problems. * symptoms of anxiety disorder	I encouraged to continue attending mental health seminars and learn.
David Lee (5/12)	28 years old mental problem due to the over dosage of toxic substance.	Department of Pacific counseling & Treatment Center
Sarah Lee (5/12)	Open express her intention to commit suicide.	Koreatown Mental Health center (Jung Min Seo)
Ho Choel Son (5/12)	Thoughts of dying. He was treated 10 years ago from Dr. Dujeong Jung (Depression, taking insomnia medication)	Depressive Disorder (moderate)  Currently taking medicine
Kyung Kim (5/12)	She need for the information about volunteer. Her son is 34 years. She want to help for son (Game Addiction)	She will come to our seminars next Friday. I will connect to the PRC (213) 351-1934
Kim, Hae Cha (5/12)	Depressive Disorder (moderate) Avoid talking to people because it makes her more stress. (Currently taking medicine)	I encouraged self care is important (eg: work out, travel, community gathering... * Keep in touch

Joyce Leem (5/12)	DWP discount program Low – Income home Energy Assistance Program.	Call and contact 213) 989-3250
Soo Kim (5/12)	Hoarding Disorder	Korean Town DMH Clinic
Myong S. Lim (5/18)	Daughter's Mental Health	SA 4 Peer Resource Center 213) 947-6872 510 S. Vermont Ave.
Henry Min (5/18)	Bio Polar	Korea town Mental Health Center
Joyce Leem (5/19)	Connection to the extremely poor Electricity rate reduction program.	DWP and Providing information Fare Reduction program
Albert Jin (5/19)	He got Bipolar Disorder for five years ago. * He wants counseling with Dr. Kyung Jun. Kim	Good Life Care Resource Center and asked Dr. Kyung J. Kim's phone number.
Myong S. Lim(5/19)	Daughter's Mental Health	SA 4 Peer Resource Center (213) 947-6872 510 S. Vermont Ave. LA. CA 90020
Henry Min (5/19)	Bio Polar Male in mid 20's	Koreantown DMHC
Jae Ha Lee (5/19)	82 year old man Brain surgery after a car accident 5 years ago. Aftereffect : headache, insiomnia...	Koreatown Mental Health Center

Esther Gi Yun Park (5/19)	She has trouble communicating with her child.	Korean American family Service(KFAM) 213) 389-6755
Jieun Shin (5/19)	She suffered from anxiety disorder but gradually recovered. Now her daughter high school student is struggling with anxiety and personality disorder.	Her daughter currently consulting with a counselor.  * keep in touch
Cha Choom (6/2)	He's Son had been deeply addicted of gambling. She suffering from harassment of her son.	DMH PRC Korean Team 213) 351-1934
Eun Jung Kim (6/2)	She have gotten depressive illnesses over the past few years. She wants know about volunteering group.	PRC's phone number at LADMH. (213) 351-1934 and recommended for the good Life Care Resource Center's work-shop.
Joseph Lee (06/03)	It would take more than the space provided to detail just how much therapy Taila has relationship	.Helpline Youth counseling- Drug & Alcohol Use
Dylan Jung (6/5)	His son has been playing too many games and does not come out of the room for several month.	Koreantown Mental Health Center (510 S. Vermont ave. 1st floor LA CA 90020)
Jasmine Kim (6/7)	Anxiety	Union Rescue Mission 545 S. San Pedro St. 213) 347-6300
Eusther Park (6/7)	Low Income Home energy assistance Program Utility Assistance.	213) 939-3250/ 939-3283
John Kim (6/9)	He have been suffered by hallucination and paranoia.	DMH PRC Korean Team 213) 947-6872

Michael Kim (6/9)	Consumer and debtor Issues: consumer, fraud, legal advice.	Legal Advice at walk in clinics, Federal Court Cases, Pro Se walk in clinic. 213) 385-2977
Joseph Lee (6/9)	Drug and Alcohol Use. (Services: Behavioral Intervention)	4055 E. Oltympic Blvd #205 LA CA 90023
Daniel Lee (6/12)	Connection to one-on-one Coaching sessions.	Magrolia family center – Addiction to computer games.
Steve Park (6/16)	Friend is on the verge of suicidal thoughts.	Department of Mental Health (213) 948-2980 510 S. Vermont Ave. 90020
Young Kim (6/16)	Her husband is in addiction of gambling. He always cheating to her, 24 hours 7 days, 365 days in a year. She is very suffered by his lie.	DMH PRC Team, Korean Department (213) 351-1934 510 S. Vermont Ave. 1 <sup>st</sup> Fl.
Angie Park (6/16)	She had depression	LA county DMH
Sung Ho Park (6/16)	He has gotten PTSD from his father's death. (After father's death He tried suicide)	Koreatown Mental Health Center (213) 943-8730 JungMin
David Park (7/2)	He has problem pathological gambling.	Department of Mental Health (213) 948-2980 510 S. Vermont Ave. 90020
Yang soon, Cho (7/7)	Family mental problems.	LA Department of Mental Health Clinic 213) 943-8730



