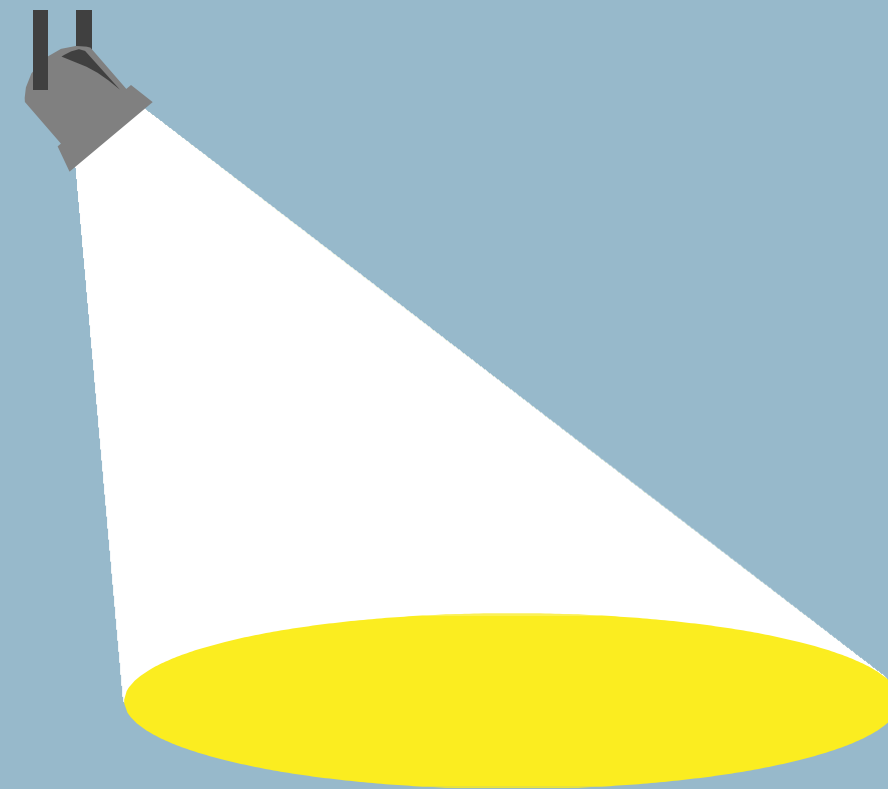
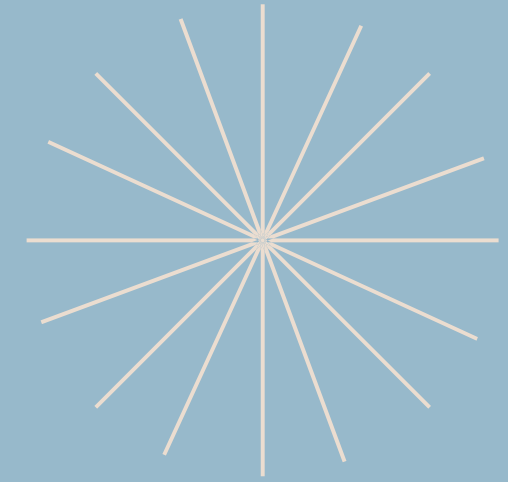


