

Use this form to document contacts & services for various activities. Information provided will be used for Quality Improvement (QI), Cultural Competence (CC) and Mental Health Services Act (MHSA) PEI reporting.

### PEI / SUDS Prevention Activity Sheet

**Name of staff:** Mai Vang, MTH III and Mai Kia Xiong, MWW

**Date:** 9/29/21 **Time:** 1pm-2pm

**Language of presentation** (Check more than one, if appropriate.):

English  Spanish  Hmong  Punjabi  Other | \_\_\_\_\_

Check one or both, if appropriate:

**PEI/MHSA**  
(e.g. Signs of Suicide, Signs of Self-Injury, Yellow Ribbon Suicide Prevention, Mental Health First Aid, Aggression Replacement Training, parenting classes / presentations, bullying prevention, ASIST, capacity building programs, Ethnic Outreach activities, LGBT activities, trauma reduction, stigma reduction, Latino Support Group, Promotores activities / outreach, Strengthening Families Program, Life Skills, The Council, Girls' Circle, Women's Circle, outreach, meetings, etc.)

**SUDS Prevention**  
(e.g. Friday Night Live, Club Live, Red Ribbon activities, Second Step Program, Strengthening Families Program, Life Skills, Girls' Circle, The Council, recreational activities, outreach, training, meetings, etc.)

**Type of activity:**

YDS (LST,GC,BC)  FNL/Club Live  ES-Strengthening Families

CBS-Prevention Staff training  IMS-Community Outreach  Non-PPSDS activity  Other

**Strategy Frequency:**

One-time  Session-based (curriculum-based)  Recurring (no end date)

Description of outreach or subject of training provided: Providing information about IMPACT Youth and HOC Services

Agency hosting / receiving services or training: Yuba Gardens Middle School Hmong Students and Families

**Brief narrative of the activity, outreach or training** Mai Vang and Mai Kia Xiong attended the "Safe Routes to School Celebration" event at Yuba Gardens middle school where they met with Hmong students and provided information/discussion to the students about Hmong IMPACT Youth Group. We handed out flyers about Hmong IMPACT Youth group and link to upcoming scheduled ZOOM meeting to learn more about the support group and how to join the support group. Mai Vang and Mai Kia also demonstrated how to use QR code on the flyer to access the scheduled Zoom meeting for those who said they didn't know how to. In addition, we also gave info about and handed out Hmong Outreach Center brochure for students to take home to families/parents as a resource. Please see attached for event info and flyers/brochures handed out at the event.

Please submit sign-in sheet, agenda, handouts, etc. **and** activity sheet to the PEI/Activity sheets mailbox at SYBH, at the Holly Oak office, or by fax 530.673.1810.

Use this form to document contacts & services for various activities. Information provided will be used for Quality Improvement (QI), Cultural Competence (CC) and Mental Health Services Act (MHSA) PEI reporting.

**Total number of DUPLICATED participants (Youth):** : 37

**Total number of DUPLICATED participants (Adults):** : 0

**Total number of UNDUPLICATED participants (Youth):** : 37

**Total number of UNDUPLICATED participants (Adults):** : 0

**Demographics of targeted population (i.e. Only include youth demographics for youth programs, not adult teachers.):**

<b>Gender</b>	
Male	
Female	
Other	
Decline to state	
Unknown	37

<b>Ethnicity</b>	
Hispanic or Latino	
Not Hispanic or Latino	37
Decline to state	
Unknown	

<b>Age</b>	
0-4	
5-11	
12-14	37
15-17	
18-24	
25-44	
45-64	
65 & over	
Decline to state	
Unknown	

<b>Race</b>	
American Indian / Alaska Native	
Asian	37
Black / African American	
Native Hawaiian / Other Pacific Islander	
White	
More than one race	
Race not known	
Decline to state	
Unknown	