Bok Lee (7/7)	To improve the lives of all. (CPR education training)	316 S. Figueroa St. LA CA 90017 213) 291-7000
Eusther Park (7/10)	She need healthy food. Cal Fresh outreach program /help her - low income	Call the LA Regional Food Bank 323) 234-3030 1734 E. 41st St. LA 90058
Jenny Kim (7/12)	Personality Disorder	Department of Mental Health Clinic
Eun C. Cho (7/13)	1. Anxiety & Panic Disorder 2. She is going through severe menopause and sad about she lost her husband.	1. Comfort and listen to complaints. 2. Recommend her deep breathing and exercise.
Lee, So (7/14)	She had problem with Anxiety Disorder	Department of Mental Health Clinic
Tae Hwan Lee (7/14)	Dental Care: provides comprehensive dental care and dentures. recovery gum.	3750 W. 5th ST. LA, CA 90020
Oh, Grace Eun Young (7/14)	She has gotten depression since 2010. She need Counselor.	Department of Mental Health Center 213) 943-8730 / 943-9951
Sarah Son Bok Nam (7/19)	Depression of the elderly	Korean American Family Services 213) 389-6755 Appointment
Emily Kim (7/21)	Work dissatisfaction and too much stress by overwork. (She wants a new job and new position)	DMH Center 213) 351-1934 * It has been canceled because she got a new job.

Jenny Roh (7/28)	She is depressed and worry about how she can live well in the future.	PRC DMH Center 213) 351-1934
Seung Won Choi (8/4)	She contacted DMH by herself but DMH told it costs \$800.00. She wish consult with free consultation fee.	Koreatown Mental Health Center 213)351-1934
Tae K. Suk (8/9)	(Her family is deaf) My husband is addicted to casino gambling..... *He would like to consult, but it's very difficult because there are no counselor who can communicate with Korean Sign Language.	- I recommended to have hobbies that they can enjoy together such as exercise, travel, and walking in the mountains or the sea. - community involvement * keep in touch
Eunice Kim (8/11)	She is going through menopause and has a conflict with her husband. children also suffers from severe depression.	Koreatown Mental Health Center 213) 351-1934 Jasmine Seo

**d. Number of community members that participated in the Mental Health Education and Engagement workshops.**

10 Korean American navigators and 279 Korean American community members attended the Korean American mental health workshop.

**e. Summary Report should be prepared/written in a manner that allows LACDMH to disseminate to other Los Angeles County departments.**

**PROJECT DESCRIPTION**

*In fact, this project was adopted in 2019. However, after various trials and errors, and with the help of API UsCC staff, the project was able to start in December 2022. This project was carried out from December 16, 2022 to October 31, 2023. The project was carried out in seven stages.*

*In the first stage, preparations for a survey on Korean-American mental health were conducted in December 2022. And the questions most needed by Koreans were adopted.*

*In the second stage, editing and translation of the Korean Mental Health Navigator curriculum and Korean and English mental health resource books were conducted for one month starting in January 2023. Then, over the course of February and March, the files were sent to a printing company in Korea to be bound and shipped by ship.*

*In the third stage, from February to March 2023, a training site for Korean mental health navigators was selected and 10 navigators who were bilingual in Korean and English were recruited through newspaper advertisements.*

*In the fourth stage, 8 hours of Mental Health First Aid training and 10 hours of Korean mental health navigator training were conducted every Friday for the month of April 2023 to provide services for Korean Americans.*

*In phase 5, six Korean mental health workshops were held from May to June 2023. So, we hired a professional instructor and ran a newspaper advertisement for Korean Americans to attend a mental health workshop with Koreans from various areas.*

*And since May is Mental Health Month, many Koreans attended several events hosted by LAC DMH, where we distributed resource books in Korean and English to Koreans and also promoted Korean-American mental health workshops.*

*In the sixth phase, six Korean-American mental health workshops on different topics were held from July to August 2023, and many Korean-Americans participated and received a lot of information and connection to resources.*

*Step 7 was a time to organize projects carried out so far and prepare for new projects.*

## **PROJECT RESULTS**

**Project Introduction :** This is the final report for the Korean Mental Health Navigation Service Project conducted from December 16, 2022 to October 31, 2023. Reports on projects provide content and results about processes carried out according to the timeline. This is a meaningful project that first began to provide diverse understanding and education about mental health to Koreans. It is our earnest hope that this project will further expand Korean mental health services for all Koreans living in LA County, and that more families, children, and seniors will receive more services for mental health recovery through various education and Korean networks.