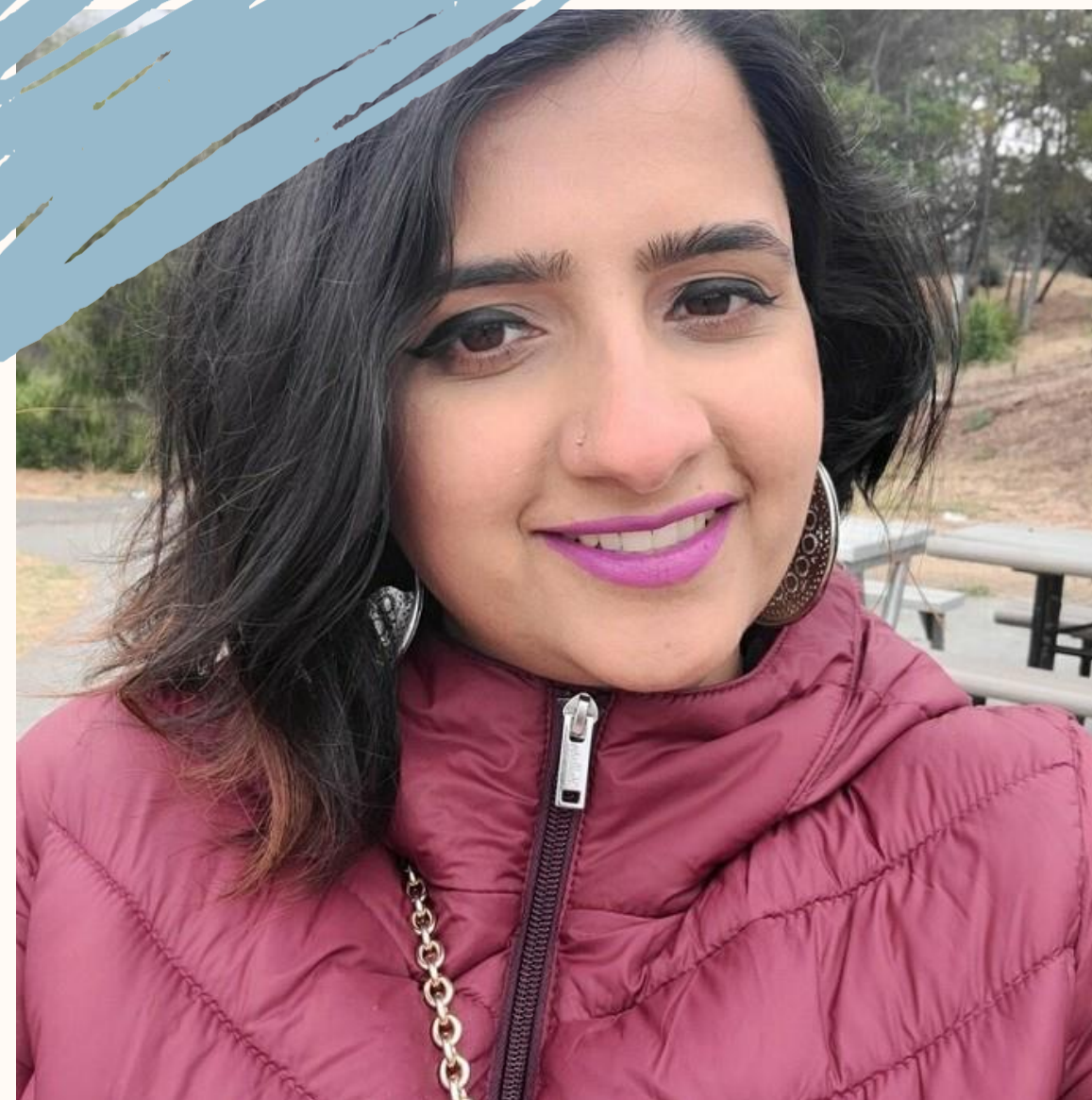
Contra Costa County Asian Pacific Islander Community Spotlighting



Introducing the Nepali Community and Nepali
Health Advocates



ANUPAMA CHAPAGAIN
RICHMOND RESIDENT



SANGITA GAUTAM
EL CERRITO RESIDENT



Who are the Nepali community?



Who are the Nepali community?



Who are the Nepali community?



Who are the Nepali community?

Who are the Nepali community?

Around 50,000 in the bay area

Most are Asylees and/or undocumented immigrants or refugees after the 10-year Maoist movement in Nepal

Recently discovered many human trafficking cases in this community

Who are the Nepali community?

Labor exploitation happens to a large part of this community.

Many Nepali community members in the Bay Area work as
domestic workers,
care givers, restaurant workers and drivers.

Proper statistics and qualitative data regarding the lives of Bay
Area
Nepali have not been gathered.



