

Hong Fook A wonderful organization with selfless volunteers

Written by Dr. Lin Fang, Association President

At the last gala in June, I thanked our donors who have supported various innovative programs and services offered by Hong Fook. In this message, I would like to take this opportunity to thank our committed staff and selfless volunteers, who essentially are the ambassadors of our organization. Hong Fook has continued to advance our mission and strategic priorities and has grown steadily over the past few years. We would not have achieved our goals without our dedicated staff who embrace the organizational direction, provide constructive feedback, and carry out their duties steadfastly.

Equally critical to our achievements are those who volunteer for the Association and the Foundation. Our volunteers have a multitude of roles. From our Case Aides, Health Ambassadors, Peers, to our various activities such as the Walk for Wellness and the annual Gala, one can always see the presence of our volunteers. The effort and time as well as the skills and experience the volunteers have contributed to the organization are invaluable.

On a personal note, I have found volunteering for Hong Fook to be extremely enriching and fulfilling as I have been privileged to work with some of the most devoted staff and volunteers towards a common cause and to learn from them. As my term on the Board for the Association is ending and I step down from my role as the President of the Board in September, I would like to take this opportunity to express my sincere gratitude to all of you for this incredible journey over the past 6 years. I know that the Board will be in good hands given the many talents it has, and I also want to encourage those of you who would like to give back to the community to consider volunteering for this wonderful organization and helping advance health and wellbeing for our communities.



Dr. Lin Fang (second from the left) with Association and Foundation board members at the Gala

Greetings from the Executive Director

Written by Bonnie Wong, Executive Director

Accreditation strengthens community confidence in the quality and safety of care, treatment and services.

Achieving accreditation makes a strong statement to the community about an organization's efforts to provide the highest quality services. Hong Fook has seriously considered taking on the journey to be accredited in winter 2019. Our board, management, staff, volunteers, clients and their family members, program service users will be involved in this important journey at the beginning of November 2018. We are excited to ignite this incredible journey with each of you. Please stay tuned.

Civic Engagement and Participation are very important for our clients and their family members to successfully achieve their goals of recovery. With the funding support from the United Way of Greater Toronto and in collaboration of the Ontario Chinese Health Coalition, we have undergone a journey to promote civic participation in encouraging the community stakeholders, clients and their family members to participate at the provincial election All Candidates Forum in May, and the upcoming municipal election All Candidates Meet and Greet in September to be a responsible citizen and to assert their rights.

Volunteers are our important and essential resources to help Hong Fook to achieve our Mission, "Hong Fook Mental Health

Association is dedicated to improving the lives of Asian and other communities." Please join us to celebrate the value of volunteering on Saturday, September 15, 2pm, at the Scarborough Civic Centre. The celebrative event will be held right after the Association's Annual General Meeting.

Hong Fook is very proud to share with you that the HF Connecting Health Nurse Practitioner-Led Clinic which was established in 2013 to provide essential primary health care to the residents of the Scarborough and its surrounding area, will be celebrating its 5th anniversary on September 7. As the sponsoring organization, Hong Fook congratulates on its achievements.

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PROVIDER'S PERSPECTIVES

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- The number of rostered patients has increased to over 2,300 patients and when included non-rostered patients, it has provided services to over 3,300 patients; and with an averaged 743 patient visits per month;
- The onsite and offsite health related groups, workshops and community programs has reached out to 800 participants in 2017-2018;
- The Clinic has employed 13 full-time and part-time staff. The inter-professional

team includes nurse practitioners, registered nurses, registered social worker, registered dietitian, health promoter and collaborating physicians and specialists (psychiatrists and pediatrician);

- The Clinic has recently developed its 2018-2021 Strategic Plan. The Clinic has a very strong desire to work in collaboration with the Association to strengthen the cross agency referrals and provide wraparound mental health and interdisciplinary primary care.

We welcome you to visit our website at www.hongfook.ca or to sign up our Facebook or Momentum to stay in touch with us for any updates/events/news. You are also welcome to share your feedback, suggestions for our continuous quality improvement.