### **Phase 1A : Development of Pre/Post Survey Questionnaires (12/16/22~12/31/22)**

Before starting the Korean-American mental health navigation service project, opinions from various communities were needed on what Koreans need and what services should be expanded. This is because the results of this survey are provided by the community about the project. So, we prepared five questions. These questions ask how much experience or education the Korean-American community has currently had regarding mental health. Second, I also learned how to connect with services when mental health issues arise. We also decided to ask the question of what Koreans actually need. In addition, we prepared the following five questions to find out whether Koreans who currently do not know or speak English have ever experienced content or information provided in Korean.

- 1.** Have you or someone you know ever heard of or participated in a seminar on Korean mental health?
- 2.** Was the mental health understanding and resources helpful through the provided seminar on Korean mental health?
- 3.** Who do you turn to for help when you have mental health problems?
- 4.** Do you know of an agency or information to contact directly for help with mental health issues?
- 5.** Among the mental health providers operated by LA County, Do you know information about the institution?

These questions will be surveyed among 10 navigators trained through this project and community members attending 12 mental health workshops for Korean Americans. Depending on the results, we will know what the current understanding, education, and needs of Koreans' mental health are, and what areas will be further developed in the future.

## **Phase 1B : (1/123 ~ 2/1/3)**

### **1) Development of Education Session (4 Session for a total of 12 Hour)**

While preparing the curriculum for the 12-hour Korean mental health navigator training, I thought about what training navigators needed most. So what was decided is as follows.

#### **1) Mental Health First Aid - Provide DMH Mental Health License instructor / 8 hours**

Mental Health First Aid will receive 8 hours of training from a qualified Korean leader at LAC DMH, where navigators will learn how to prepare to understand mental health and the community.

#### **2) Understanding LAC DMH organization and service contents - 4 hours - Provide project consultant**

In fact, there is a LAC DMH Headquarters in Koreatown, but there are too many people who do not know this information. In addition, although LAC DMH currently provides so many resources and information, not only Koreans but also many community members are completely unaware, so the first thing Korean mental health navigators need to learn is how LAC DMH is currently organized and what services it provides. It took us time to learn how to do it.

#### **3) Communication with family and community – 2 hours Provide Project Consultant**

In addition, when navigators provide mental health counseling, training is needed on how to understand and empathize with the situation of community members through communication with counselors or family members, and connect necessary services to those in need.

#### **4) Information management training from the Mental Health Resource book - 2 hours Provide project consultant**

The newly created 288-page resource book in Korean and English was distributed to the Korean community. What was important was training on how to use the book and connect the information provided in the book.

## **Phase 2A : (2/2/23 ~ 3/31/23)**

### **1) Secure Location for Educational Sessions**

When deciding on a location for Korean mental health navigator training, we had to choose a place that was safe and easy to park, such as a local church, institutional seminar room, or office. However, since the LA County Mental Health Department Headquarters is located in Koreatown, I decided to do Korean mental health navigator training there. The reason is that many Koreans living in Koreatown, LA do not know about the LA County Mental Health Department.

In addition, since various services for Koreans are provided within the Mental Health Department, in order to introduce various organizations, the seminar room of the LAC DMH Koreatown Mental Health Center located in Headquarters was chosen as the location for the Korean Mental Health Navigator Training.

### **2) Recruitment of minimum of 10 Navigators**

The recruitment of Korean-American mental health navigators was advertised to the Korean-American community through various methods and media, with the goal of recruiting 10 people.

First, an advertisement for the recruitment of Korean mental health navigators was advertised in the The JoongAng Korean Daily in America, which is the most widely viewed newspaper among Koreans.

In addition, he appeared on AM 1190 GBC radio program, which is the most listened to by Korean Christians, and conducted an interview about projects for Korean Americans and recruitment of navigators.

In addition, an advertisement was placed on the Radio Korea community, where Koreans get the most information online, and on the JoongAng Ilbo online bulletin board in the U.S. to recruit Korean navigators.

Surprisingly, after seeing an advertisement to recruit 10 navigators, more than 40

Koreans contacted us with interest, and we were eventually able to select 10 of them and begin training as Korean navigators.

Through this recruitment of navigators, Korean Americans previously avoided and were reluctant to participate in mental health issues. However, through this opportunity, I also learned that more Koreans in the Korean community are interested in mental health and are trying to participate in that area.

The content below is a screenshot of a news article and advertisement on the recruitment of Korean-American mental health navigators in The JoongAng Korean Daily.