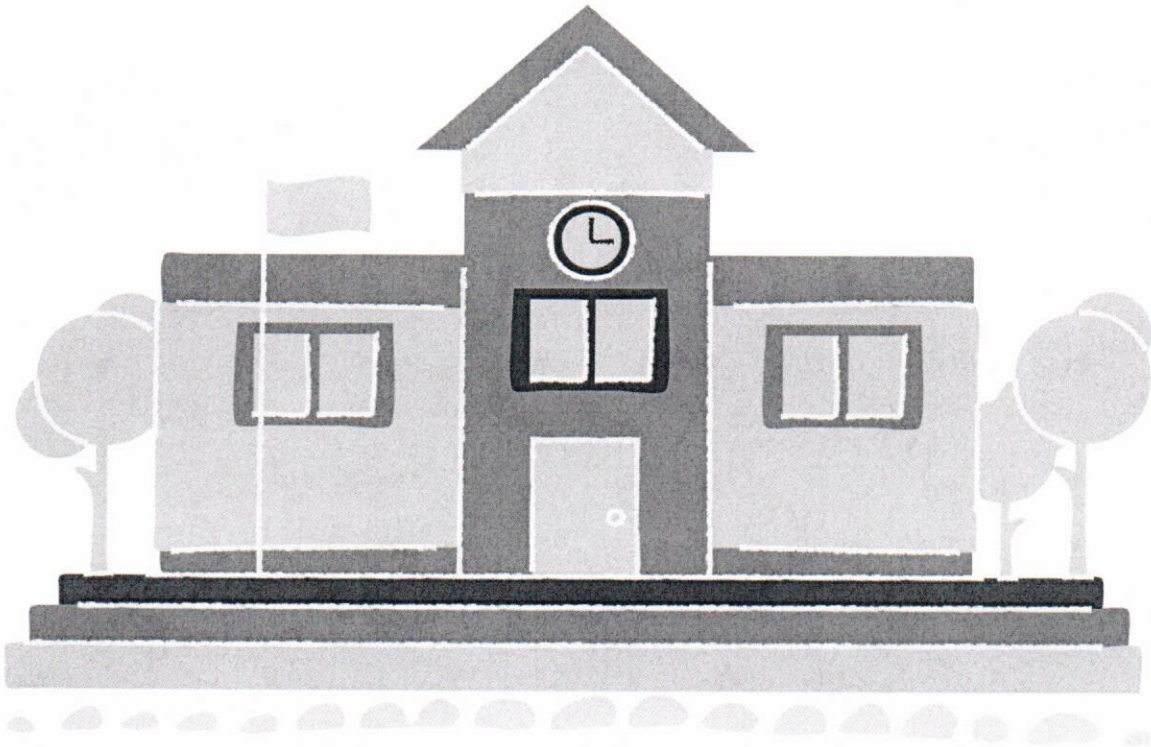
Please submit sign-in sheet, agenda, handouts, etc. **and** activity sheet to the PEI/Activity sheets mailbox at SYBH, at the Holly Oak office, or by fax 530.673.1810.

Revision date 3/18/19



YOU'RE INVITED!

# SAFE ROUTES TO SCHOOL CELEBRATION



A day for students & families to celebrate the safety improvements along 11th Ave.  
Learn more at <http://yubagardens.mjusd.com>

**1.**

Join the  
WALKING  
SCHOOL BUS &  
win prizes!  
4634 Olivehurst  
Ave. at 7:20AM.

**2.**

Students &  
families are  
invited to lunch  
on the black top  
after school.

**3.**

Enjoy after  
school  
activities like a  
scavenger  
hunt and relay  
race!

Thank you to our partners:

Yuba Gardens School | Yuba County | WALKSacramento | Adventist Health  
OPLID | Western Engineering | Marysville Joint Unified School District





Address/Phone  
**Chaw Ngjob/Xov Tooj**

4853 Olivehurst Ave  
Olivehurst, CA 95961  
Phone (530) 749-2746  
Fax (530) 741-2672

**Hours: Variable, Please Call**

Contact Information

**Muaj Lus Nug Hu Rau**

**Mai Youa Vang, MSW, ASW**

Mental Health Therapist  
(530) 749-2746  
(530) 682-8171

**Paul Moua**

Intervention Counselor  
(530) 822-7200 x2240  
(530) 682-2939

**Houa Patti Her**

Intervention Counselor  
(530) 822-7200x2247  
(530) 682-4675

# The Hmong Outreach Center



## Peb Hmoob Lub TseV KajSiab

A Program of Sutter Yuba  
Mental Health  
Chaw kho kev nruaj siab los ntawm lub  
koomhaum Sutter Yuba Mental Health  
Services

Hmong Outreach Center

Sutter Yuba Mental Health  
1963 Live Oak Blvd  
Yuba City, CA 95991



Hmong Outreach Center: Who Are We?