Enjoy the beautiful summer!



Hong Fook Youth Program Meaningful and safe spaces growing our youth

People get refreshed and revived when it's getting sunny and warm outside, so does Hong Fook Youth Program! This summer, on top of the regular early intervention and psychoeducation courses, CHOICES in Toronto and Amazing Youth in York Region, our Youth Team has kicked off three brand new workshops, NameSake Workshop, Climb + Conquer Mindfulness Hike, and ArtJam. All three are designed to create meaningful spaces and attend to youth emotional well-being.

Do you know the 2018 theme of the International Youth Day, August 12 every year defined by the United Nations, is also touching on "Safe Spaces for Youth"? Our youth need safe spaces where they can come together, engage in activities related to their diverse needs and interests,

participate in decision making processes and freely express themselves. While there are many types of spaces, safe spaces ensure the dignity and safety of youth.

In Hong Fook, safe spaces give our youth "an opportunity to be more open and honest about their life experiences." According to the recently released "2017 Ontario Student Drug Use and Health (OSDUHS) Mental Health and Well-being Report", psychological distress, which refers to symptoms of anxiety or depression, has been rising steadily among all Ontario students in Grades 7 to 12 since it was first monitored in 2013. Nearly one-third Ontario students said they wanted to talk to someone about their mental health, but did not know where to turn. Almost four in 10 said that they rarely or never talk to their parents about their problems or feelings. Our

Youth Program Volunteer shared, "the most exciting part of Hong Fook's Youth Program is the ability to connect with the youth beyond casual conversation and dive into topics that aren't talked about in their day to day lives. Seeing those who used to be shy become more comfortable and open up is really amazing."

On another note, please join us to welcome our two new Youth Workers on board, Kevin Lai and Joyce Chiu. They will deliver the Youth Outreach Worker (YOW) program and CHOICES program respectively. Feel free to drop by our North York office to meet and greet them.

Our newsletter invites Hong Fook staff, volunteers, clients and family members to write a short article in their native language. In this issue we have a Korean-speaking client D with the newly revamped Integrated Recovery and Community Program to share his learning from a session on self acceptance.



'~해도/하지 않아도 괜찮아' 부정적 감정 받아들이기

부정적 감정을 적절히 표현하는 시간. 최근 나의 감정을 살핀다. 분노, 실망, 서운함, 걱정, 슬픔, 죄책감... 이른바 바람직하지 못한 감정을 나는 어떻게 처리하나? 마음에 들지 않는 내 모습이나 감정을 내가 수용하는 방법은?

텃밭에 정성껏 가꿔놓은 채소를 누군가 몽땅 뽑아가버린 사건에 분노의 감정이 솟았지만 시간이 지나니 감정이 열어지더라는 참석자의 고백이 소중한 간접 경험으로 다가온다.

사회의 통념이 나의 생각과 행동을 제약하는 경우를 많이 본다. 내가 그런 통념을 받아들이기 어려운 상황도

적지 않다. 이를 '~해도 괜찮아'라고 표현하며 내 감정을 받아주는 실습을 해봤다.

힘담해도/ 공부 안 해도/ 참지 않아도/ 울어도/ 결혼 안 해도/ 외로워도/ 문제가 안풀려도 괜찮아!!!

내가 받아줘야 할 나만의 감정, 여섯가지를 찾아서 육각형 모형에 적어본다. 그 감정을 들여다 보니 모형의 색깔만큼이나 다양하다. 내게 일어나는 감정이 부정적이라고 물리칠 필요는 없다. 나의 감정은 긍정적인 것이든 부정적인 것이든 보듬어 주지만 하면 될 뿐.

헌데, 내 감정을 수용한다고 해서 내가 고쳐야 할 습관, 거듭되면 종속에 이르는 행동도 모두 그냥 넘겨야 할까? 조그만 일에도 크게 분노하는 습성이나 마약을 남용하는 습관 따위도 모두 '~해도 괜찮아'하고 계속 해야 할까. 한도를 넘어서 나와 남을 해치게 되는 모든 일은 스스로 단속하고 통제해야 할 대상이 아닐까.