## 정신건강 네비게이터 모집



'Good Life Care Resource Center'에서는 한인 정신건강 네비게이터를 모집한다. 지원 대상은 18세 이상 한국어와 영어 이중언어 구사가 가능하고 정신건강에 대해 배우면서 한인들을 위한 봉사와 섬김의 마음을 가진 자다. 네비게이터 12시간 교육 및 12번의 한인정신건강 세미나 참석 시 시간당 20달러를 지불한다. 또한 프로젝트 후 LA 카운티 정신건강국 프로모터 지원 자격을 부여받게 된다. 더 자세한 내용 및 문의는 전화로 하면 된다. 이메일 문의도 가능하다.

▶문의: (213)820-8855

▶이메일: khckjo@gmail.com

## 한인 정신건강 네비게이터 모집

Recruitment of Korean Mental Health Navigators

### 자격 (Qualification)

- 18세 이상 한영 이중 언어 구사자  
Korean-English bilingual over 18 years of age.
- 정신건강을 배우고 한인들을 위한 봉사와 섬김을 하려는 마음을 가진 자.  
Those who have the heart to learn mental health and to serve Koreans.

### 혜택 (Benefits)

프로젝트 후 LA 카운티 정신건강국 프로모터 지원 자격 부여  
Eligibility for LA County Department of Mental Health promoter support after the project

페이: 시간당 20불 / Pay: \$20 per hour

- 네비게이터 12시간 교육시 제공  
Provided during 12-hour navigator training
- 12번의 한인정신건강 세미나 참석시 시간당 페이  
Hourly pay for attending 12 Korean Mental Health Seminars

### 조건 (Conditions)

12시간 네비게이터 훈련과 12번의 한인들을 위한 정신 건강 세미나 참석 후 케이스 매니저로 한인들을 돕는 것  
Helping Koreans as a case manager after attending 12-hour navigator training and 12 mental health seminars for Koreans.

프로젝트 제공: LA카운티 정신 건강국 (Los Angeles County Department Mental Health)

ASK  
Good Life Care Resource Center  
3388 W. 8th St. #103 LA CA 90005

Korean Navigation Mental Health Project  
컨설턴트 (Consultant): 김효철 (Hyocheol Kim)  
213.820.8855 | khckjo@gmail.com



The content below is a screenshot of a news article on recruiting Korean-American mental health navigators in The Korea Times.

사회



## '한인 정신건강 서비스' 확대 실시

2023-01-25 (목)

(사회)

▶ 굿라이프케어리소스센터 LA카운티 정신건강국 프로젝트

▶ 책자 제작·세미나 개최 등 진행



굿라이프케어 리소스센터가 한인 대상 정신건강 프로그램을 확대 실시한다. (굿라이프케어 리소스센터 제공)

굿라이프케어리소스센터 대표 김효철 목사이와 '연타'가 한인 정신 건강 서비스를 확대 실시한다. 센터는 LA 카운티 정신 건강국에 한인 정신 건강 네비게이션 프로젝트를 신청하여 앞으로 1년간 관련 프로그램을 진행할 계획이라고 밝혔다. 센터에 따르면 이번 프로젝트는 크게 3가지 내용으로 진행된다.

한인을 위한 정신 건강 리소스 책자가 한국어와 영어로 마련된다. 책자는 앞으로 열릴 예정인 정신 건강 세미나 참석자에게 제공되고 한인 은행과 한인 마켓 등을 통해서도 무료로 배포될 예정이다. 한국어와 영어를 구사하는 이중언어자 10명(18세 이상)을 모집해 정신 건강, 상담, 커뮤니케이션 등과 관련된 교육을 제공한다.

12시간에 걸친 교육 과정을 이수하게 되면 세미나를 듣거나 실제 사례를 담당하는 '네비게이터' 자격이 부여된다. 센터는 또 오늘 5일부터 8일까지 한인 정신 건강 세미나를 12회에 걸쳐 실시할 계획이다. 세미나에는 LA 카운티 정신 건강국 소속 한인 프로모터가 강사로 나와 강의를 진행하게 된다.

센터 대표 김효철 목사는 "정신 건강과 관련된 기존 서비스가 있지만 신청자가 많아 상응을 받으려면 오래 기다려야 하는 불편이 있다"라며 "한인 가정의 정신적으로도 행복한 이민 생활을 누릴 수 있도록 돕겠다"라고 밝혔다. 2019년 비영리단체로 설립된 센터는 한인 노인을 위한 무료 소셜 서비스, 한인타운 저소득층 가정을 위한 한글학교와 애프터스쿨 등의 프로그램을 운영하고 있다.

▶ 문의: 김효철 목사 (213)820-8855, 3388 W. 8th St. #103, L.A., CA 90005

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**Phase 2B : (4/1/23 ~ 4/30/23)**

### **Provide Navigators with Education Session**

Korean mental health navigator training was held every Friday in April and was conducted over 4 weeks for a total of 16 hours according to the planned schedule.

