

## Moving Beyond 35 Years

2017 marked a year full of 35th anniversary celebration and mental health awareness promotion for Hong Fook. From January to April, a media campaign featured by the weekly publication of client stories was launched in three ethnic papers, SingTao, Canada KCR News, and Thoi Bao. In May, we kept up the momentum with over 130 community partners and through the biennial Diversity and Equity Conference. Another milestone was accomplished in June by reaching a record-breaking fundraising revenue through the annual Hong Fook Gala. Later in the year from September to November, Hong Fook worked together with Fairchild TV and brought a six-episode TVB program "Joyful at Hong Kong" with celebrities sharing their mental health journeys to the Chinese Canadian communities from coast to coast. Three holiday events rolled out in December delivering our caring not only to clients but also to the caregivers. Quoting the tagline from the recent Bell Let's Talk Campaign, moving beyond 35 years, Hong Fook is dedicated to "extinguishing the stigma surrounding mental health once and for all."

(More photos on page 3)

## Greetings from the Executive Director

Written by Bonnie Wong, Executive Director

Lunar New Year is fast approaching, I wish you good health and lasting prosperity. May all your recovery wishes come true in the Year of the Giant Dog!

In this upcoming year, Hong Fook will implement the following strategies to address and to accomplish the recommendations of the 2018-2021 Strategic Plans and the 2017 Program Review. They include:

- Roberta Wong, newly promoted Senior Manager, Clinical Practice and Quality, and Gladys Cheung, the new Manager, Integrated Recovery and Community Programs will lead the service integration within the agency and will facilitate service collaboration with the Nurse Practitioner-

Led Clinic and external service providers. The purpose is to improve access, coordinated care, and quality outcomes that are recovery-oriented and resilience-focused.

- The new Peer Coach (part-time/to be hired) will involve peers in Recovery-oriented Program Planning, Delivery and Evaluation through the PDSA (Plan, Do, Study, Act) Cycle.
- The new Accreditation Specialist/Coordinator (full-time/to be hired) will lead the promotion of the organizational awareness of Accreditation; to support the agency leadership team to strengthen the governance practice, quality standards of care, internal and external stakeholders engagement to achieve the key deliverables.
- The agency will continue to foster and champion the culturally competent care framework and provide culturally competent programs and services to the clients facing language and cultural barriers.

I would also like to share the good news that we received new funding from the Ministry of Citizenship and Immigration to launch two new programs for the broader immigrant communities and they include:

- Our Journeys on Canvas: Photo Voice Project by Youth
- Mental Health Counselling and Wellness Programs for the Chinese and Korean Newcomers and Refugees

Your continuous support and feedback will help us to grow steadily and stronger. Please go to our agency website [www.hongfook.ca](http://www.hongfook.ca) and Facebook to follow our recent news and donate online to support us as always!

Thank you.



From left to right: Michael Ma (Foundation board member), Bonnie Wong, Elsa Chang, Dr. Peter Chang (Foundation immediate past chair), who is one of the 23 new appointees to the Order of Ontario, the province's highest honour.

# Hong Fook Movie Night Raising Awareness for Caregiver Mental Health

Written by Alexa Battler, Published in The Toronto Observer

Last December, Hong Fook Movie Night attracted over 500 guests and volunteers and raised over \$8500 in net proceeds. Minds Matter did a series of interviews and published an article in the Toronto Observer. Here are the highlights of their sharing.

“We were burnt out. Asian culture usually has stigma not only for the individual but for the family. We knew it was there but we didn't dare to talk about it... When my mother and I started attending group therapy sessions at Hong Fook, things began to improve. I realize you have to let it out, you have to talk about it. If you don't, you get worse.”

—Yoora Kim, immigrated to Canada from Korea when she was nine. Most of her teenage years were spent struggling to care for her father.

“My son developed a constant headache and started rapidly losing weight. I took him to the hospital several times, worried he had a brain tumor. After months of testing, a nurse asked him if he was con-

stantly stressed. He said yes. For the past two and a half months, no one had asked about this... Growing up in communist China, we were educated to believe that we are strong and we can overcome our difficulties, so when people are talking about mental health issues, they don't believe that. We need strong education to help each other with the appropriate resources we can leverage, and that's the value of Hong Fook.”

—Carmen Gao, discovered Hong Fook in the process of finding treatment for her son. She now volunteers with the Association and is working to bring its services to Mandarin-speaking communities.

