

Announcement!

What: Kajsiab House Fundraiser

When: November 13-19, 2006 Where: Taste of Asia
2817 East Washington Avenue

Purpose of Fundraiser

As you know, Kajsiab House hasn't regained its losses after the drop-off of federal grants and is in need of your financial support. Taste of Asia decided to make this an annual fundraiser to raise the awareness of the monetary need to support Kajsiab House, for we believe in Kajsiab House's mission and the culturally and linguistically competent services they provide to the elders in our community.

Therefore, Taste of Asia, in collaboration with other businesses, will be holding our second annual Kajsiab House Fundraiser on **November 13-19. We are NOW accepting donations for the silent-auction as well as taking egg roll orders.** All proceeds will be donated to Kajsiab House.

Last year, (*thank you to those who supported our effort*), we raised over \$12,000 for Kajsiab House. Our goal this year is to double this amount, if not triple. To help **Taste of Asia** achieve our goal, we are seeking the support of local businesses, volunteers, donation items for the silent auction, cash donation for Kajsiab House, and by placing your orders for our delicious Hmong egg rolls and Vietnamese spring rolls.

For more information on the Kajsiab House Fundraiser, please contact Mai Zong at 241-8534 or Peng at Taste of Asia, 240-0762 or email maizongvue@sbcglobal.net.

About Kajsiab House

Kajsiab House's mission is to create a culturally and safe environment to promote well being in the Hmong community. Kajsiab House, founded on January 2000, is a program of the Mental Health Center of Dane County, Inc. Kajsiab House was developed for the Hmong community, as a place in which Hmong elders and their families can be safe, express and experience their culture, as well as increase their understanding and the ability to live successfully within an American cultural context.

Since its inception in 2000, Kajsiab House has become a safe haven for some of the 5,000 Hmong Americans in Dane County. Today, Kajsiab House is a "home away from home" for Hmong adults and elders with severe mental health needs and who are extremely isolated in Dane county due to their inability to speak English and their difficulty assimilating into American society.

For more information, please contact Doua Vang, Associate Program Manager, at 608-280-4761 or email doua.vang@mail.mhcdc.org or Mai Zong Vue at maizongvue@sbcglobal.net or 241-8534.

Thank you, in advance, for your support!

ORDER FORM-2006

Kajsiab House Fundraiser @ Taste of Asia

I would like to support Kajsiab House by placing the following order(s) and share the delicious Hmong egg rolls and Vietnamese spring rolls with my friends and family, especially during the upcoming Thanksgiving holiday. **Our egg rolls make wonderful gifts for holiday parties!**

Order Information

Name	Phone Number	Email
Address	City	Zip code

I would like: ___dozen of vegetarian egg rolls (\$20/dozen) ___dozen of pork egg rolls (\$30/dozen)
Ingredients: pork, bean thread noodle, cabbage, carrots, yellow onion, and spice

I would like: _____dozen of Vietnamese Spring Roll (vegetarian) (\$35/dozen)
Ingredients: noodle, egg, lettuce, carrot, mint, cilantro, and cucumber

Payment Method: (please check appropriate box)

_____ I will be paying by cash.

credit card #: _____

expiration date: _____

(only visa or master cards will be accepted)

Pick-up Time:

You can pick up your order of Hmong egg rolls and Vietnamese spring rolls at **Taste of Asia** during the week of **November 13-19 between 12 p.m. to 8 p.m.** or dine in with us and chat with old friends or make a new friend at Taste of Asia.

I plan to pick up my order on: (please check one)

___ Monday, Nov. 13 ___ Tues., Nov. 14 ___ Wed., Nov 15
___ Thurs., Nov. 16 ___ Fri., Nov. 17 ___ Sat., Nov. 18
Or ___ Sunday, Nov. 19

THANK YOU for your support!

DONATIONS--2006

Kajsiab House Fundraiser @ Taste of Asia

Cash Donation:

I would like to donate: _____ \$100 _____ \$300 _____ \$500 _____ \$1000
_____ \$3,000 _____ \$5,000 _____ \$10,000 _____ other, please fill in

Please make check payable to Kajsiab House and mail to: Taste of Asia, 2817 E. Washington Avenue, Madison, WI 53704. All donations are tax deductible!

In-kind donations for the silent auction:

I would like to donate the following item(s) for the silent auction at Taste of Asia during the week of November 13 -19. My item(s) is value at: \$_____. Below is a brief description of my item(s). Please be sure to indicate date, author, and other important information if possible.

