

From: Myra McNair <myra@anesistherapy.com>
Sent: Sunday, January 13, 2019 9:06 PM
To: All Alders
Subject: Mental Health Services for South East Asian populations

General Information

Name: Myra McNair
Address: 6417 Odana Road Suite 5
City: Madison
State: WI
ZIP: 53719
Phone: 608-239-2401
Work Phone: 608-268-6530 Extension: 407
Email: myra@anesistherapy.com
Should we contact you?: Yes

Message:

Dear Alder,

Happy New Year!

As the new year begins, we would like to update you about the progress of Hmoob Kaj Siab formerly known as Kajsiab House. Thanks to your leadership, we are able to continue culturally and linguistically competent mental health services to Hmong, Lao, and Khmer elders, veterans, and widows after the closing of Kajsiab House. Despite the transition from Journey Mental Health, Hmoob Kaj Siab, has become a safe and trusted place for elders to come on a daily basis, a resource for local mainstream health providers to refer their Hmong clients, and a leader in providing culturally competent mental health services for Hmong, Khmer and Laotian elders and adults.

Programming is currently housed at the Catholic Multicultural Center CMC, Monday through Friday from 9:30-2:30 p.m. We are grateful for the partnership with CMC that provides a large space for the elders to meet, private room for psychiatric counseling and medical prescription, and a kitchen to prepare a culturally appropriate meal. Transportation for elders is provided through Midway Transit, a Hmong own transit company that has Hmong speaking drivers, by Hmong Kaj Siab staff and our Khmer bilingual staff member.

Program Staff: Seven full time staff

- Two psychotherapist who are bilingual and bicultural in Hmong with Master's in Counseling
- One crisis case manager bilingual and bicultural in Hmong with a Master's in Public Health
- One crisis case manager bilingual and bicultural in Khmer
- Project coordinator who is bilingual and bicultural in Hmong and Lao and has a Master's in Counseling with seven years operating his own healthcare business
- Two cooks who prepare nutritious meals.
- Numerous volunteers with various backgrounds such as mental health counseling, nurse, and community members that come on regular basis to volunteer.

All mental health staff are supervised by Anesis Therapy while the communal program staff such as project coordinator and cooks are supervised under The Hmong Institute. Moving forward, we are actively recruiting for additional staff as our cases are increasing more elders are using Hmoob Kaj Siab. Additionally, we are getting new referrals about 3 per month from UW Health, Journey Mental Health, SSM Health St. Mary's, Group Health Cooperative and university hospital clinic, as Hmoob Kaj Siab is seen as a resource for mainstream health care providers. Doctors and social workers from UW Health and Group Health Cooperative frequently consult with Hmoob Kaj Siab's staff on questions related to their Hmong patients.

Since Hmoob Kaj Siab started in October:

- 40 Hmong, 1 Lao, and 33 Khmer elders receive mental health services
- 52 Hmong, Lao and Khmer clients have received medical prescriptions and prescribing appointments. An additional 15 clients are on the waitlist for their initial prescribing appointment
- 13 Clients are in Comprehensive Community Services and 9 are on the waitlist.
- Elders go on field trips to expose them to the world around them so they can better navigate the community.
- Elders receive daily nutritious meals
- Elders exercise regularly to stay healthy
- Elders choose what activities they want to participate in
- Individual case management is provided on site or through home visits

Moving forward in 2019, we ask for your continued support of so we can continue to serve our Hmong, Khmer, Laotian, and refugee communities with well-trained bilingual clinicians. The City funding will help strengthen the County's contract with Anesis Therapy to build a sustainable and culturally competent mental health services for Hmong, Khmer, and Laotian refugees.

Funding from the County is through Medicaid MA crisis stabilization reimbursement 460,000 and Comprehensive Community Service CCS. Once Hmoob Kaj Siab staff provides services to an elder, Anesis then bills the County for the service. For CCS, it generally takes between three and four months to enroll the elder, do intake with the County, and submit a bill before Anesis receives funds. Anesis is just now able to start billing for CCS as it took three months to train staff, get elders enrolled, do intake, and set up billing. We are now able to bill for MA crisis stabilization reimbursement as our contact with the County started Jan 1st. Therefore, it is important that Anesis receive City funds as soon as possible to support Hmoob Kaj Siab's transition into CCS and MA billing. Going to RFP will delay the needed funds that supports these critical services.

We thank you for your support of the funding gap in 2018 and count on your support of approving the 115,000 for Anesis Therapy to continue to provide culturally and linguistically competent mental health services to Hmong, Khmer, Laotian and refugee communities without any gaps in services.

Respectfully,
Myra McNair, LMFT
utive Director

Recipient:
All Alders