Nepali Folks are asylum seekers, refugees, frontline workers, virtually undocumented, and are pushed out of systems and under/un-served

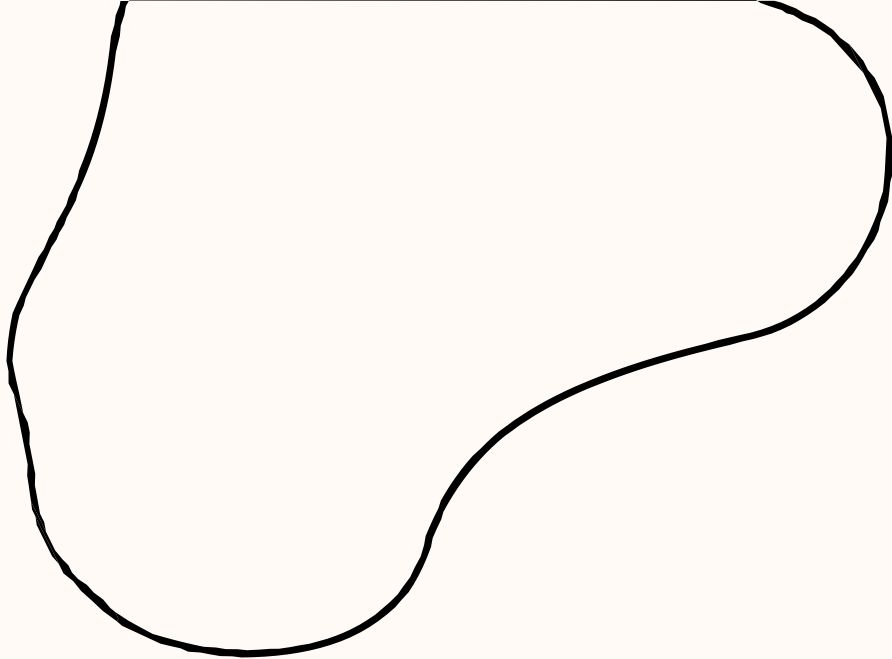
Partnership with Healthy Richmond and Contra Costa API COVID Coalition

1. Have been working with the Healthy Richmond and Contra Costa Health Services API COVID Coalition since last year.

2. Working to pass out COVID support supplies as well as recently - participating in advocacy spaces/meetings for example:

- a. Office of Racial Equity and Social Justice Listening Sessions (how we were introduced to Susun)

- b. Presented to Contra Costa Health Services Historically Marginalized Communities Engagement Unit where they provided policy recommendations



Description of Nepali Health Advocates Work

1. Needs of the community

2. How we have been meeting these needs



Community Issues

- Cannot afford rent
- Unaware of available resources
- Health and aging issues
- Legal/Family issues
- Feeling hopeless and cheated by existing community leaders

1. Needs of the community

- Our language and culture needs to be recognized
- Our needs as a community need to be recognized
- New community members should have something to start with and a place to communicate for basic information
- A handful of volunteer social workers for this community are already overwhelmed by helping people with their daily issues

2. How we have been meeting these needs



mutual learning

Active listening

purpose: people share their life stories to bring people's life experiences & life stories. Drawing, writing, small group discussion.

Story sharing

purpose: to create a safe & comfortable space in which members can share their own stories.

Direct service

purpose: to provide a service to the community.

Reflection

purpose: to reflect on the experience and learn from it.

Action

purpose: to take action based on the reflection.

Analysis of Research

purpose: to analyze the research and apply it to the community.

English

purpose: to improve the English language skills of the community members.

Leadership

purpose: to develop leadership skills in the community members.

Working condition

purpose: to improve the working conditions of the community members.

Supporting movement & policy

purpose: to support the movement and policy of the community members.

Community organizing

purpose: to organize the community members for a common goal.

Strategic

purpose: to develop a strategic plan for the community.

Lesson learned

purpose: to learn from the experience and apply it to the future.

