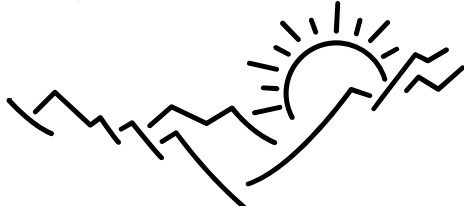


Become a
FRIEND
of KAJSIAB HOUSE



Ways you can be involved:

- Financial donation
- Food donations
- Clothing donations
- Visit to learn about Hmong culture and let participants show you their arts and crafts.
- Volunteer: Call or visit to learn about fun and rewarding volunteer opportunities.

Financial contributions:

Please make check payable to/mail to
MHCDC / Kajsiab House,
3518 Memorial Dr., Building #4
Madison, WI 53704

Those who have supported us:

Dane County Dept. of Human Services
Evjue Foundation
Individual citizens
Madison Children's Museum
Madison Community Foundation
Madison Co-op
Mental Health Center of Dane County, Inc.
Chicago Retirement Research Foundation
So. Madison Plan. Council/Town of Madison
U.S. Substance Abuse & Mental Health Ser.
Assoc. (SAMSHA)

Questions, please contact:

Doua Vang, Clinical Team Manager
608-249-6031; doua.vang@mail.mhcdc.org

Mental Health Center of Dane County, Inc

Kajsiab House

3518 Memorial Dr., Building #4
Madison, WI 53704



Katrina L. Vue

TSEV KAJSIAB

Kajsiab House

Program of the
Mental Health Center of Dane County, Inc.

Kajsiab House Mission

KH's mission is to create a culturally and safe environment to promote well being in the Hmong community.

Meaning of "Kajsiab"

In Hmong, Kajsiab (Ga shee' ah) means the relief of stress and tension from worrying about the safety of loved ones.

Kajsiab House, founded 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.

Who are Participants?

Kajsiab House participants are made up of Hmong-American veterans, widows of veterans and adults who have severe health problems because of their services and sacrifices in America's "Secret War" in Laos from 1961-1975. Of the 5,000 Hmong Americans living in Dane County, over 300 are war veterans or widows of veterans. A high percentage of these elders live with severe health problems such as depression, post-traumatic stress disorder, anxiety, and chronic pain that were caused by their war and refugee experiences. In addition, their assimilation into American society have been complicated by language, cultural, and transportation barriers, as well as unmet social and health problems that social services and health care providers lack the resources to address.

Program Services

Kajsiab House programs improve the lives of Hmong individuals and families

- **Cultural Brokering & Case Management:** Seven professional bilingual cultural brokers provide counseling (individual, family, group) service, advocacy, translation, and case management
- **Hmong Sister Group:** Hmong women counseling and support group
- **Psychological, Psychiatric, & Alternative Medicine Services:** Individual, family, group therapeutic services & medication consultation
- **Social & Recreational Activities:** Field trips, social gatherings, and games
- **Transportation:** Available to Kajsiab House participants
- **After School Programing:** Academic and social support to children whose parents are Kajsiab House clients
- **Community Computer Room:** For academic research and job support
- **T'ai Chi:** Healthy physical and mental activities for Hmong adults and elders
- **Meal Program:** Nutritious breakfast and lunch
- **Hmong & English Classes:** Weekly language classes
- **Citizenship Classes:** To prepare Hmong adults and elders to become citizens. English class also teach American culture, government, and history
- **Internship:** Kajsiab is a place where college students and professionals can gain better understanding of Hmong health issues, culture, and culturally competent services

Impact of Kajsiab House

- Gives Hmong elders and families hope for a better life in Dane County.
- Helps elders and families to become active members in the community by encouraging them to participate in activities, such as assistance to victims of the 9/11 tragedy.
- Improves the emotional and physical well being of participants.
- Creates an atmosphere that fosters respect for Hmong culture and ancestral traditions while participants learn about living in American society and culture.



Katrina
L. Vue

“When Hmong elders come to Kajsiab House their spirits are lifted. Kajsiab is the eye, ear and voice for many Hmong elders in America.”

Hours

Kajsiab House is open Monday through Friday, 8:00 a.m. to 4:00 p.m. We are also open on some weekends and after school for educational and special cultural events.

Address/Phone

3518 Memorial Dr., Bld #4, Madison, WI 53704
Ph: 608-280-4760, Fax: 608-280-4769