Please bring your donation item to **Taste of Asia, 2817 E. Washington** (Madison East Shopping Center) by **November 1, 2006**. Contact Mai Zong at 241-8534 or 628-3903 to arrange for a pick up. If drop off, please be sure to fill out the Business Participation Form.

Please send a tax deductible letter to me. My mailing and contact information is:

Name	Phone Number	Email
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Address	City	Zip Code
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Bidding Process:

All donated items will be available for bidding **beginning on November 6 at Taste of Asia** or you can view available items on our website: www.toamadison.com as they come in. Bidding will **end at 4 p.m. on Sunday, November 19**. All winners will be notified by phone or email. All items are to be picked up at Taste of Asia.

Thank you for your support!
Taste of Asia

Business Participation Form-2006

Kajsiab House Fundraiser @ Taste of Asia

Please fill in the information requested below so we will know how to appropriately list your business in the fundraiser literature. Thank you!

Contact Name: _____ Phone: _____

Business Name to be listed on literature: _____

Address: _____ City: _____ Zip: _____

We are happy to participate in the Kajsiab House fundraiser by donating the following items:

Item(s): _____

Cash Value is: \$ _____

Yes, for tax purpose, we would like a letter from Kajsiab House for the cash value donated.

No, we do not need a letter from Kajsiab House.

For more information, please contact: _____ at this

telephone number: _____.

THANK YOU FOR YOUR SUPPORT!
Taste of Asia

What Do You Gain By Contributing?

By participating in the Kajsiab House fundraiser, your business will gain more visibility in various ways. Below are different participation levels in this event. Please choose a level that is meaningful for your business.

Donors of Kajsiab House (\$10,000 or more)

- Guest of Honor at Kajsiab House' Annual Community Reception and program activities.
- Listed in all literatures of Kajsiab House.
- Individual event sponsor banner display at Taste of Asia's Fundraiser.
- Listed in all media advertisement, coverage, fundraiser literature, and interview.
- A 15% discount for agency staff when dine-in at Taste of Asia for one year.

Friends of Kajsiab House (cash value of \$5,000 or more)

- Listed in all media advertisement, coverage, fundraiser literature, and interview.
- Listed in all literatures of Kajsiab House.
- Special invitation to Kajsiab House' Annual Community Reception.
- A 10% discount for agency staff when dine-in at Taste of Asia for one year.

Partners of Taste of Asia (cash value of \$1,000 or more)

- Listed in all the media advertisement, coverage, interview, and fundraiser literature.
- A 15% discount for agency staff when dine-in at Taste of Asia for one year.

Supporter of Taste of Asia (cash value of \$100 or more)

- Listed as supporter in all fundraiser literatures.
- A 10% discount for agency staff when dine-in at Taste of Asia for one year.

Kajsiab House

Kajsiab House is a program to reduce the disparities in mental health services for Hmong families living in Dane County, Wisconsin. Many elder and adult Hmong refugees and Hmong-Americans suffer from persistent and severe depression, anxiety, chronic pain, and symptoms related to PTSD because of prolonged exposure to war and refugee experience while fighting for America during the Vietnam War. These adult Hmong are not able to enjoy life in the United States nor are they able to access help for their health problems because many cannot speak English, they are the poorest in Hmong community, and many do not drive or have the skills to take public transportation. In addition, western health and mental health services in Dane County lack the resources and skills to adequately treat Hmong people. Additional funding will allow Kajsiab House to address these health disparities by providing culturally appropriate mental health treatment, bilingual (Hmong/English) mental health services, psychiatry, cultural-brokering, citizenship classes, a daily meal, health education, and medical linkage. We have learned that when impaired Hmong adults are not treated, the economic and social impacts on the community are devastating. In some cases, the lack of treatment for mental health illness has caused adult Hmong to commit suicide.

It is important that adults and elders are treated and kept healthy because in the Hmong culture adults and elders are the core structure of the Hmong community. Although, they may not acquire the ability to speak English, they are still the ones to give advice and provide guidance for the younger Hmong generation of Hmong in this country. If the Hmong adults and elders are not treated, the whole Hmong community is affected. We will see a tremendous increase of family dysfunction and increased school truancy within the Hmong community.

Organization history:

Kajsiab House is one of the 20 distinct programs of The Mental Health Center of Dane County (MHCDC), a nonprofit organization that is a nationally recognized leader in community-based mental health advocacy and treatment. Since its establishment in January of 2000, Kajsiab House has become a safe haven for some of the 5000 Hmong Americans living in Dane County and an important resource for the service community at large. Kajsiab House is a “home away from home” for Hmong adults and elders with severe mental health needs and are extremely isolated in Dane County because of their inability to speak English and their difficulty assimilating into American society. Kajsiab House staff consist of 12 bilingual and bicultural highly trained Hmong and 3 American mental health professionals who are part of a team that is paving the way for the delivery of culturally competent services to Hmong refugees and families.