“The good thing about this movie is that it looks at both sides, it accurately presents the experience of patients who suffer from bipolar disorder, and also the family members that try to look after them. It also brings in many cultural aspects, the habits and the day-to-day living of the situations are shown in this movie so that people can identify with it.”

—Dr. Peter Chang, one of the founders of the Foundation

“Asian communities tend to treat health issues as a personal or family matter, with care often provided within the home. Cultural differences in Canada, including legislation (like confidentiality and privacy laws) and a medical model of care, can make navigating treatment harder. Having an agency like us to support them is critical to facilitate access and treatment.

—Bonnie Wong, Executive Director of the Association

Scan the QR code to access the full article in the Toronto Observer.



Our newsletter invites Hong Fook staff, volunteers, clients and family members to write a short article in their mother tongue. In this issue we have Quoc Truong, the Chair of the Cantonese Family Support Group Planning Committee, sharing his group members' reflection on the Hong Fook Movie Night.

## Cantonese Family Support Group Planning Committee

電影“一念無明”劇情真實故事不單止帶給在場近500位觀眾很大的迴響也讓有50多位康福家屬互助小組的家屬們啟迪和思考探討反思和檢討，過後我們家屬組舉辦了一次專為這部電影而開的特別座談分享會。

身為父親要如何勇於面對責任？過去做丈夫的他為何要逃避責任呢？患疾病的媽媽為何總是要埋怨那位願意照顧她的好兒子？而身在外國不願意承擔責任的小兒子，却得到媽媽的掛念。照顧者為何不去求助呢？却將自己壓迫到患上躁郁症。街坊鄰里的歧視眼光和迫遷。還有很多很多的問題，工作被拒，朋友疏離，教會誤解等等。以上種種的問題都是來自這部電影的劇情，實在帶給家屬們有很多的題目來作思考討論，期望未來的一年我們以這些為我們學習的課題，幫助我們成為一位好照顧者。





December 4, 2017 Holiday Celebration  
co-hosted with Mount Sinai Hospital  
Hong Fook Self Help Group Performance

December 8, 2017 Hong Fook Movie Night

December 8, 2017 Hong Fook Movie Night  
Panel Discussion

December 9, 2017 Hong Fook Holiday Celebration  
Multicultural Fashion Show

**Moving Beyond  
35 Years**

*continued from page 1*

**Our Journeys on Canvas**

**A photo voice campaign led by youth, for youth**

Since last December, a group of youth from universities and colleges kicked off a photo voice campaign to address the mental health challenges faced by East Asian youth, including newcomer youth and visa students who have been under serviced. 150 photos

were collected in a month addressing academic pressure, relationships, loneliness, homesickness and other stressors.



*Sometimes, I have a hard time understanding that there are people around looking at me differently because of my skin and how I appear.*

*—a Chinese student from the University of Toronto*

A photo collage on a canvas showcasing individual mental health journeys will be produced and launched in March. The photos and a video of the youth sharing these stories will be displayed at the 2018 Hong Fook Gala.

**2018 Events  
Save the Dates**



**May 26** Walk for Wellness  
@ L'Amoreaux Park

**June 16** 2018 Gala  
@ Hilton Suites Hotel & Conference Centre

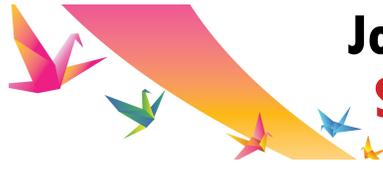
**Sept. 15** Hong Fook Annual General Meeting & Volunteer Appreciation

**Oct. 21** Scotiabank Toronto Waterfront Marathon

Join our events as participants or volunteers. For any inquiries, please email to [info@hongfook.ca](mailto:info@hongfook.ca)

Hong Fook is looking for board and committee members and volunteers, please visit website <http://hongfook.ca/association/join-us/volunteers/> for **volunteer opportunities in 2018**, and refer to the enclosed nomination form if you are interested in **joining the board or committees**.

