

Joint Greetings from the **President** and the **Executive Director**

Happy autumn brings us the Color of Beauty, the Joy of Giving and the Season of Caring!

Are you concerned about someone you think is suffering from sadness, pain and despair, but don't know what to do? Hong Fook is one of the many places where you can reach out to seek help.

Everyone in the community has a role to play in helping to prevent suicide, abuse and bullying. Hong Fook has a long history in offering community mental health prevention and promotion and training programs to raise awareness of mental health and to fight stigma against mental illness.

Journey to Promote Mental Health is a culturally sensitive, bi-lingual training program designed to raise settlement workers awareness of mental health issues faced by newcomers and enhance their capacity to provide effective support and timely intervention. It was developed in 2008 for frontline staff by Hong Fook in collaboration with Ontario Council of Agencies Serving Immigrants (OCASI)

under the aegis of Immigration, Refugee, and Citizenship Canada (IRCC). To date, we are very proud to announce that we have successfully delivered 107 face-to-face training sessions and 14 Webinars online training; reached 3,420 service providers and 395 agencies within 20 cities across Ontario to promote healing, insight, growth and change. The 10th anniversary celebration was held on October 31, 2019 at the People's Church, North York, Toronto. This is a remarkable success that we would like to take a moment to thank and to give recognition to our dedicated training team for their endless effort to build the effectiveness of the program for the province of Ontario. Cheers to the entire team! You are amazing!

We treasure partnerships and collaboration with different stakeholders. Hong Fook values diversity, equity, quality and standard best practices in program design, development, implementation and review. We welcome input from the community. Currently, we are still working on the data compilation and analysis of the Korean community needs

study with the Korean Community Advisory committee, the recovery college and peer support development with the peers, the setup of the youth and family hub in particular the Digital Corner program, etc. We would like to express our sincere thanks to the The Frank Scarpitti Foundation for donating \$15,000 to the digital corner program and the RBC for donating \$25,000 towards the youth program. We are dedicated to expand our youth and family programs to prevent immigrant youth falling into the cracks in the new country. We need your help, and extra revenue from our donors to support this important initiative to build youth resilience.

Lastly, we would like to take this opportunity to thank the members and all the guests who attended our annual general meeting on September 14, 2019 to learn more about our accomplishments. Our 2018-2019 annual report is available on our website and the hard copy is available at each branch. We would also like to welcome the 2019-2020 board of directors to provide the strategic oversight to the Association and to guide us to achieve the first accreditation in June 2020.



Board of Directors 2019-2020

- President:* John Park
- Vice Presidents:* Grace Kangmeehae Lee & Ramon Tam
- Treasurer:* Peter Lee
- Secretary:* Sherman Hui
- Members:* Alan Ng, Chun Hua Gu, Meilin Ma, Janice Chu and Kevin Zhang

Accreditation Update The quality journey...

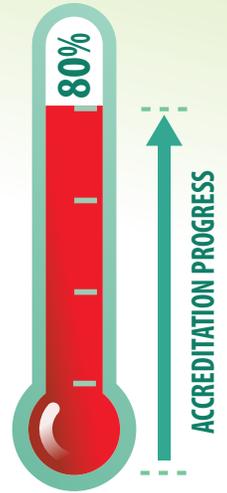
Written by Christel Galea, Accreditation Consultant

As you may be aware, the planned Accreditation Canada (AC) Primer survey, scheduled for December 2019, has been postponed until June 2020. This has provided an opportunity to continue to build a strong framework in which to provide safe, quality and risk averse programs and services for the community in which we serve.

At this time, we have confirmed the new date for the AC Primer site survey scheduled for **June 14th – 17th, 2020**. This date provides an opportunity to complete many of the ongoing quality and safety initiatives underway such as:

- Introducing and reinforcing HFMHA's new Ethics Framework (e.g. IDEA Tool, new Policy etc.) and opportunities to work through ethical dilemmas
- Establishing new Infection Prevention & Control (IPAC) Policies, Procedures and processes (e.g. implementing Personal Protection Equipment, New food handling guidelines etc.)
- Sharing new Policies & Procedures and reviewing existing procedures
- Establishing a Continuous Quality Improvement (CQI) Framework – Plan – Do – Study – Act
- Building competency in incident reporting and investigation using Root Cause Analysis tools (e.g. The 5 Whys, Cause and Effect diagrams - Fishbone)
- Continuing existing quality improvement activities and communicating updates on progress (e.g. new 2-year Quality Improvement Plan)
- Building the Board of Directors capacity related to accreditation

Thank you, once again for your ongoing support towards our quality journey... and enjoy the "Festival of Fall".



Recovery is Possible: Start Your Journey with Recovery Learning and Peer Support

Earlier this year, in April, Hong Fook launched the Culturally Competent Recovery College, an initiative that reflects work done over the last few years in making Hong Fook programs more engaging and empowering.

