



# Korean Community Services Mental Health Clinic

Director Yuna Youn 2024 Jan 11

# KIMBAP CHRONICLES

Conversations, Culture and Community

## Overview

Kimhap Chronicles\* is an innovative mental health initiative that intertwines cultural exploration with mental well-being through activities such as Kimhap-making and facilitated group discussions. This program adopts a unique approach by conceptualizing individuals within their cultural context, fostering a deeper exploration of self and cultural identity. Moreover, Kimhap Chronicles offers a space for community building and conversations on

topics such as race, ethnicity, culture, and mental health, which allows participants to share their experiences and make meaningful connections. Ultimately, this program is reimagining mental health initiatives through its culturally-embedded, community-focused approach.

**\*In collaboration with the Network of Korean American Leaders (NetKAL)**

## Discussion Questions

# Kimbap Chronicles

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Have you had kimbap before? What is your favorite memory of eating kimbap?



Discussion Questions

# Kimbap Chronicles

If you identify as 1.5 or 2nd generation Asian American, do you identify more with your Asian identity, American identity, or do you feel evenly connected to both?



Discussion Questions

# Kimbap Chronicles

Food is a love language for some immigrant families, and parents may show their affection through food, rather than directly communicating. How does this make you feel?



Discussion Questions

# Kimbap Chronicles

What does the future look like?  
What words come to mind?



Kimchap Chronicles with Students from IHPCH\*





\*Institute for Health Professions at Cambria Heights

# Healing-Centered

# Youth Workshop

## Overview

The Healing-Centered Youth Workshop Series\* is an innovative mental health initiative that draws from Dr. Shawn Ginwright's research on collective hope and healing-centered engagement, and Relational-Cultural Theory (RCT). Integrating these frameworks, each workshop theme aims to foster racial healing and support for AAPI high schoolers by facilitating identity understanding, building connections, and promoting racial literacy. This program adopts an intergenerational and cross-cultural approach that emphasizes knowledge, skill-building, and agency. The Healing-Centered Youth Workshop is a notable departure from conventional mental health approaches that often involve individual therapy and isolated interventions.

**\*In collaboration with the Coalition for Asian American Children and Families (CACF)**

Healing-Centered Engagement - CARMA Model

(Dr. Shawn Ginwright)

Healing-Centered Youth Workshop: Series Arc



# Workshop Structure

Opening	A warm-up activity that introduces the big ideas of the workshop.
Generative Activity	A longer activity that surfaces main themes and anchors.
Group Processing	A collective time for reflection, understanding, and learning.
Individual Processing	A small group or solo time for checking in with yourself and continuing your own journey.
Closing	A shorter activity to wrap up loose ends with participation from all.
Home Connections	A suggestion for extending the engagement beyond the session and priming for the next session.

# Thank you

for listening!

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