

Joint Greetings from the President and the Executive Director

In an effort to offer much needed services to Asian youth new to Canada, Hong Fook has managed to raise funds to set up a Youth and Family Hub in Markham earlier this year at the Dorcas Centre. This project will expand Hong Fook's youth related programs affecting adolescents to teenagers. We would like to take this opportunity to express our heartfelt thanks to Hong Fook Mental Health Foundation and its Fundraising Committee. The Foundation had another successful year hosting the annual Hong Fook Gala that raised funds and support for the Youth and Family Hub and other mental health programs. Our mission to improve the lives of Asian and other communities cannot be achieved without the commitment, dedication and support of the Foundation members.

We are also very excited to announce the new Lead for Youth Programs beginning this July. Cindy Tse, the new Lead, has a Master's Degree in Social Work and several years of experience working with youth population. Under her leadership, we will continue to promote youth resilience, identify barriers to mental health care, and provide culturally competent care. During this summer, our youth summer camps and workshops have given the participants a chance to improve their mental health. The overarching goals of youth mental health programs are to increase youth resilience by building on protective factors, and to decrease risk factors through care, counselling and reduction of inequities. The Raising Amazing YOUTH

program has also been successful, offering families the tools to improve communication and to optimize family functioning.

We continue to champion quality care by excelling in the following areas:

1. Accreditation: all of our staff, students and volunteers have received extensive trainings on the newly developed or refreshed policies and procedures that focus on client care, health and safety, infection control and privacy, etc.
2. Annual Client Perception of Care survey was completed with positive outcomes. Most of our scores are exceeding the provincial standards.

3. To oversee the compliance with the rules of conduct, standards and policies that guide the organization, we will set up an ethics committee to address conflict resolution, to oversee compliance to standards, to conduct reviews and deliver disciplines and to review organization ethics policies and recommend changes.

Also, please mark your calendar for our upcoming **Annual General Meeting**, which will be held on **Saturday, September 14, 2019 at the Central YMCA**. For details, please kindly contact Jenny Le, Office Coordinator at jle@hongfook.ca or at 416-493-4242 x 2277.

Have a wonderful summer!

Word cloud of common values put together by Hong Fook staff at an accreditation training



Accreditation Update The quality journey...

Written by Christel Galea, Accreditation Consultant

As summer is heating up so is our work in preparing for the first accreditation cycle with Accreditation Canada (AC) – The Primer.

To date we have accomplished many activities such as:

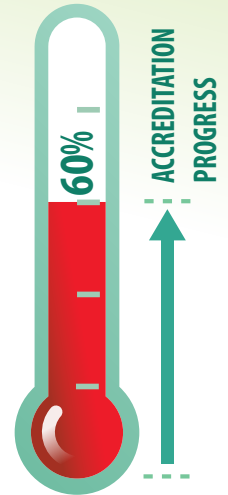
- Refreshing Hong Fook's Value Statements;
- Introducing Hong Fook's new Ethics Framework and opportunities to work through ethical dilemmas;
- Reviewing with all staff Workplace Violence & Privacy Policies & Procedures;
- Establishing a new Hong Fook Lead Infection Prevention & Control Nurse;
- Developing action plans associated with the Employee Satisfaction & Canadian Patient Safety Culture Surveys;
- Introducing the new Client Identifier & Disclosure Policies & Procedures;

- Facilitating staff training related to retrospective (after an incident occurs) investigations using tools such as Why, Why, Why? and Fishbone and reviewing reportable client incident reporting; and
- Building the Board of Directors capacity related to accreditation.

We recognize that it will be a busy time for all and also an exciting time to learn, share information and prepare for the site visit. Over the next few months we have many learning opportunities and activities planned such as:

- Finalizing the Client Bill of Rights;
- Sharing new Policies & Procedures and reviewing existing procedures;
- Continuing existing quality improvement activities and communicating updates on progress;
- Reviewing Emergency & Disaster Preparedness, including Pandemic Plans with all staff;
- Mock interviews; and
- Celebrating!

Each day I learn of the valuable services and programs Hong Fook provides to the community and feel proud of the wonderful work that you do in investing in a healthy community. I look forward to working with you and building your capacity related to quality, safety and risk. Wishing you all a safe and good summer!



Bounce back like a rubber band ball

We are halfway through the summer! Every August, we celebrate the "International Youth Day" created by the United Nations. This year, the theme is transforming education, highlights efforts to make education more relevant, equitable and inclusive for all youth, including efforts by youth themselves.

Down in Hong Fook's Youth and Family Hub, our Youth Team worked with 22 youth ranging in age from 12-14 years old in the week-long Amazing YOUTH Summer Camp. The primary aim was to develop youth resilience. Resilience is defined as the ability to adapt to life and its challenges. At this camp, the Youth Worker, together with youth lead volunteers, cultivated the resilience and provided participants with opportunities for self-understanding from a strength-based perspective, through various craft activities. The group focused on facilitating social connections, exploration of life challenges, and skill development for responding to various challenges.