During the first mental health training session during the four training sessions, a representative from Koreatown Mental Health Center came to introduce the center and provide information about what services it provides.

Also, during this time, we had time to understand LAC DMH's organization and services, what UsCC exists in and under LA County's eight regions, and insurance application services by region. Additionally, the navigators had time to learn what practical services and resources are currently being provided to Koreatown.



During the second navigator training session, a Mental Health First Aid trainer recommended by the LA County Department of Mental Health came and provided 4 hours of Mental Health First Aid training to the navigators. The remaining 4 hours were provided online on Saturday morning, and all 10 Korean mental health navigators received certificates of completion.

Through this time, the navigators had time to understand mental health and learn how certain symptoms appear, and statistically, we learned how many people currently have mental health problems. I also learned how to help community members with mental health issues as a facilitator and volunteer.



During the third navigator training, navigators learned that various education and seminars for Korean Americans are being introduced in Korean through a visit by Korean staff from the LA County Mental Health Department to introduce and guide various programs currently provided in Korean for Korean Americans. It has been done.

Also, during this time, when counseling with counselors or families with mental health problems, how to understand their situation and environment, how to help them through good communication, and what organizations or services they need should provide. We had time to learn together about counseling and communication.





In the fourth navigator training session, a Korean representative from the Peer Resource Center operated by the LA Counter Mental Health Department came and introduced the center and the services currently provided. In the last training session, we learned how to change roles and understand each other's situations by becoming counselors and clients using the resource books we produced in Korean and English. Additionally, by using the information in the resource book, I had time to learn techniques for connecting resources directly, including which service to connect to in which situation.



Through this training, I learned that there were various event information and seminars provided by the LA County Mental Health Department through the network of 10 navigators. As the navigators relayed this information to the Korean community, many Koreans learned about LA County mental health.

## Phase 3A : (5/1/23 ~ 6/30/23) -

May is Mental Health Awareness Month. Every Friday from May 12th to June 16th, mental health workshops were held for Korean Americans living in Area 4. Since there are many events held during Mental Health Month hosted by LAC DMH, I had to attend most of the events to hand out the resource book I created and provide information about Korean-American mental health workshops. It was not easy to attend Korean mental health workshops and events as vendors and promote them to Koreans and community members along with the Korean navigators who prepared and helped with this project, but it was a meaningful and invaluable experience.

For the specially prepared Korean-American mental health workshop, we advertised the Korean-American mental health workshop for six weeks in The JoogAng Korean Daily, which is the most read by Koreans, and in two Christian newspapers, Christian Vision Press and The Korean Christian Press. Every week, we promoted the Korean Mental Health Workshop online on Radio Korea, online The JoogAng Korean Daily community bulletin board, and on Missi USA, which is widely viewed by Korean women.

# 한인 커뮤니티를 위하여 여러 정신건강 전문가와 기관들이 함께 준비한 **한인 정신건강 워크샵**

**1차  
세미나**

**일시:** 5월 12일부터 6월 16일까지  
매주 금요일 오전 10시부터 12시 30분

**장소:** American West University  
1818 S. Western Ave. #203 LA CA 90006

날짜	주 제	강 사
5/19 (Fri)	양극성 장애 Bipolar Disorder	김경준 박사 윌드미선대학교 상담심리학 교수
5/26 (Fri)	우울증 Depression Disorder	수잔 정 박사 카이저 정신과 닥터
6/ 2 (Fri)	약물 중독 Addiction	한영호 목사 나눔 선교회 대표
6/ 9 (Fri)	강박 장애 Obsessive Compulsive Disorder	김경준 박사 윌드미선대학교 상담심리학 교수
6/16 (Fri)	죽음과 외상후 스트레스 장애 Post-Traumatic Stress Disorder	나승렬 목사 Salt 4 Co-Chair / 약속의 교회

**워크샵 참석 베네핏**

- 1) 한국어와 영어로 된 정신건강 정보 안내서 무료 증정
- 2) 세미나 후 10명의 한국어와 영어가 가능한 정신건강 네비게이터들이 상담을 통해서 도움이 필요한 기관에 영어로 서비스 신청 대신 해 줌.
- 3) 간단한 간식과 음료 제공

**프로젝트제공**

LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
*hope. recovery. wellbeing.*

— ASK —

**Good Life Care  
Resource Center**

3388 W. 8th St. #103 LA CA 90005

**Korean Navigation Mental Health Project**

컨설턴트 (Consultant) : **김호철** (Hyocheol Kim)

**213.820.8855 | khckjo@gmail.com**



한인 커뮤니티를 위하여  
여러 정신건강 전문가와 기관들이 함께 준비한

## 한인 정신건강 워크샵

**1차 세미나** 일사: 5월 12일부터 6월 16일까지  
매주 금요일 오전 10시부터 12시 30분  
장소: American West University  
1818 S. Western Ave. #203 LA CA 90006