## Qhov Chaw No Yog Chaw Dab T si?

The Hmong Outreach Center is a program of Sutter Yuba Mental Health, funded by the Mental Health Services Act, to provide outreach services and culturally and linguistically competent mental health services to the Hmong population in Sutter and Yuba counties.

*Peb Hmoob lub Tsev Kaj Siab yog tsim tawm los ntawm rab cai Mental Health Services Act los mus muab kev pab kho kev nquaj siab puashwv rau hav nceeg Hmoob nyob hav lub nroog Sutter thiab Yuba. Fecm ntau, pab cov kev pab hais lus Hmoob. Yog thaum mus ntsib tus tsis hais lus Hmoob, pab muaj nceeg txhais lus rau koj.*



## Our Services Pab Cov Kev Pab

### Outreach & Education

*Kev ghia txog gam kev pab muaj los mus kho kev nquaj siab*

### Consultation services to other

*organizations about the Hmong community Kev ghia lwm hav nceeg los yog lwm lub koom haum txog pab hav nceeg Hmoob lub nroog, kev ntseeg, kev cai, thiab kev cai*

### Hmong Women's & Men's Group

*Kev sib ntsib ib pab ib pawg rau cov poj niam thiab cov txiv nceeg los mus tawm tsawgim kho kev nquaj siab*

### Hmong Parent Support Group

*Kev sib ntsib ib pab ib pawg rau cov nkawm niam txiv los mus tawm tsawgim txog kev qhuab ghia meyuam*

### Individual & Family Counseling

*Kev pab rau ib tug nceeg los yog ib tsevineeg los mus muab kev nquaj siab, txhawb zog, tawm tsawgim, thiab kev kawm kom muaj kev kausiab thiab coj tau tuskhej kom sib humnceb nrog tsevineeg thiab saw daws*

### Case Management Services

*Lwm Yam Kev pab los txhawb nqa, xwsh pab thauj mus kuaj mob, txhais lus, saib ntau ntawv, pab nthiav haujlwm, pab nthiav tsev nyob, mus rau ntau gam*

### Medication Support

*Mus ntsib kws khomob muab tshuaj noj*



## Emergency Access to Services for Mental Health

**Yog Muaj Kev Nquaj Siab Xav Tau, Kev Pab Sai Sai**

### Contact

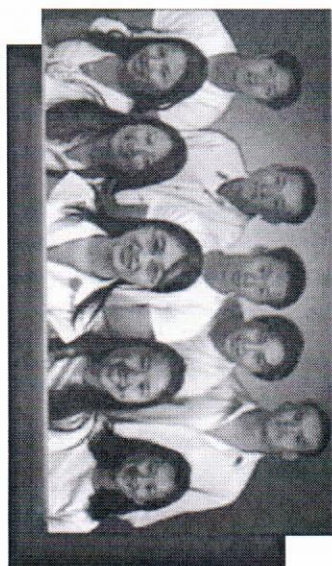
Psychiatric Emergency Services

Hu Rau Chav Muab Kev Pab Sai

(530) 673-8255

Toll Free 1 (888) 923-3800

Language Accommodations Will Be Provided  
*Peb Muaj Nceeg Txhais Lus Rau Koj*





# IMPACT Youth

*I*nspire new leaders  
*M*ake a difference  
*P*reserve our Hmong culture  
*A*ppreciate the sacrifices of older generations  
*C*onnect back to our roots  
*T*o embrace our Hmong identity



IMPACT Youth is a youth project ran under the Hmong American Association (HAA) to provide supports/activities to Hmong youths in the Sutter-Yuba area. Support services/activities vary from year to year based on youth membership and youth needs and have included, but not limited to, the follow activities: community service and volunteer activities, youth support meetings/potlucks/get togethers, attending conferences and workshops, Hmong cultural activities, field trips, and much more! IMPACT Youth is also supported by the Hmong Outreach Center, a program of Sutter Yuba Behavioral Health.

Join us on **ZOOM** on **Thursday, 10/21/21 @ 3:30 PM** for more information! Follow this link <https://us06web.zoom.us/j/89346585530?pwd=YU5ONFILUDZvQSsyTjl1SXVGdDZOZ09> or join us via the QR code.



Follow IMPACT Youth on FB



Follow Hmong Center on FB

For more Information Contact:

**Mai Vang**  
Hmong Center Supervisor  
(530) 682-8171  
[mvang@co.sutter.ca.us](mailto:mvang@co.sutter.ca.us)