Hong Fook has started **psychotherapy groups** and **tax clinics** for our clients. For more information, please call 416-493-4242 ext. 0



## Join our **Mental Health Journey** Support **2018 Hong Fook Gala**

*Kam Lo, Foundation Chair*

The Hong Fook Gala returns on Saturday, June 16, 2018, at Hilton Suites Hotel & Conference Centre in Markham. It is going to be an evening with great entertainment celebrating diversity and mental health journey. We are honoured to have Mrs. Ruth Ann Onley, the wife of the 28<sup>th</sup> Lieutenant Governor of Ontario The Honourable David Onley to be among our performers. Our keynote speaker will be Ms. Jan Wong, an award winning journalist and author of best seller, *Out of the Blue*. She is going to inspire our guests with her personal story of workplace depression, recovery, redemption and happiness.

The gala will contribute to Hong Fook's 2018 fundraising target of \$275,000, which will:

- support culturally and linguistically specific mental health prevention and promotion trainings and holistic health groups, especially to the transitional youth aged 18-29 who have been under-served, to equip them with resilience-building skills and promote timely help-seeking behaviours;
- subsidize one-on-one supporting services and groups targeting youth aged 12-18 and their parents;
- strengthen Clinical Services to facilitate appropriate referrals and reduce wait times for case management services to individuals aged 16 and above, to further reduce hospitalization and ER visits.

In Ontario, 1 in 5 youth has a mental health challenge. Based on Hong Fook's own study on East Asian Youth Mental Health Needs, the rate of suicidal thoughts of East Asian youth doubled the number of average Canadian youth, due to immigration, adaptation, and acculturation. To provide a wrap-around mental health services to youth and their families, Hong Fook needs your support. Please help promote the 2018 Gala and

- purchase raffle tickets (\$5) and gala tickets (\$180) at one of the three Hong Fook locations;
- contribute gifts to the silent auction;
- sponsor the event or donate generously.

For more information, please call us at 416-493-4242 or email to [foundation@hongfook.ca](mailto:foundation@hongfook.ca).

### Hong Fook Donor Wall

On Dec. 8, 2017, Hong Fook acknowledged major donors and sponsors who have contributed more than \$15,000 accumulated over the past five years. Every dollar donated allows us to broaden our services to our clients and their caregivers. Thank you for walking along with us throughout this journey.

#### Hong Fook Champion Level Donors (Above \$100,000)

Mr. and Mrs. Peter and Helen Young  
The New Hope Foundation

#### Hong Fook Gold Level Donors (Above \$50,000)

Scotiabank  
Qualicom Innovations Inc.  
Mr. and Mrs. Frank Chau  
Mr. and Mrs. Man Sang Wah  
The Good Harvest Trust

#### Hong Fook Silver Level Donors (Above \$30,000)

PCC and Associates Brokers

Skymark Place Shopping Plaza

#### Hong Fook Bronze Level Donors (Above \$15,000)

Dr. and Mrs. Peter and Elsa Chang  
Toronto Hong Kong Lions Club  
TD Canada Trust  
JD Property Canada Corporation  
Evan Yanagi Corporation  
Canada Chinese Computer Association  
Sing Tao Foundation  
Ms. Kathy Wong  
Dr. and Mrs. Ryder Ming-Hin and Grace Law

### Building our Endowment

#### Donation of Publicly Traded Securities

*Dr. Peter Chang  
Foundation Immediate Past Chair*

In the past five years, the Foundation has been contributing approximately \$200,000 to \$250,000 annually to the programs and services offered by Hong Fook Mental Health Association. To diversify fundraising channels and meet the significantly growing demands on mental health services in Asian communities, the Foundation considers the creation of an endowment fund that

will generate income to support programs without encroachment into the principal of the endowment.

As baby steps towards that goal, I hope to share a few donation ways that could create a win-win situation for both the donor and the donee.

Investment advisors always say that prudent investors should not flip their investments in order to make a quick profit. The objective is to buy and hold securities for long term gain. If you follow that advice, it is possible to see your investments grow in value many folds over time. This is how pension funds are

invested, and it is a good strategy. When the investment is sold, it is subject to capital gains tax at about 25% of the gains. As an illustration, if you bought 100 shares of ABC Inc. at \$10 a share, and it grew to \$110 per share when you sold it, the capital gain is \$10,000, and your tax is \$2,500. Instead of selling the shares yourself, you donate the shares to a charity (such as Hong Fook), you will not pay any capital gains tax. Instead you will get an income tax deductible receipt for \$11,000. This scenario is more than hypothetical. Feel free to follow up on details with our accounting department, which is experienced in this field.

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