"I like that I made a lot of crafts and that I made some new friends. I learned how



to make people feel positive and how to control my feelings a little more," wrote one youth participant. Youth leads worked closely with youth in groups and individually to learn about peer support, stress management, emotional awareness and acceptance. Many activities involved creativity with objects that youth could bring home to continue their learning and reflection on their resilience, including resilience balls made with rubber bands. Another youth participant shared, "I learned how to talk about my feelings. My favourite activity is the rubber band balls."

Still a few more weeks till our kids go back to school. Visit www.hongfook.ca and check out the program calendar, to find other youth summer programs across Toronto and York Region.

Our newsletter invites Hong Fook staff, volunteers, clients and family members to write a short article in their mother tongue. In this issue, Jim from the Korean "Body and Mind" group, a training program under the newly revamped Recovery College, shared how he has benefited from this group. Jim said "one person alone can't conquer mental illness. Instead, we need companionship and the whole community along this recovery journey."

오늘은 '나를 건강하게 하는 것'이라는 주제로 진행된 Body & Mind 프로그램에 참석 하였다. 이틀째에 '나를 건강하게 하는 것'이 무엇인지 쓰고 각자의 이름이 무엇을 의미하는지 한사람씩 소개를 하는 것으로 시작했다. 이 나눔에서 몇몇 사람들은 긴장을 이완시키는 운동이 자신을 건강하게 만든다고 강조하였고, 또 어떤 사람은 '거북이는 스스로 건강을 지키는 방법을 안다'고 설명하며 이는 거북이의 느린 걸음이 건강함에 이르게하는 지름길이 된다고 설명하였다.

자신의 이름을 소개하는 일을 다 한 후에 우리는 3명이 한 조가 되어서 서로 서로 마주보며 상대방에게 공을 던지면서 건강한 삶을 유지하기 위한 방법들을 나눴고 그런다음에 각 그룹을 대표하는 사람이 그룹끼리 나누었던 방법들을 큰 그룹에 발표하였다.

그런후에 우리는 30분동안 간단한 준비체조와 더불어 춤을 추면서 한 공간속에서 서로를 향한 따뜻함과 한결 가까워진 느낌을 갖는 시간을 가졌다. 프로그램의 마지막으로, 마음을 움직이는 명상을 통하여 우리의 몸과 마음이 모두 이완되고 행복한 상상과 평안함속으로 빠져들수 있었다.

Body and Mind 프로그램을 통해 나뿐만 아니라 참여한 모두가 격려와 위로를 받았을 거라 생각되며, 정신질환은 혼자서 보다는 공동체를 통해 함께 극복할 수 있다는 것을 깨닫는 귀한 시간을 경험했다.

Our Clinic moved to a new office!

The HF Connecting Health Nurse Practitioner-Led Clinic has been relocated and is now operating at **3660 Midland Ave, Suite 201, Scarborough** (southwest corner of McNicoll Ave. and Midland Ave.).

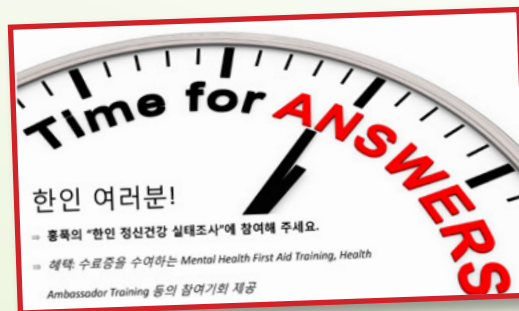


The Clinic's Annual General Meeting was hosted on June 26, 2019. The Board of Directors for 2019-2020 include Katherine Wong (President), Randy Park (Vice President), Sum-Ming Yu (Treasurer), Gem Lee-Herder (Secretary), Anita Park, Chris Jones, Helen Cao, Janet Law, Jason Park, and Varada Saraf.

Hong Fook rolling out Korean Community Mental Health Needs Assessment Study

Strongly supported by our Korean Community Advisory Committee, Hong Fook is rolling out the 2019 Community Mental Health Needs Assessment Study for the Korean community. This study targets all GTA Korean community members aged 16+, to identify service gaps of accessing mental health services in the GTA Korean community, to recommend strategies and action plans to minimize the gaps and maximize impacts, and to build or strengthen networks with the Korean community.

Since late June, over 50 service providers and stakeholders have been reached out, including those serving the GTA Korean community and the mainstream agencies that may come across clients with the Korean cultural background. The message has also been promoted through local Korean media, including The Korea Times, KCR News Toronto, Korea Central Daily, and posted at local Korean businesses. In one



month, over 300 questionnaires were collected and five focus groups were conducted with adult clients, youth, seniors, volunteers, service providers and specialists respectively.