날짜	주제	강사
5/12 (Fri)	불안 장애 Anxiety Disorder	수잔 정 박사 카이저 정신과 닥터 <small>강의 전 유추조에서 "수잔 정 박사의 정신 질환 상담실" 환자들을 위한 프로그램 호스팅을 합니다.</small>
5/19 (Fri)	양극성 장애 Bipolar Disorder	김경준 박사 윌드미선대학교 상담심리학 교수 <small>강의 전 유추조에서 "수잔 정 박사의 정신 질환 상담실" 환자들을 위한 프로그램 호스팅을 합니다.</small>
5/26 (Fri)	우울증 Depression Disorder	수잔 정 박사 카이저 정신과 닥터 <small>강의 전 유추조에서 "수잔 정 박사의 정신 질환 상담실" 환자들을 위한 프로그램 호스팅을 합니다.</small>
6/ 2 (Fri)	약물 중독 Addiction	한영호 목사 나눔 선교회 대표
6/ 9 (Fri)	강박 장애 Obsessive Compulsive Disorder	김경준 박사 윌드미선대학교 상담심리학 교수
6/16 (Fri)	죽음과 외상후 스트레스 장애 Post-Traumatic Stress Disorder	나승렬 목사 Salt 4 Co-Chair / 약속의 교회

**워크샵 참석 혜택**

- 1) 한국어와 영어로 된 정신건강 정보 안내서 무료 증정
- 2) 세미나 후 10명의 한국어와 영어가 가능한 정신건강 네비게이터들이  
상담을 통해서 도움이 필요한 기관에 영어로 서비스 신청 대신 해 줌.
- 3) 간단한 간식과 음료 제공

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**Korean Navigation Mental Health Project**  
컨설턴트 (Consultant) : 김효철 (Hyocheol Kim)  
**213.820.8855 | khckjo@gmail.com**

한인 커뮤니티를 위하여  
여러 정신건강 전문가와 기관들이 함께 준비한

## 한인 정신건강 워크샵

**1차 세미나** 일사: 5월 12일부터 6월 16일까지  
매주 금요일 오전 10시부터 12시 30분  
장소: American West University  
1818 S. Western Ave. #203 LA CA 90006  
후원: 재미한국노인회

날짜	주제	강사
5/12 (Fri)	불안 장애 Anxiety Disorder	수잔 정 박사 카이저 정신과 닥터 <small>강의 전 유추조에서 "수잔 정 박사의 정신 질환 상담실" 환자들을 위한 프로그램 호스팅을 합니다.</small>
5/19 (Fri)	양극성 장애 Bipolar Disorder	김경준 박사 윌드미선대학교 상담심리학 교수 <small>강의 전 유추조에서 "수잔 정 박사의 정신 질환 상담실" 환자들을 위한 프로그램 호스팅을 합니다.</small>
5/26 (Fri)	우울증 Depression Disorder	수잔 정 박사 카이저 정신과 닥터 <small>강의 전 유추조에서 "수잔 정 박사의 정신 질환 상담실" 환자들을 위한 프로그램 호스팅을 합니다.</small>
6/ 2 (Fri)	약물 중독 Addiction	한영호 목사 나눔 선교회 대표
6/ 9 (Fri)	강박 장애 Obsessive Compulsive Disorder	김경준 박사 윌드미선대학교 상담심리학 교수
6/16 (Fri)	죽음과 외상후 스트레스 장애 Post-Traumatic Stress Disorder	나승렬 목사 Salt 4 Co-Chair / 약속의 교회

**워크샵 참석 혜택**

- 1) 한국어와 영어로 된 정신건강 정보 안내서 무료 증정
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상담을 통해서 도움이 필요한 기관에 영어로 서비스 신청 대신 해 줌.
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The Korean Mental Health Workshop invited experts in various fields who are experts in the field of mental health and are working as educators and counselors. All instructors delivered knowledge and information on various fields for Korean Americans.

In particular, what was most meaningful was that the instructors explained the actual medications taken and their efficacy, informing the Korean community of various opinions and situations regarding the actual use of medications.

However, during the first seminar, we saw that the level of participation of Koreans varied depending on the topic. Still, about 30 Koreans attended most of the seminars, gained a lot of information through understanding mental health and asking various questions, and later contacted the instructors directly to receive counseling.

The most surprising thing while preparing and conducting this seminar was that not only Koreans from other areas in LA County but also from Orange County came to the seminar offered in Area 4 after seeing an advertisement in the newspaper and attending the seminar. What this means is that many Koreans now want to learn more about mental health and want to know more information, but we have learned that the current system is not providing actual services for Koreans.

The Korean Mental Health Workshop, which was held from May to June, included seminars on the following topics and instructors. The photos below show attendance at the seminar held from May to June.