Presentation at National Conference on Peer Support

Supported by the net proceeds raised through the Hong Fook Movie Night in December 2017, two of our Cantonese Family Support Program peers, Sunny Siu and Quoc Truong, attended the National Conference on Peer Support on May 7 and 8 in Calgary, and shared their experience with Wellness and Recovery Action Plan (WRAP) Training.

Hong Fook's Cantonese Family Support Group has been established for more than

10 years. The Cantonese family peers have been running their WRAP training for four years. They found the training very useful and the mutual help within the group supports their maintenance plans of their wellness. Quoc shared how he supported his wife in her recovery journey, which was so touching that one participant left with tears. Their presentation also highlighted how the WRAP model is adapted culturally to enhance the self-care of the Chinese family peers and distributed the group's 10th anniversary book, which documented many touching stories, like Quoc's.

Walk for Wellness

Hong Fook family kicked off the summer in our unique "healthy and happy" way. Over 200 Hong Fook clients, family members, volunteers and friends attended the Walk for Wellness on May 26 at L'Amoreaux Park.



Vote for Health Campaign towards provincial election

Hong Fook, together with Ontario Chinese Health Coalition (OCHC), kicked off a wrap-around Vote for Health campaign towards the provincial election. The team has developed two materials, including a factsheet to candidates and stakeholders and a bilingual infographic card to Chinese voters, to address

health and mental health issues in Chinese communities.

The community engagement have been carried out in four ways, including the multi-riding All Candidates Forum on May 19, at First Markham Place, a series of one-on-one candidate meetings targeting seven ridings with the highest percentage of Chinese visible minority, a social media campaign on the OCHC Facebook and a wide range of media coverage with Chinese media outlets.

Dragon Boat Festival Celebration

To celebrate the Dragon Boat Festival, the Toronto Hong Kong Lions Club, in partnership with Hong Fook, kindly donated 500 rice dumplings and \$1500 to our clients. A ceremony was hosted on June 7 at the Scarborough Head Office to help clients know more about this festival celebrated in Chinese and Southeast Asian communities.

Toronto Hong Kong Lions Club at the donation ceremony



Upcoming Programs & Activities



HF Connecting Health Nurse Practitioner-Led Clinic 5th Anniversary Celebration/Research Launch/Open House

Friday, Sept. 7, starting at 10:00am
Clinic (3280 Midland Ave., Unit 22, Scarborough)
RSVP by Aug. 24 to Joy Fang at jfang@hfchnplc.ca

Board Orientation and Retreat

to all Board and Committee members
Saturday, Sept. 8
9:00am to 2:30pm
Markham Hilton Hotel
(8500 Warden Ave., Markham)
RSVP to Jenny Le at jle@hongfook.ca

AGM/Hong Fook Volunteer Appreciation Party

to all members and invited volunteers
Saturday, Sept. 15
1:00pm to 4:00pm
Scarborough Civic Centre
(150 Borough Dr., Scarborough)
RSVP to Doaa Aljarshi at daljarshi@hongfook.ca

2018 Vote for Health All Candidates Meet and Greet

for Municipal election
Saturday, Sept. 29
11:00am to 2:00pm
Carefirst Seniors & Community Services Association
(300 Silver Star Blvd., Scarborough)
RSVP to Doaa Aljarshi at daljarshi@hongfook.ca

Toronto Waterfront Marathon

Sunday, Oct. 21
Join Hong Fook team and sign up as a runner/walker at www.stwm.ca
Contact Doaa Aljarshi at daljarshi@hongfook.ca

Please also visit www.hongfook.ca/association for upcoming programs, services and volunteer opportunities.

FUNDING A FUTURE

Let's keep the momentum going!

Written by Kam Lo, Foundation Chair

Thanks to all the sponsors, donors and volunteers' support, 2018 Hong Fook Gala was held successfully with close to 600 guests enjoying an evening of great entertainment and inspiring speech from Ms. Jan Wong, author of Out of The Blue. We have raised over \$230,000 to support core programs and services of Hong Fook.