The purpose of the process is to increase the effectiveness of the future work of this group by using the lessons learned.

The purpose of research phase is to identify what is unknown about the chosen issue / what the questions are not known to have an answer.

Analyze the research & narrow down

English

Leadership

Working condition

Supporting movement & policy

Community organizing

Strategic

Lesson learned

The purpose of the process is to increase the effectiveness of the future work of this group by using the lessons learned.

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But we need more support
because we have been doing
this for free!

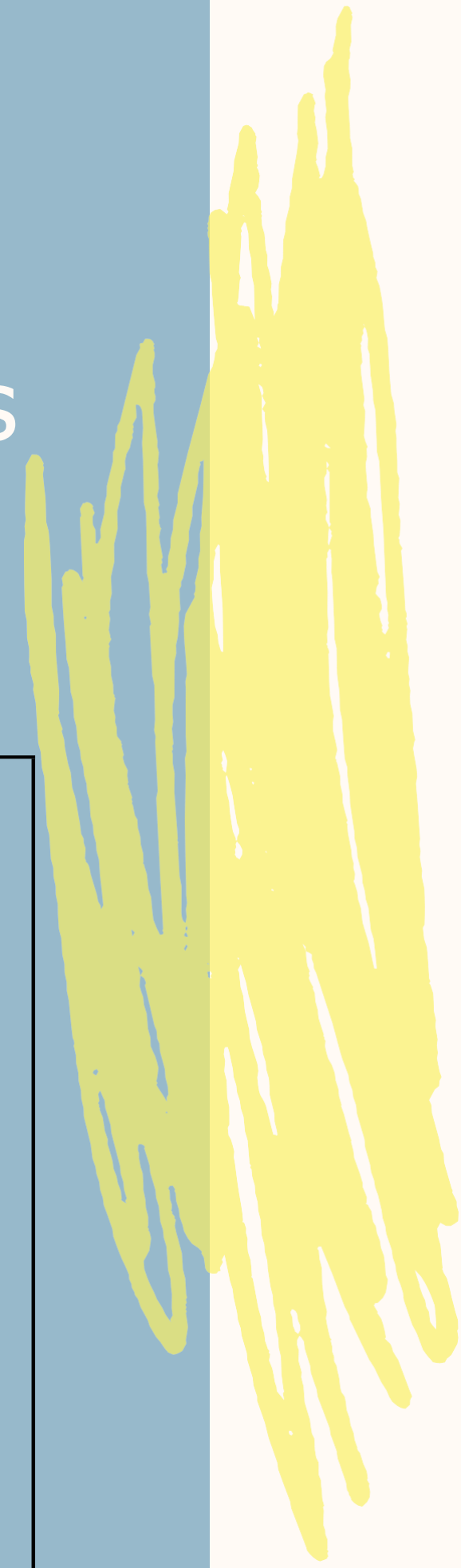
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Would like to present one of
the recommendations which
has had a lot of support

DEDICATE MEASURE X FUNDS TO
ESTABLISH A MULTICULTURAL
WELLNESS CENTER IN CONTRA COSTA
COUNTY.

Recommendation language (which was collectively created by the Healthy Richmond Contra Costa Health Services API Advocates):

“Provide a multicultural, multilingual community wellness center for the API community where materials, events, information, services, and more are API-centered and available in multiple languages.”