## 2023 – Mar- 09 LA County Mental Health Department Koreatown Mental Health Clinic Event

May is Mental Health Awareness Month. The newly opened mental health clinic in Koreatown prepared an event for Koreans and local people. In this event, while opening the newly built LA County Mental Health Office building, Korean-American religious circles, newspapers, reporters, and local community members were invited to publicize it, and it was prepared to make it easier for more community members to access the newly prepared services. The Good Life Care Resource Center participated as a vendor at the event, distributing newly produced Korean and English resource books to Koreans and providing guidance on the upcoming 12 Korean mental health workshops. Through this project, many Koreans hope to have a wider understanding and knowledge of mental health, and where and how to get help when they have problems so that many Korean families will be of some help in the immigrant society.





**2023 – May – 23 : LA County Department of Mental Health Provid LA Convention Center  
Event for Faith-Based Advocacy Council**



Various seminars and informational events organized by the Faith-Based Advocacy Council, affiliated with the Los Angeles County Department of Mental Health, were held at the Convention Center in Downtown LA. A large number of people participated, and various seminars and Q&As on mental health were held, and many vendors participated to promote and publicize their services. Through this time, I had time to learn about various awareness and interest in mental health and how many people need it. Our center participated as a booth and had a good experience by distributing new mental health resource books and guiding Korean mental health workshops to Koreans.



**2023**  
–  
**May -**  
**25 :**  
**LAC**  
**DMH**

**Provide Resource Fair in LACC**



On May 25th, a resource fair event hosted by LAC DMH was held at LACC. It is an event in which over 100 organizations participate to promote services and resources, and the Good Life Care Resource Center also participates with Korean navigators, handing out resource books to those who come to the event, promoting Korean mental health workshops, and working with other organizations. As I looked for ways to help the community, I discovered many networks.

Korean navigators provided various event information or various seminars and information provided at LAC DMH to many Korean community members they knew, and it was very valuable to see more Koreans visit DMH Headquarters and learn about more resources.

### **Phase 3B : (7/7/23 ~ 8/11/23)**

The second season of the Korean Mental Health Workshop was held from July 7th to August 11th. For this seminar, we promoted it to the Korean community in various ways. We appeared on the Gospel of the Americas broadcast and promoted the workshop through interviews. As with the first seminar, we promoted the Korean mental health workshop every week through three newspapers and online advertisements.

2nd Seminar: Every Friday from July 7th to August 11th, 10:00 am to 12:30 pm		
Date	Lecturer	Main subject
7 / 7 (Fri)	Dr. Susan Chung Kaiser Psychiatric Retired Doctor	Suicide
7 / 14 (Fri)	Dr. Susan Chung Kaiser Psychiatric Retired Doctor	Schizophrenia
7 / 21 (Fri)	Dr. Kyung-Jun Kim World Mission University Counseling Psychology Professor	Personality Disorder
7 / 28 (Fri)	Dr. Kyung-Jun Kim World Mission University Counseling Psychology Professor	sleep disorder
8 / 4 (Fri)	Dr. Esther Yang Presbyterian Theological Seminary in America Counseling Professor	stigma
8 / 11 (Fri)	Dr. Kyung-Jun Kim World Mission University Counseling Psychology Professor	Eating Disorder



# 한인 커뮤니티를 위하여 여러 정신건강 전문가와 기관들이 함께 준비한 **한인 정신건강 워크샵**

**2차  
세미나**

일시: 7월 7일부터 8월 11일까지

매주 금요일 오전 10시부터 12시

장소: Good Life Care Resource Center Seminar Room  
1818 S. Western Ave. #302 LA CA 90006

날짜	주 제	강 사
7/7 (Fri)	자살 Suicide	수잔 정 박사 카이저 정신과 닥터 <small>김의 원 감독하에서 "수단 및 마음 건강 관련 상담실" 동명상을 미리 보시고 오시면 좋습니다.</small>
7/14 (Fri)	정신 분열증 Schizophrenia	수잔 정 박사 카이저 정신과 닥터 <small>김의 원 감독하에서 "수단 및 마음 건강 관련 상담실" 동명상을 미리 보시고 오시면 좋습니다.</small>
7/21 (Fri)	성격 장애 Personality Disorder	김경준 박사 윌드미션대학교 상담심리학 교수
7/28 (Fri)	수면 장애 Sleep Disorder	김경준 박사 윌드미션대학교 상담심리학 교수
8/4 (Fri)	낙인 Stigma	양 에스더 박사 윌드미션대학교 상담심리학 교수
8/11 (Fri)	섭식장애 Eating Disorder	김경준 박사 윌드미션대학교 상담심리학 교수

