

# About the East Side Mental Health and Stress Resilience Partnership

The *Cultural Broker Program* is a service of the *East Side Mental Health and Stress Resilience Partnership*. A community-based pilot program, the Partnership provides culturally responsive opportunities to foster mental health and holistic well-being. It supports five cultural brokers working in the community, plus Mental Health First Aid training with cultural perspectives; culturally facilitated community conversations about mental health; an East Side resource map; and safe and sacred spaces.

## Community Partners Mental Health and Stress Resilience Partnership

American Indian Family Center\*

City of Saint Paul Fire Department

CLUES\*

Fairview Health Services

Hmong American Partnership\*

Karen Chemical Dependency Collaborative\*

Karen Organization of Minnesota\*

Neighborhood House

Wilder Foundation – Achievement Plus and Kofi Services\*

*\*cultural broker host site*

The *Mental Health and Stress Resilience Partnership* emerged from the East Side Health and Well-being Collaborative, which HealthEast Care System (part of Fairview Health Services) began convening in late 2015. The Collaborative is made up of dozens of community organizations serving St. Paul's East Side. Its purpose is to advance health and well-being in the neighborhoods of Dayton's Bluff, Payne-Phalen and Greater East Side. It does this through culturally based services and advocacy for policy change that impacts social determinants of health.

## Thanks to our Funders

Blue Cross and Blue Shield of Minnesota

Bush Foundation

F.R. Bigelow Foundation

HealthEast Foundation

## East Side Cultural Brokers

***Cultural brokers build people's capacity to take charge of their own well-being by:***

- ❖ bridging culture gaps
- ❖ linking people to culturally responsive support and resources
- ❖ encouraging social connectedness
- ❖ co-navigating mainstream systems

## For More Information

Foua-Choua Khang, Manager  
East Side Mental Health and Stress Resilience Partnership  
fkhang@healtheast.org  
CulturalBrokerReferral@healtheast.org  
651-232-4832

Cultural broker services are provided **free** of charge by the East Side Mental Health and Stress Resilience Partnership and the East Side Health and Well-being Collaborative.

# When to Refer to a Cultural Broker

## Is an individual or family you serve...

- interested in working with a professional who **understands their cultural history**?
- hoping to resolve **chronic stressors** on well-being such as housing, food insecurity, healthcare, employment or transportation issues?
- seeking a referral to a **holistic, indigenous or cultural healer** such as a Shaman, Medicine Man/Woman or Curandero/Curandera? *Cultural brokers do not provide mental health counseling.*
- interested in developing skills to **navigate mainstream systems** such as the education, human services, healthcare and judicial systems?
- socially isolated and seeking a home visit and/or an introduction to **community engagement** activities?
- unable or unlikely to find culturally responsive services through your other referral channels? *Cultural brokers do not provide emergency services or crisis intervention.*
- experiencing challenges rooted in cultural misunderstanding?

If so, a cultural broker may be able to help.

➔ Individuals may contact a cultural broker directly or email [CulturalBrokerReferral@healtheast.org](mailto:CulturalBrokerReferral@healtheast.org).

# East Side Cultural Brokers

## Anela Acevedo

**Serving the African American Community**  
Wilder Foundation –  
Achievement Plus and Kofi Services  
email: [AOAcevedo@healtheast.org](mailto:AOAcevedo@healtheast.org)  
cell phone: 612-283-1474



*Anela has provided service as a case manager, counselor, home health care provider and school district consultant.*



## Jesús Calzas Millán

**Serving the Hispanic/Latino Community**  
CLUES  
email: [jcalzas@clues.org](mailto:jcalzas@clues.org)  
desk phone: 651-379-4232  
cell phone: 651-802-0036

*Jesús is bilingual in Spanish and English and brings experience working with immigrant and refugee communities as a community health worker.*

## Nou Vang

**Serving the Hmong Community**  
Hmong American Partnership  
email: [nvang2@healtheast.org](mailto:nvang2@healtheast.org)  
desk phone: 651-495-1579  
cell phone: 651-470-3210



*Nou is a certified medical assistant and an East Side resident. She is bilingual in Hmong and English and has served as an interpreter.*



## June Blue

**Serving the Native Community**  
American Indian Family Center  
email: [june\\_blue@aifc.net](mailto:june_blue@aifc.net)  
desk phone: 651-793-3803 ext. 3043  
cell phone: 651-802-1194

*A member of the White Earth community, June works primarily with the Native community, supporting access to cultural healing and navigation of mainstream systems.*

## Lwepaw Nwe Kacher

**Serving the Karen Community**  
Karen Organization of Minnesota and  
Karen Chemical Dependency Collaborative  
email: [lnkacher@mnkaren.org](mailto:lnkacher@mnkaren.org)  
desk phone: 651-202-3117



Karen Organization of Minnesota

*Lwepaw is Karen, one of Minnesota's newest refugee-background communities. She helps community members (especially those struggling with substance use) connect to resources and navigate U.S. systems.*



Karen Chemical  
Dependency  
Collaborative

➔ Cultural broker services are available to those who live, learn, work, play or worship on the East Side of St. Paul.