Recovery College programs provide a safe space for individuals to learn skills and knowledge that help them in the recovery. The programs inspire students to understand their mental health experiences and find healthy solutions to the challenges they face.

One unique aspect of the Recovery College is that it encourages service providers to work together with service users in designing, delivering, and evaluating programs. This collaboration encourages both staff and service users to shape each other's understanding of mental health, addictions, and recovery.

We are also excited about the developments that have taken shape in the Peer Support Groups at Hong Fook. Peer Support is based on the principle that people who go through similar, challenging experiences can offer each other comfort, hope, and support.



These are some of the things peers have shared about their experience in the peer support group:

"This group gives me a chance to share and listen to other people sharing, so I don't feel all alone."

"When I come to the group I feel much more open minded. Usually, I feel fear to talk about my experiences. After coming to the group and having many conversations it becomes easier to talk and I am more willing to talk."

The peer support groups for the Cantonese and Korean communities are led by Jason Wong and Hearan Jin. We recently started a Peer Support Group in English as well.

If you're interested in learning more about the Recovery College or would like to join one of the Peer Support Groups, please contact **Fei Fung** ffung@hongfook.ca or **Moshe Sakal** msakal@hongfook.ca

Our newsletter invites Hong Fook staff, volunteers, clients and family members to write a short article in their mother tongue. In this issue, Chay from the Vietnamese Recovery Program shares his story about his battle from cancer. Chay said, "The group is like my second home and helps me think positively in order to defeat cancer."

Trong bài này, Chay, một thành viên trong chương trình hồi phục người Việt đã chia sẻ câu chuyện chiến đấu với bệnh ung thư của anh. Anh ấy nói "nhóm như ngôi nhà thứ hai đã giúp tôi chiến thắng ung thư".

Hơn 10 năm trước, tôi đã vượt qua mặc cảm về bệnh tâm thần và trở nên vui vẻ, lạc quan khi tham gia vào nhóm người bệnh cùng cảnh ngộ tại Hồng Phúc. Tôi tham gia nấu các món ăn Việt Nam hàng tuần cho nhóm. Thế nhưng mọi thứ trở nên sụp đổ vào năm ngoài khi bác sĩ thông báo tôi mắc căn bệnh nan y: ung thư.

Tôi còn nhớ vào buổi cuối cùng sinh hoạt với nhóm trước khi điều trị, thật bất ngờ khi nhóm đã tổ chức một buổi tiệc sinh nhật đầy ấm cúng. Các thành viên trong nhóm khi biết tình trạng của tôi đưa ra lời động viên giúp cho tinh thần tôi trở nên lạc quan trước khi bước vào quá trình hóa trị liệu đầy thử thách. Thật cảm động khi nhóm đến tận nhà để thăm hỏi tôi. Điều này như làm xoa dịu sự mệt mỏi do tác dụng phụ của thuốc và nỗi nhớ các buổi sinh hoạt với nhóm. Một số bạn trong nhóm thường xuyên gọi điện thoại hỏi thăm, chia sẻ, và khuyến khích tôi theo đuổi hết liệu trình điều trị hơn 6 tháng.

Tôi rất cảm kích trước sự giúp đỡ của các thành viên trong nhóm cũng như các bạn phụ trách chương trình tại Hồng Phúc. Nơi đây như ngôi nhà thứ hai và giúp tôi có thêm nhiều người bạn, những người đã cùng đồng hành, giúp tôi có tinh thần lạc quan và tôi đã chiến thắng căn bệnh ung thư như đã từng hồi phục bệnh tâm thần.

IRP Naming Contest

On Hong Fook's last newsletter, the Integrated Recovery Program (IRP) called for a Naming Contest. The naming contest was looking for the best culturally competent translations in 5 languages for these key program components in IRP: Integrated Recovery Program, Culturally Competent Recovery College, Leisure Club, and Peer Support Program. Thank you all for enthusiasm! We have received many creative and thoughtful entries! It was



indeed a very difficult decision but we have the winners! Winners will be contacted by their respective community staff with a prize!

Mental Health Workshops for seniors

Hong Fook Mental Health Association, in collaboration with MIAG for Diverse Women and Families, the Chinese Advisory Council of United Way, and University of Toronto Mississauga campus, organized a four-session workshop series for Chinese seniors in summer 2019. Mental health worker Liping Peng was the speaker with topics included introduction of mental health, depression for seniors and stress

management, self-care and community resources. There were 50 seniors attending the workshop. The feedback was very positive, and the participants were looking forward to getting more trainings like this.



Thank you for participating in the Korean Community Mental Health Needs Assessment Study

With strong support from the Korean communities throughout GTA, Hong Fook has received more than 500 questionnaires, and conducted five focus groups. In September, we also finished four key informant interviews with a psychiatrist, spiritual leader, MPP and ED from KCWA.