## 워크샵 참석 혜택

- 1) 한국어와 영어로 된 정신건강 정보 안내서 무료 증정
- 2) 세미나 후 10명의 한국어와 영어가 가능한 정신건강 네비게이터들이 상담을 통해서 도움이 필요한 기관에 영어로 서비스 신청 대신 해 줌.
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Korean Navigation Mental Health Project

컨설턴트 (Consultant) : 김효철 (Hyocheol Kim)

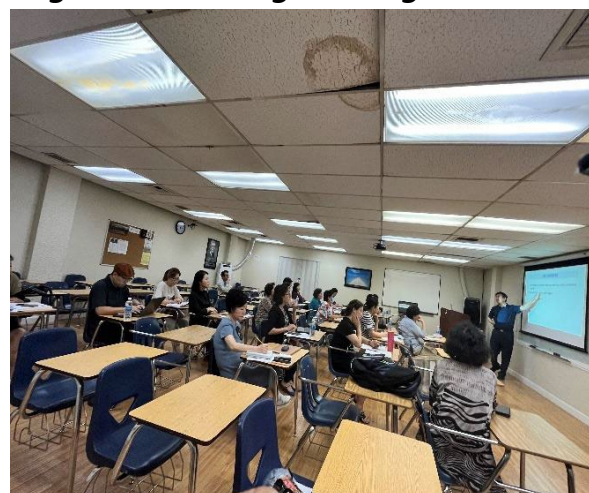
213.820.8855 | khckjo@gmail.com



The  
most



significant thing during the 2nd Korean



Mental Health Workshop was that there was almost no change in the number of people attending the 6 lectures. In other words, as we continue to provide education and information, we have created a new awareness of mental health within the Korean-American community and more people are becoming more interested in how to respond to and recover from mental health.

The contents below are the results of Korean American navigators receiving counseling and providing actually needed services and resources to Koreans in need of help among community members who attended during the 12 Korean Mental Health Workshops. Through this part, many Koreans actually visited LAC DMH Headquarters and received help.

### **LEASONS LEARNED**

1) Proposal - The 2021 Korean population in LA County is 229,593. However, the 1,000 Korean-English mental health resource books created this time were only delivered to a small number of people. We ask that LAC DMH provide financing to produce 10,000 more books and transport them from Korea to the United States, as well as the cost of transporting and transporting the books by vehicle. If that happens, if we distribute this book for free to Korean banks and Korean markets in areas where many Koreans live in LA County, more Koreans will receive more stability and help in their lives through more information and resources. It is expected that We ask for your active support in this area.

2) Proposal - For the first time, we conducted 16 hours of Korean mental health navigator training. However, 8 hours were used for Mental Health First Aid training. So, we learned that more time is needed for navigators to learn various knowledge and information and to train them to apply it.

So, the next time we train Korean mental health navigators, we need at least 16 hours of training for the navigators, excluding the Mental Health First Aid training time. This investment of time will help Korean navigators understand and apply more services and information to help community members.

Korean American Navigator Effect: In the Korean American community, through Korean mental health navigators, individuals learned and shared information and understanding of various mental health issues with their own networks. As a result, not only navigators but also Koreans have completed Mental Health First Aid training. In addition, some navigators also completed 16 hours of suicide intervention skills training over 2 days provided in Korean at LAC DMH. In addition, Korean navigators informed the Korean

community of various seminars held in Korean at the Peer Resource Center operated by LAC DMH and participated directly, which served as an opportunity for many Koreans to become more aware of DMH Headquarters.

## **RECOMMENDATIONS**

**Next Project Proposal** - The fact that LAC DMH Headquarters has permanent Korean staff and a clinic for Koreans is very hopeful. However, there are currently structural problems with the services provided by Korean mental health navigators.

Currently, LAC DMH Koreatown Center (Clinic) has 5 to 6 counselors, and 3 of them are Korean staff. The problem is that currently, counselors are responsible for 50 to 60 mental health consumers at a time.

And for the most important issues, points are given through consultation. And consumers with mild symptoms ranging from 1 to 5 cannot receive services from DMH, so they are referred to other places. Only consumers with a score of 6 to 10 are receiving treatment first.

In that case, even after receiving counseling, consumers or their families with mild symptoms have to find other places to receive counseling or treatment. In that case, it is difficult to find Korean language support and they are in a situation where they have to pay a lot of costs.

In this regard, the Good Life Care Resource Center proposes the LA County Korean American Mental Health Network Support Center Project to MASH as a three-year plan.

We would like to express our gratitude to API UsCC and LAC DMH for helping us and providing funds to provide practical mental health services that are essential for the Korean community with navigators. However, if this project, which has just begun, stops here, more support and services for Korean Americans will not be delivered to them.

Please help us implement the LA County Korean Mental Health Network Support Center project for many Koreans living in LA County who are looking to start a new.