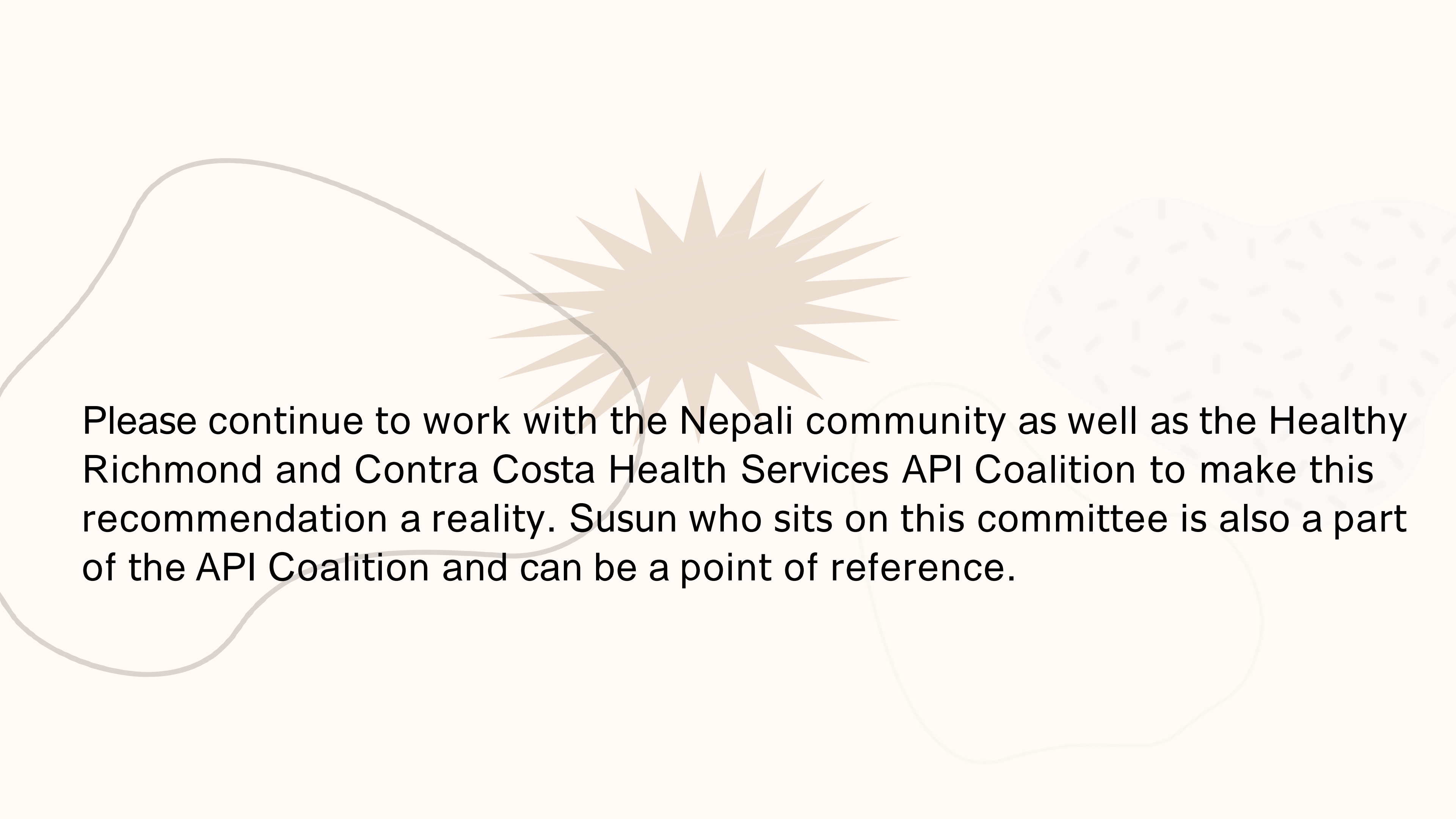


age (which was
the Healthy
Health Services

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Justification

Similar to community health centers in other counties, an API-centered community center could be greatly beneficial as a safe space for the API community to access health services, resources, events, information, and other gatherings that promote health, wellness, community, and more. This could help the API community access important resources, build community and support, and access important information they otherwise wouldn't.



Please continue to work with the Nepali community as well as the Healthy Richmond and Contra Costa Health Services API Coalition to make this recommendation a reality. Susun who sits on this committee is also a part of the API Coalition and can be a point of reference.



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VYVO

Healthy Richmond Contra
Costa Health Services API
Coalition

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THANK YOU COMMITTEE
MEMBERS FOR YOUR TIME
TODAY.

HAVE A GREAT DAY.