At the beginning of every year, the Association develops an annualized projection of deficits (diagram to the right). Based on that, the Foundation lines up the fundraising events and campaigns of the year.

To reach our 2018 fundraising target, Hong Fook will join the Scotiabank Toronto Waterfront Walkathon on October 21st, Sunday, and is aiming to raise \$50k from this event. Please support us by registering as walker or runner, or making a donation on our page: <http://www.torontowaterfrontmarathon.com/stwm-charities/hong-fook-mental-health-foundation/> You could get a discount rate when registering with our discount charity pin codes:

Marathon or Half Marathon (\$80):

18HONGFOOK42K

5k (\$40):

18HONGFOOK5K

5k with Stroller (\$50):

18HONGFOOK5ST

Other than supporting our fundraising activities, you can also help further the Mental Health Journey in our community by voicing your concerns to our major funder, Central East Local Health Integration Network (CE LHIN), at their monthly board meetings which are open to the public. You can find the details of the meeting on this website: <http://www.centraleastlhin.on.ca/> under Governance.

With the recent provincial announcement on the reduced funding increase for mental health and addiction services, we need your voice more than ever to let our government know that investing in mental health awareness, prevention and promotion

Clinical Service

From intake assessment to service referrals, from one-on-one case management to group psychotherapy, the Clinical Service enables clients to live independently.

Housing Support

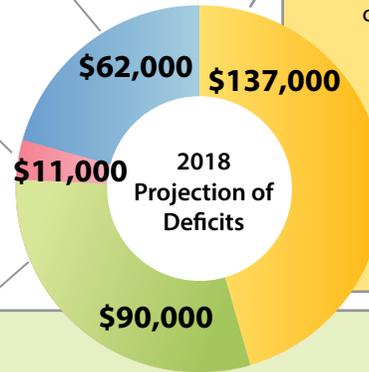
From outreach, advocacy to rental supplement, the team supports clients diagnosed with mental illness to have equal access to affordable housing.

Integrated Recovery and Community Program

From the newly branded Leisure Clubs to peer-led support groups, from the well known Wellness Promotion Trainings to Recovery Education courses, the revamped Integrated Recovery and Community Program facilitates clients' recovery and well-being, promotes peer positive culture and builds a resilient community.

Youth Program

From one-on-one short-term support to group psychoeducational sessions, the Youth Program cultivates safe spaces for youth to voice academic stressors and settlement challenges and to grow their resilience through positive coping strategies.



is critical to the general public and in particular to the immigrant communities due to language, cultural barriers and social determinants of health (i.e. poverty, precarious employment and housing conditions, social stigma, discrimination and social exclusion). Funding has to be equitably allocated through a health equity lens so as to reduce health disparity. There has been a lack of base funding increase in the mental health and addictions sector for at least 5 years. With the population growth and inflation in cost of living, the programs and services for individuals experiencing mental health challenges are at risk and the wait time will be extended even longer. Currently, the wait time for the Case Management service at Hong Fook is 10 months on average. Due to the increase in market rent and the lack of increase in housing subsidy, Hong Fook has been unable to admit clients to our Housing Support since 2015, while there've been 235 people on the wait list. Next time when you have a chance to speak to your local councillor and MPP, please share with them your concerns.

Building our Endowment

Written by Dr. Peter Chang, Foundation Immediate Past Chair

In the last two newsletters, I wrote about donation of investments such as publicly traded securities and by the use of wills and bequests.

Today I will describe another method of planned giving, namely, by donating life insurance policies. If a charity is designated as the beneficiary of your life insurance policy, it makes a larger gift that one would think possible with relatively small contributions towards the premium. When a charity is the beneficiary, the insurance premium you pay is eligible for income tax deduction.

The best way to implement this plan is to inform the insurance broker and the charity so that income tax receipts may be issued.



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Please follow our Facebook @HongFookMentalHealthAssociation