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# MOMENTUM

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2017 Gala Photos

L to R: Albrey Yeung, Scotiabank, Title Sponsor; Cake Cutting by Directors and Executive Director; Michael Wilson, Chair of Mental Health Commission of Canada

## Raising Funds, Raising Awareness Raising Impact, Raising Hopes

Written by Julia Zhang and Raymond Chung,  
2017 Gala Co-Chairs

Dear Friends of Hong Fook:

You might be interested to know that together, not only did we break the Gala attendance record with over 650 guests this year, but we also had a record number of sponsors and donors. This is just another example of how we have inched closer to breaking down the stigma behind mental illness. It reinforces encouragement to Hong Fook as we strive to address mental health concerns and become the beacon of hope to those who need it most.

With limited funding from government sources, the role of our sponsors and donors is vital, as without their generous contributions the Association would not be able to take on new projects to meet rising needs. This year alone, we raised over \$225,000 with a stronger focus on supporting Youth Programs and Workplace Wellness Training Programs. This gives us tremendous encouragement in our work to promote mental health among the Asian communities in Toronto.

Thirty-five years is not a short period, it is a major milestone in a step-by-step journey. Along the way, we have been graced with inspiration and courage from our consumers

and families. They have given us hope, which stands at the core of this Association.

The Association could not have accomplished its many endeavors without dedicated staff. At the Gala, we had Ms. Rose Lee and Ms. Ellen Liu, the Association's first two Executive Directors; Dung Nguyen, our first Vietnamese Case Manager and Theresa Chung, who has been with the Association since day one and is currently still on staff. The pioneer work they provided has given us a solid foundation to build on.

We would especially like to thank two individuals who supported the work of

*(continued on Page 2)*



Bonnie Wong advocating Workplace Wellness  
Photo courtesy of CivicAction

I would like to express my sincere gratitude to everyone attending the Hong Fook Fundraising Gala on June 10, 2017, in particular, I applaud the achievements of the Gala Committee and the volunteers. The proceeds from the Gala can support

### Greetings from the Executive Director

advocacy, education, connect those in need with appropriate care, and provide youth, family and group counselling services and so much more.

Since 1982, Hong Fook has been dedicated to addressing mental and emotional challenges. Our goal is to break down the wall of silence surrounding mental disorder which affects many Canadians and to empower and help those facing mental health issues within the Asian community. We would like to ensure that the complex issues of mental health wellness are addressed and dealt with openly and effectively. This May, we launched a program review, led by a staff task force, which aims to review the various

programs (Self Help, Family Initiative, Prevention and Promotion, and Youth Programs) in respect to their goals, structure, pathway, and implementation strategy. We solicit input from various stakeholders, clients, family members, staff, community advisory committee members, boards and volunteers. We anticipate receiving the report this fall.

In the month of July, with the assistance from our summer students, we launched the Ontario Perception of Care (OPOC) online client satisfaction survey and please kindly share your feedback with us. Thank you and enjoy the beautiful summer!

Our newsletter invites Hong Fook staff, volunteers, and clients to write a short article in their mother language. In this issue we have Helen Nguyen, Vietnamese Mental Health Worker to share her empowering experience with Hong Fook.



*Vietnamese Self Help clients gathering for a party and demonstrating strong social inclusion. Many clients depend on our Self Help Programs that give a sense of belonging and promote friendships that are long lasting and highly impactful.*

## What I Learned At Work

Quan hệ giữa nhân viên và bệnh nhân là quan hệ hai chiều. Mỗi bên đều góp phần "cho" và "nhận". Trong quá trình làm việc tôi "nhận" được rằng cảm nhận về mỗi cái khổ và ảnh hưởng của nó trong từng bệnh nhân đều khác nhau mặc dù nguyên nhân gây khổ có thể tương tự - ly hương, tử biệt, bệnh tật, thất nghiệp, túng thiếu, xung đột gia đình, v.v. Từ đó tôi trở thành một nhân viên biết cảm thông hơn và sâu sắc hơn. Chứng kiến khả năng sống còn mãnh liệt và tiềm lực khôn cùng của rất nhiều bệnh nhân mà tôi có dịp làm việc chung đem đến sự kiên cường và niềm tin trong tôi vào một ngày mai tốt đẹp hơn hôm nay. Đó là những kinh nghiệm sống giá trị mà bệnh nhân đã "cho" tôi!

