

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

Dear Readers, Friends and Colleagues,

From each of us, to all of you.....

Welcoming a New Year filled with love, joy and peace

Fighting for anti-stigma & social inclusion

Standing with Hong Fook's diversity and equity principles

And Celebrating HF's successes in championing Culturally Competent Care

We would like to begin by thanking our festive celebration program planning teams who brought joy and happiness to our clients and their families during the holiday season. Your amazing passion and caring spirit is well-recognized and appreciated.

Hong Fook is very pleased in welcoming new and returning staff, (Wilson, Kennes, Helen N., Myoung, Andy), Dr. Michael Mak (Asian Clinic Doctor) as well as placement students (Bora, Heemok) to support our new e.g. Youth clinical services, and enhanced programs and services.

Since last spring, Hong Fook Mental Health Association and HF Connecting Health Nurse

Practitioner-Led Clinic have been working actively with the other agencies to steer the development of the Scarborough Ontario Health Team. On January 9, 2020, the two HF agencies signed the Memorandum of Understanding as the formal alliance partners of the Scarborough OHT to work towards the shared vision that "People will have optimal health and positive experiences through an accessible, equitable and integrated team, system of care, services and supports." The 33 Scarborough OHT formal alliance partners agreed to the shared values: "A RECIPE" for success: Accountability, Respect, Equity, Collaboration, Compassion, Innovation, Person-centred and Excellence. Scarborough is roughly bounded by the Victoria Park Avenue to the west, Steeles Avenue to the north, Scarborough-Pickering Townline and the Rouge River to the east and the southern boundary is Lake Ontario. For the inaugural year of the Scarborough OHT, the priority population is the intersection of people with age-related frailty as well as multiple chronic disease(s) and mental health and/or addiction issues. To keep yourself informed of the Ontario Health Care Transformation, you can sign up <https://mailchi.mp/ontario/connectedcareupdates>

In the upcoming months, we will communicate regularly with our internal and external stakeholders about our readiness for the accreditation, the annual integrated service plans; the quality improvement plans and capital improvement initiatives. Please stay tuned!

Last but not least, we would like to tell you that you have the power to make a better newsletter (Momentum) reading experience. Hong Fook is constantly striving to improve our communications to better meet the needs of our audience and would like to hear your feedback. A few moments of your time is all that is needed to complete the survey by clicking the link below. Results will remain anonymous and confidential and will be reported in aggregate only.

The survey will stay open until **March 31**. Your opinion really counts.

Take the survey now – online (<https://www.surveymonkey.com/r/hfnewsletter>) or on next page.

Thank you.

Amazing performances by Hong Fook clients and guests



Accreditation Update

Written by Christel Galea, Accreditation Consultant

During the next five (5) months, HFMHA will be preparing for the first Accreditation Canada (AC) cycle- "The Primer". As a reminder, HFMHA will undergo a site survey on June 14th – 17th, 2020, where, two (2) surveyors will join HFMHA to confirm quality programming and services, that mechanisms to manage risk are in place and staff, students, consultants, volunteers and clients and family are kept safe. During 2019, the focus has been to identify gaps and establish action plans to meet the required AC standards. Accreditation activities are progressing well and are on track!

During the next few months we will be:

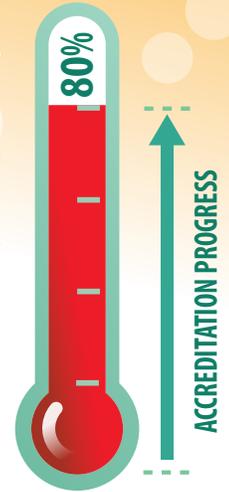
- Preparing for two (2) Episodes of Care, which highlight HFMHA activities with clients and families (in progress)
- Conducting an anonymous workplace risk assessment in collaboration with HR (in development and more information to follow)
- Finalizing policies and procedures and seeking final approval from the Board of Directors (in progress)
- Providing training on new Policies & Procedures, Plans, etc. with staff, students, consultants and volunteers (Training dates to be determined)
- Creating surveyor teams, consisting of HFMHA staff and Board of Directors,

who will meet with the surveyors in scheduled sessions according to the survey schedule (in progress)

- Planning mock reviews for all staff, students, consultants and volunteers as we near the site survey dates

Once again, I am privileged to be able to work with you as you continue your quality journey. I look forward to the next five (5) months as we prepare for the final phase.

