



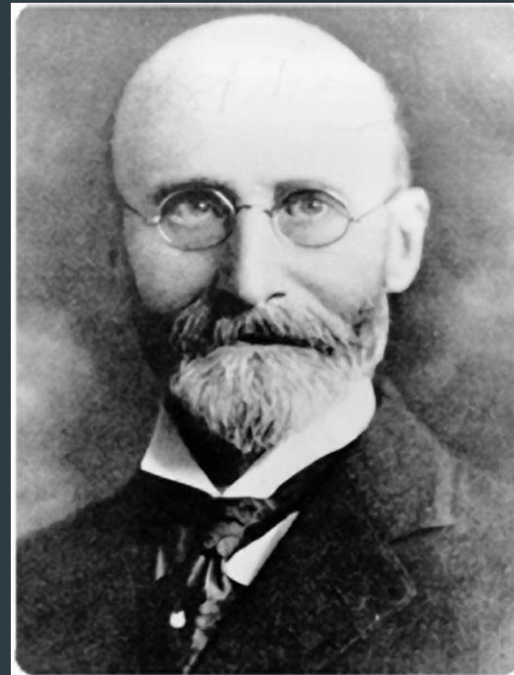
KCSC

Korean Community Service Center
To Make A Difference

Immigration History of Korean-Americans

▶ THE FIRST WAVE

- ❑ 1902- American missionary and Doctor, Horace Allen



- ❑ 1903- 56 Men, 21 Women, 25 Children arrived in Hawaii
- ❑ 1903-1905 - 7500 mostly Men



▶ THE SECOND WAVE

- ❑ Korean War
- ❑ McCarran-Walter Immigration Act of 1952 - Annual quota of 100 Koreans
- ❑ Military Brides



▶ THE THIRD WAVE

- ❑ The Immigration and Naturalization Act of 1965 - President Lyndon Johnson
- ❑ Family Reunification Category- Family and relatives of military brides
- ❑ Occupational Category-Professionals, Doctors, Scientists, and College students.



▶ CONTEMPORARY PROFILES

- ❑ Today- 1.5 Million Korean-Americans live in the U.S.
- ❑ Pacific Northwest region- 120,000+

▶ ACCULTURATION AND ASSIMILATION

- ❑ Confucian principle- elders, family, and community before the individual
- ❑ Identity- Organizations, churches, schools, and community centers

▶ FAMILY AND COMMUNITY DYNAMICS

- ❑ Filial Piety -Defined family roles
 - Collectivity
 - Interdependence
 - Education

Korean Community Service Center



(Early Picture in 1987)

- ▶ A nonprofit organization serving Korean Americans in Puget Sound since 1983

- ▶ **MISSION**

The mission of Korean Community Service Center(KCSC)is to strengthen and support Korean American families and individuals in the greater Pacific Northwest through counseling, education, and social services. Our vision is vibrant Korean American community working together to strengthen our society.



▶ VISION

Building healthy futures in Korean American and other immigrant communities in the greater Pacific Northwest region

▶ BOARD OF DIRECTORS

KCSC is governed by 10 board members. Board is comprised of community leaders and professionals in medicine, business and law

▶ FINANCES

KCSC receives support through membership dues, private donations, group contributions, sponsors, grants and fund-raising activities

▶ SERVICES OFFERED

- ❖ Basic Food Assistant Program/Enrollment & Outreach event (SNAP)
- ❖ Information and Referral Service- 178/49
- ❖ Immigrant Assistant Services- 67
- ❖ Individual and Family Counseling- 70
- ❖ Medicare/Medicaid- 123
- ❖ Parenting Class/Domestic Violence Intervention
- ❖ Pro Bono Legal Counseling- 106
- ❖ Social and Welfare Services- 55/146
- ❖ Translation Services- 67
- ❖ WA Healthcare Enrollment- 742 enrolled
- ❖ Youth Leadership Program

Senior Services

▶ BENEFIT ASSISTANCE PROGRAM

- Supplemental Nutrition Assistance (SNAP)
- Senior Property Tax Exemption
- Medicare and Medicaid
- SSI and SSA Benefits
- Government Subsidized Housing
- Translation
- Legal

Youth Leadership Conference

- ▶ Focus - Gain leadership skills

Change the local communities in positive ways

To Inspire

Motivate

Educate



MISSION & VISION



Core Priorities / Looking Forward

- Promote mental and emotional wellness of distressed Korean American adults and children
- Foster safe and healthy families and where children and adults are free from violence and abuse
- Extend a safety net for resource-poor families without access to care
- Help build a healthy, safe, and thriving community in collaboration with community partners

Programs to Broaden the Scope

▶ Clinical Counseling

- Children, Adolescents, and Adults
- Couples and Families
- Integrated Services (Co-occurring mental & Behavioral health, and substance abuse)

▶ Group Service

- Anger Management
- Domestic Violence Intervention Program
- Parenting Class

▶ Positive Parenting Program

- Evidence-based interventions on stress management, parenting skills, and mental and behavioral health

Community Wellness Program

▶ Outreach and Education

- Conduct Public awareness campaign on mental health
- One-on-One mentoring
- Mental wellness Seminar and Work shops
- Community preventive care/Anger management/Depression and Anxiety.
- Behavioral Health Screening Day
- Health Fair - screening, immunization, etc.

Mental Health Service Utilization Challenges

- Language and Cultural Isolation
 - Stigma and Shame
 - Lack Of Information

▶ MOST COMMON MENTAL HEALTH ISSUES KOREANS ENCOUNTER

▪ Depression	76%
▪ Stress	52%
▪ Anger Management	45%
▪ Difficulties of Immigrant Life	41%
▪ Family Conflict	37%
▪ Dementia/Alzheimer's	32%
▪ Substance Addiction	22%
▪ ADHD/ADD	15%
▪ Domestic Violence	11%
▪ Autism	3%

Myth Busting “Model Minority” Asian American Stereotypes

- Whiz kid
- Good at math
- High achievers
- Wealthy

Youth Empowerment

Stress contributing factors:

- Cultural Expectation
- Intergenerational Conflict
- Academic Excellence
- Racism
- Discrimination

Underlying Psycho-Dynamics of Depression

- Negative Thoughts
- Sense of Hopelessness
- Lack of Control Over One's Life
- Sense of Loss
- Question Self-Worth
- Low Self-Esteem

SUBSTANCE ABUSE/ADDICTION

- Stress
- Living up to traditional Asian values
- Language

OBJECTIVE GOAL & TREATMENT

Mentorship/Narrative Approach

- Highlight person's strength
- Show interest
- Rekindle sense of hope
- Validate
- Empower them

GOAL

- Promote access to underserved population in the NW.
- Reduce the disparity of services to Asian-American immigrants
- Services in culturally appropriate setting
- Promote recovery/ Optimize the individual's ability to function

Raise Public Awareness

▶ GROUPS THAT PLAY A VITAL ROLE IN SPREADING INFORMATION

- Social work agencies
- Churches
- Social Media
- Mental Practitioners, Clinician
- Community Leaders

Visibility/Impact

▶ OUTCOME SOUGHT

- Strong and Clear Identity
- Educate the Public
- Social Media
- Strengthen Communication with Private and Government Agencies