The next step is well underway. Our data analysis team – a social work Ph.D. student researcher and a research assistant, is in the process of compiling a summary report. We hope to share the report with our communities next year.



Upcoming Programs & Activities



Year-End Holiday Celebration Downtown

Cohosted with Culturally Competent Mount Sinai Hospital Assertive Community Treatment Team & Mental Health Court Support System

For Hong Fook clients

Monday, Dec 2, 2019

2:00 – 4:30 pm

Chinese Gospel Church

(450 Dundas St. West, Toronto, ON)

\$10/ticket RSVP Fei 416 493 4242 ext 2272

Year-End Holiday Celebration Uptown

For Hong Fook clients, family members, volunteers and supporters

Saturday, Dec 14, 2019

11:30 am to 2:00 pm (Lunch Provided)

CICS, 2332 Midland Avenue, Toronto

\$5/ticket RSVP 416-493-4242 x 0

Hong Fook Youth and Family Hub – Parents Night

For youth and parents

Friday, Nov 22, 2019

6:00 pm – 9:00 pm

Dorcas Centre (2667 Bur Oak Ave, Markam)

RVSP Joyce 416-493-4242 x 2246

Peer Support Group (English Speaking)

For Hong Fook clients

Wednesday, Dec 4, 2019

2:00 pm to 4:00 pm

North York Office

(1751 Sheppard Ave East, Ground Floor)

RSVP Moshe msakal@hongfook.ca

For further details and other activities, please visit www.hongfook.ca/association

Let's continue the momentum of giving and caring!

On Oct 20, 2019, Hong Fook Mental Health Foundation joined the Scotiabank Toronto Waterfront Challenge again to raise funds for **Hong Fook Youth and Family Hub**. This year, Hong Fook rallied support of **57** racers and about **\$30,000** was raised! These two feedbacks from our participants captured this event beautifully.

"The 10 of us did it with 280,000 +steps! We had perfect weather, great companions and amazing scenery along the 4-hour-journey. We walked to raise the much needed funds for Hong Fook. Even though the walk was over, your financial support has no deadline!"

Clemen Suen, aged 71, from the Half Marathon team

"Although it maybe my first and last time of 5K run, I am proud of our collective efforts. Participation is the most important. Keep this HF spirit!"

Tweety Yuen, Staff

These 57 participants ran for Hong Fook because we all know that **Hong Fook needs your donation and support now more than ever!** With the government budget constrain and increasing mental health services needs for East/Southeast Asian youth, **your donation will help make a direct and concrete impact.** For every **\$10,000** that was raised, the Hub can provide **6 youths** who experience mental health concerns, with intensive one-on-one services, as well as **20 youth and families** trained with enhanced mental health knowledge and skills.

To continue the momentum of fundraising for the Hub, Hong Fook have launched the **Giving Tuesday** campaign. **Giving Tuesday** is a global day of giving that happens every year after Black Friday and Cyber Monday. This year, it is on Tuesday Dec 3, 2019. **Giving Tuesday** is also a great way to plan for year-end charity giving. Our Hong Fook donor and supporter, Bob Lo, will share some tax saving benefits of donations.

<https://www.canadahelps.org/en/charities/hong-fook-mental-health-foundation/>



Tax benefits of Donating to Hong Fook

Written by Bob Lo, Hong Fook donor and supporter

Donations to registered charities, such as Hong Fook, can generate tax saving benefit. There are two important ways of saving: the **Charitable Donation Tax Credit and Donations of securities or mutual shares.**

1) The Charitable Donation Tax Credit is a non-refundable tax credit. As such, it can be used to reduce tax owing. For Ontario resident taxpayers, your credit for the first \$200 of donations is 20% and the balance over \$200 enjoys a tax credit ranging from 40% to 50%. For many middle-class taxpayers, it is possible that the tax saving from making a donation is higher than his/her marginal personal tax rate.

Since this Credit is greater for donations higher than \$200, claiming accumulated donations in the same year may be of greater benefit. There are 2 ways to accumulate donations: combining

donations with your partner or claiming donations from multiple years in the same year.

2) Donations of securities or mutual shares is the most efficient way to give charitably.

With a donation of securities or mutual funds, capital gains tax does not apply, allowing you to give more and avoid paying capital gain taxes.

The following chart below illustrates what happens if an Ontario individual taxpayer in the top tax bracket sells the shares with capital gain and then donates the after-tax proceeds and what happens if he/she donates the shares directly to Hong Fook.

	Sell shares for cash, donate after-tax proceeds	Donate shares directly to Hong Fook	
Original cost of shares	\$1,000	\$1,000	
Current market value of shares	\$10,000	\$10,000	
Capital gain	\$9,000	\$9,000	
Tax on capital gain	\$2,409	\$0	
Donation amount	\$7,591	\$10,000	Your charity gets \$2,409 more
Donation tax credit	\$3,826	\$5,040	Your chartable tax credit is \$1,214 more

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