Range of services of the organization and organizational structure:

In Hmong, Kajsiab (Ga shee’ ah) means the relief of stress and tension from worrying. Kajsiab House, founded January 2000, is predominantly a site-based service program of the Mental Health Center of Dane County Inc. Kajsiab House was developed for the Hmong community by the Hmong community, as a place in which Hmong elders and their families can be safe, express and experience their culture, and increase their understanding and the ability to live successfully within an American cultural context. KH service delivery model involves the concept of cultural brokering and intensive bilingual case management. Effective services to this population require an understanding of Hmong refugee issues, Hmong clan and family dynamics, Hmong culture and respectful attention to the cultural aspects of service options.

Kajsiab House opens for services Monday to Friday from 8:00 AM – 4:30 PM. Participants who are unable to drive themselves to the center receive transportation from Kajsiab House by Kajsiab House staff. Transportation is one of the keys critical part for accessibility for Hmong elders and adults to receive mental health treatment because most of the Hmong elders and adults do not read and write English, many had never been in school in their homeland before coming to the United States as refugees. To obtain a drive license is impossible for most of them.

Mental health professionals have visited from around the nation and the world, Teams from Australia, Japan, Denmark have observed and learned about the Kajsiab House model and have taken some components back to their countries to help them develop programs to serve their indigenous populations.

Many communities in Wisconsin and in other states are trying to adopt and develop similar model such as Kajsiab House to deliver services to the Hmong population in their communities. Leaders in Wisconsin cities such as Appleton, Wausau, La Crosse, Milwaukee, Sheboygan, and Green Bay had visited Kajsiab house and are working with their local officials to get program

The Wingspan Life Resources in Minneapolis, Minnesota visited Kajsiab House several years ago and have now developed a similar program call “TSE LAU KAJSIAB.”

Outline of Kajsiab Program:

- Kajsiab House has highly qualified cultural brokers and mental health clinicians who are bilingual and/or culturally competent.

A. Rationale for KH

- Hmong families in Dane County have limited access or benefit from established mainstream mental health providers, as they are currently offered. Many Hmong have persistent and serious mental illness that mainstream mental health providers lacked the full understanding of Hmong language and culture that made it difficult to treat Hmong patients.
- Since there was literally no existing mental health service to serve the Hmong community prior to KH existence, the establishment of KH has given Hmong in Dane County a place where they feel comfortable and trust to receive mental health services.

B. Specific Benefits of KH

- KH saves the public money:
 - KH helps keep Hmong elders in the community and out of nursing home, thus saving thousands of dollars in expensive nursing home care
 - KH helps to keep Hmong elders and Hmong people with serious mental health illness out of psychiatric wards and hospitals, thus saving thousands of dollars in expensive hospital commitments
- KH is a place where Hmong elders and family members feel comfortable to receive mental health services
 - Hmong people still believe very strongly that being diagnosed with a mental health illness carries a negative stigma.
 - The establishment of KH gives them a place to better understand their illness and a source of community support.
 - Receive culturally appropriate mental health services
 - Translation and other medical appointments
 - Free or reduced transportation to KH and appointments

C. Barriers to health improvement

- Cultural barriers
- Language barriers

- Strictly western mainstream mental health service system
 - Access to transportation
 - Lacks of clear understanding of symptoms prevent people from seeking services, even when services are available.
- **Common Symptoms found among participants**
 - In a study of Southeast Asian refugees, many years after their initial losses and trauma experiences, Nicholson, (1997) found 40% of her sample to suffer from depression, 35% anxiety, and 14% met the full criteria for PTSD. Those conditions are usually accompanied by a kind of severe physical distress our culture labels as somatization (Kinzie, et.al.1990) The combination of being isolated culturally and chronically ill leaves many Hmong chronically symptomatic.
 - **Responsibility of Cultural Brokers/Clinicians**
 - We do more than just mere transporting and translation.
 - We are highly culturally competent and bilingual professional mental health clinicians.
 - Assisting Hmong individuals and families to negotiate their contacts with the general community in ways that resolve problems, reduce stress, improve understanding of their surrounding and help with the transition to the life style in the U.S.
 - Crisis management
 - Cultural competency training – health care providers, university students
 - Outreach, presentations, and cultural educational workshops and conferences
 - Data base