The planning committee is finalizing all data collection including a few sessions of key informant interviews in August. If you would like to participate in this study, please contact Soyeon Kang, Mental Health Worker, at 416-493-4242 ext. 5270 or skang@hongfook.ca.

Upcoming Programs & Activities



Hong Fook Mental Health Association Annual General Meeting

For Association members

@Central YMCA, 20 Grosvenor Street, Toronto

Sat., Sept. 14, 1:00pm-3:30pm

RSVP to Nazneen Sultana ext. 2243

Youth and Family Hub Summer Program

@ Midland Office (call to register ext. 2246)

CHOICES

Wed., Jun. 26-Aug. 28, 6:30pm-8:30pm

What's Cooking?

Wed., Jul. 24- Aug. 7, 3:00pm-6:00pm

Namesake

Wed., Aug. 14 & 21, 4:00pm-6:00pm

Take a Hike

Fri., Aug. 16 & 23, 1:00pm-4:00pm

Sessions available online through Ontario Telemedicine Network

Wellness Seminar-Sleep Health (Cantonese)

@North York Office (call to register ext. 5238)

Wed., Aug. 28, 2:30pm-3:30pm

Health Ambassador Training (Mandarin)

@ North York Office (call to register ext. 5254)

Wed., Sep. 4-Oct. 23, evening

IRP Naming Contest

Name the programs for yourself in your language!

The recently restructured Integrated Recovery Program team is updating the program promotional materials. All IRP participants and volunteers across the five cultural communities are invited to this Naming Contest, with a small gift to everyone and a surprise prize to the final winner from each community!

Contact your Program Worker and let us know how you would like to name these key program components in your language:

- Integrated Recovery Program
- Culturally Competent Recovery College
- Leisure Club
- Peer Support Program

For inquiries, please contact Fei Fung, Lead, Integrated Recovery Program, ext. 2272

Let's achieve another record high!

Thanks to all the sponsors, donors and volunteers' support, the 2019 Hong Fook Gala has raised a record-breaking amount, over **\$278,000** in net proceeds!

Louie Castro, the featured performer on the evening, shared his personal experience recovering from depression. Louie pointed: "in the mental health sector, the long wait time is still a huge barrier for clients to access services in a timely manner. I am surprised to know it would take from 9 months to a year or even longer for a person diagnosed with mental illness to access culturally competent, quality community mental health services. I am glad to support the Hong Fook fundraising gala and help Hong Fook raise more resources to narrow the gap, which is critical to create meaning, purpose, hope and belonging to our Asian immigrants."



Louie Castro sharing his mental illness experience at the gala.

Early intervention and treatment is critical and cost effective. In Ontario, wait times of six months to one year are common for children and youth to access counselling and therapy. The longer they are left untreated, the more debilitating they become. Those situations often lead to other costly, long-term chronic conditions. The 2019 Hong Fook Gala again focused on youth

mental health, to subsidize the current youth programs and to seek new partners supporting the newly launched Hong Fook Youth and Family Hub.

After the Gala, the Foundation has secured another donation of \$15,000 from the Scarpitti Foundation to build a digital corner at the Markham Youth and Family Hub.



Hong Fook youth volunteers showing their Hub model.

Let's keep the momentum going with our Scotiabank Toronto Waterfront Challenge. Last year, as the first-year charity participating this event, Hong Fook rallied the support of 47 runners/walkers and raised the amount of \$47,000. This year, we are heading towards **\$75,000** and we count on your continuous support! Please join us as a runner or walker on **Sunday, October 20, 2019 at Toronto Waterfront!**

\$75K

by Oct. 20



Kindly visit this page to register with our discount charity pin codes or make a donation to the Hong Fook team:

<http://www.torontowaterfrontmarathon.com/stwm-charities/hong-fook-mental-health-foundation/>

Marathon or Half Marathon (\$80):
M19HONGFOOK

5k (\$40):
5K19HONGFOOK

5k with Stroller (\$50):
ST19HONGFOOK



For any inquiries, please contact Sunny Wang, Manager, Resource Advancement and Communications, at swang@hongfook.ca or 416-493-4242 ext. 2258.

Foundation's Annual General Meeting

The Foundation's Annual General Meeting was hosted on July 17, 2019, at Hong Fook's North York Office. The Board of Directors for 2019-2020 include Kam Lo (Chair), Julia Zhang (Vice Chair), Michael Ma (Treasurer), Sonia Yoon (Secretary), Annie Hu, Dr. Peter Chang, Dr. Ted Lo, Emily Lee, Eui Sook Kim, Jay Leung, Sit Foo, Warren Yu, Yun Back Kim.

Head Office

3320 Midland Avenue, Suite 201
Scarborough, ON M1V 5E6

Downtown Branch

130 Dundas Street West, 3/F
Toronto, ON M5G 1C3

North York Branch

1751 Sheppard Avenue East, G/F
North York, ON M2J 0A4