--- Helen Nguyen

## Creative, Resourceful, and Whole

*Written by Kennes Lin, Youth Outreach Worker*

I feel as though I put together intriguing jigsaw puzzles every time I begin engagement with a new youth. If each family member, principal, school social worker, guidance counsellor, doctors or other workers who interact with the youth is represented by a piece of the puzzle, my role is to fit together the pieces to form a described image.

What's interesting is often how many pieces of the puzzle shaping the youth's image are based on medical terminology, attendance records, and misunderstood behaviours.

I also like to think that the youth are very



*Some youths who benefited from an Animal Therapy Session led by Kennes, the "puzzle" coordinator.*

clear of the on-going image put together by people around them. I wonder if they would be encouraged or discouraged to be creative, resourceful and whole after seeing the put-together image of them.

I realize when I meet a new youth, I am

contributing by being a new puzzle piece.

The purpose for my piece is not to contribute another discouraging label, but to help the other pieces see how the final puzzle of the youth already is and can be creative, resourceful and whole.



*2017 Gala Photos*

*L to R: GDNA Ballet performing dances, Sandra Lang performing iconic songs, the Toronto Arirang Nanta Team performing Korean Drums.*



the Gala Committee: Jenny Le and Dave Tran. Their commitment is beyond the call of duty.

I'd also like to take a moment and acknowledge our volunteers. The evening was supported by close to a hundred volunteers.

Last but not least, leadership is one of our

strengths. We would like to acknowledge the outstanding guidance provided by two of our Founders, Dr. Peter Chang and Dr. Ted Lo, who, despite their busy schedules, are still providing consultation.

An anniversary is a time for celebration, the Gala Committee has worked extremely hard

these past few months to organize the event. With that, we would like to wish you all a wonderful summer and let us all continue "Taking the Mental Health Journey Together".

# Parenting at the HF Connecting Health NPLC



Parenting or child rearing is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. We recognize how important it is to start building positive relationship right from the beginning. HF Connecting Health Nurse Practitioner-Led Clinic, a sister agency of the Hong Fook Family, provides a series of various baby-mother programs in partnership with Toronto Public Health and Aisling Discovery.

In partnership with Toronto Public Health, there are Peer Nutrition Program for 0-6 years old and Breastfeeding Support Group to support mothers and promote breastfeeding within the Chinese community. Joining with Aisling Discovery, there are baby massage program, No-body's Perfect Parenting Program and the Mother-Goose Program to promote positive bonding experiences and positive parenting skills.

For more information, please call the NPLC at 416-479-7600 x 101 and sign up.



Sevaun Palvetzian, CEO of CivicAction giving a talk  
Photo courtesy of CivicAction

Each year hundreds of thousands of post-secondary students receive a certificate, diploma, or degree in Ontario, beginning a new chapter that, for many, includes entering the workforce. As youth start their first jobs, they are much more likely than their older counterparts **to ask about mental health culture or expect access to mental health services at work**, according to a recent survey conducted by Centennial College.

But many workplaces aren't well-equipped to respond. Research released last year by CivicAction shows that **one in every two people** in the Greater Toronto and Hamilton Area's labour force has experienced a mental health issue, and though **42% of employers** want to create mental health-supportive workplaces, they haven't due to lack of time, resources, or know-how.

So how to better meet these mental health needs and expectations? Employers can start by taking **MindsMatter**—a free, confiden-

## Making MindsMatter, for the Workforce of Today and Tomorrow

tial and easy-to-use online assessment tool that quickly assesses their current level of mental health support and how to do more. MindsMatter was developed by CivicAction with support and guidance from Hong Fook Mental Health Association and another 40 other partners that make up CivicAction's Mental Health Champions Council and Advisors Group.

CivicAction and Hong Fook are committed to working together by sharing ideas, mental health materials and exploring potential projects of how to increase collaborative efforts to address workplace wellness on a wider scale. Creating the culture, know-how, and resources to support all generations in the workforce will lead to healthier people and a more prosperous region for everyone.

To learn more about CivicAction's MindsMatter, or to take the assessment, visit [mindsmatter.civicaaction.ca](http://mindsmatter.civicaaction.ca).

## Upcoming Events



Self Help Arts and Craft items

### Annual General Meeting

For Association Members

September 16, 2017

North York Civic Centre (5100 Yonge St, North York).

Registration is required, please contact May Ho, Office Coordinator, [mho@hongfook.ca](mailto:mho@hongfook.ca)

### Health Ambassador Trainings

A FREE eight-session training across four cultural communities to share Hong Fook's vision on Holistic Health and equip potential ambassadors with mental health knowledge and positive coping skills to carry on the stigma reduction message in the community.

Schedule for 2017/18

Jul 12-Aug 30, 2017 (English for youth)

Jul 14-Sept 8, 2017 (Vietnamese)

Jul 19-Sept 6, 2017 (Mandarin)

Sept 26-Nov 28, 2017 (Korean)

Mar 1-Apr 19, 2018 (Cantonese)

Registration is required, please contact Tweety Yuen, Prevention and Promotion Coordinator, [tyuen@hongfook.ca](mailto:tyuen@hongfook.ca)

### Hong Fook's Annual Volunteer Drive

Support Hong Fook through volunteering.

Please visit our website <http://hongfook.ca/association/join-us/volunteers/> for available positions in 2017.

For more events, please visit our website



# Demand for Youth Mental Health Services is Exploding, is Hong Fook Prepared to React?

*Written by Judy San, Director of the Foundation*

**D**uring the 2017 Hong Fook Gala we watched a video of Daniel who wanted to give up as he was going through anxiety disorder, depression and suicidal thoughts after the death of his mother. Fortunately he's better now, thanks to Hong Fook's intervention through Youth Programs and counselling.

A survey conducted by Hong Fook two years ago shows mental health problem among youth is an emerging phenomenon.

- Over 2 in 5 youth would hold negative opinions about themselves if they had mental health problems.

- 19% of youth surveyed thought it would be better if they were dead in the past 12 months, while 12% seriously considered suicide.

The youth today are under more pressure than ever before. For example, with social media, youth see things that make them feel a lack of self-worth and very often they are victims of cyberbullying.

Moreover, higher stress due to competitive job markets because a university degree does not guarantee a job.

We are glad that more youth are coming

forward for help because of the decreased stigma. Hong Fook is instrumental in launching a number of Youth Programs, such as Youth Outreach Worker, CHOICES, Youth Drop-In, Amazing Youth and Raising an Amazing Youth, Care and Connection for Korean Youth.

However the current level of support is insufficient, we need funding to continue. I hope that you will step up with your donation to help the youth at this pivotal time in their lives.

## Continue on Our Journey Together

*Written by Ramon Tam, Vice Chair and Treasurer of the Foundation*

**V**olunteers are mostly self-starters, and probably begin at a young age. My high school encouraged extra-curricular activities, so I had my first involvement at Grade 7 and have not slowed down since.

While a student at University of Toronto, I volunteered for a group that eventually became the Chinese Information and Community Service, doing translation and organization. I joined the Association board and worked with Self Help groups and committees. Since retirement and now on the Foundation board, I work

as a front-line volunteer, mainly with Self Help groups. The direct contact with consumers and the staff is particularly rewarding. We explore new grounds together – music appreciation, general knowledge and life skills in the 'English class', visits to exhibitions to the Art Gallery, museums, etc. We learn from one another. I am not a professionally-trained health care worker, but I can say that empathy and mutual trust are the foremost in our working relations.

Fund raising is necessary since outside funding is most sufficient to finance our work for the five communities we serve. Funds raised by the Foundation are put into use to supplement the need of the Association's work. Special emphasis made periodically can be also funded for various projects, sometimes together with partners.



*Ramon Tam, serving over 35 years as a volunteer, leading a singing activity at the Chinese Self Help Group*

### Donation Form

One-Time       Monthly

\$25       \$50       \$100

Other \$ \_\_\_\_\_

Would you like a tax receipt? Only donations \$20 or more will receive a tax receipt.

### Payable to:

Hong Fook Mental Health Foundation

### Mailing Address:

Hong Fook Mental Health Foundation  
3320 Midland Avenue, Suite 201  
Scarborough, ON, M1V 5E6

### Charitable Registration Number:

862514932RR0001

### Donor's Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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Payment Type:  Cheque  Credit Card

Credit Type: \_\_\_\_\_ Visa \_\_\_\_\_ Mastercard

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Designed by Dave Tran. Edited by Sunny Wang and Bonnie Wong

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