Thank you and have a safe and healthy winter.



Momentum Newsletter Survey

Take it online here: <https://www.surveymonkey.com/r/hfnewsletter> or scan here:



1. Do you receive momentum?
 Yes
 No
2. When was the last time that you received momentum?
 Within the last 6 months
 Longer than 6 months ago
3. Did you read the last issue of momentum that you received?
 Yes
 No
 I can't remember
4. Overall, how satisfied or dissatisfied are you with momentum?
 Very satisfied
 Somewhat satisfied
 Satisfied
 Somewhat dissatisfied
 Dissatisfied
5. In general, what is your current level of interest in momentum?
 High interest (I read it cover to cover)
 Medium interest (I skim for articles of interest)
 Low interest (I read it occasionally)
 No interest (I usually only takes a quick glance)
 Undecided
6. How important to you is the information you read in momentum?
 Very important
 Somewhat important
 Not very important
 Not at all important
 Undecided

7. Please indicate your level of satisfaction with the following aspects of the momentum?
____ The layout
____ The quality of the writing
____ The overall content
____ The timeliness of the information presented
____ The usefulness of the information presented
8. Topics covered in momentum are important to me and my family/friends/work/volunteer work
 Strongly agree
 Agree
 Neither agree nor disagree
 Disagree
 Strongly Disagree
9. What additional information or topic(s), if any, would you like to see included in future momentum?

Very Satisfied: 5
Somewhat satisfied: 4
Satisfied: 3
Somewhat dissatisfied: 2
Very dissatisfied: 1

If you are interested in submitting content for future issues of momentum, please contact **Ruiping Chen**, Manager of Resource Advancement and Communications at rchen@hongfook.ca

Thank you for participating in this survey! If you filled out this survey on paper, please drop it off at the reception.

Our newsletter invites Hong Fook staff, volunteers, clients and family members to write a short article in their mother tongue. In this issue, Helen shared her Hong Fook journey - how Hong Fook services supported her through the most difficult time after learning about her son's mental health challenges. Those services include Mandarin Family Support Group, Mental Health Ambassador Training Program, and Mandarin Mental Wellness Group.

2018年9月儿子大学返校的日子是我人生崩溃或者说艰难挑战的开始。才知道儿子已一年无心功课，并由此促发父子断交最终家庭解体。感谢康福在我人生最迷茫苦难的时候拉我们母子一把，目前我们正在康复治疗的路上。

当时在四处寻求帮助不得要领的困境下，最终兜兜转转于2019年3月加入康福每月一次的家长互助小组，才开始逐渐获得专业指导，同时通过家长们互相分享倾诉彼此理解帮助支持。9月参加康福心理健康推广大使培训课程，了解心理健康知识，学习如何积极倾听，如何非暴力语言沟通，如何自我照料。之后参加了心理健康俱乐部别后再聚活动，2020年1月的新年聚餐活动，平时微信群互动，更是得到一起培训的同学们的关心支持，从而越来越多地感受到生命的希望与美好。

感恩康福亲切无私地帮助。我多么希望将康福机构和职能的信息告诉更多有需要的人，盼望他们可以尽早得到合适的帮助也走上康复之路。

Hong Fook's New Involvement in Peer Support Training for Asian Communities *Written by Moshe Sakal, Peer Coach*



We are delighted to announce that Hong Fook has a new partnership with Hope + Me Mood Disorder Association of Ontario (MDAO). Hope + Me MDAO is one of the key peer support training institutes in Toronto, offering training to peers and family members to prepare them for peer support. Hong Fook peers and family members had the opportunity to take this training last month.

In peer support, individuals share their experiences of mental health, addictions, or as a family member, giving hope and comfort to others who are going through similar challenges. This training will help Hong Fook continue to develop the peer support programs, and offer members leadership

opportunities, like co-facilitating groups with staff and each other.

The current peer support training was focused on the Cantonese community and will be offered to other communities in the future. Later this year, participants in this program will also take another training, so that they can bring peer support training to Hong Fook in Cantonese, once the current English version is translated. This is a milestone for Hong Fook in developing the Asian community's Peer Support programs.

We look forward to having other members participating in the future. If you would like to know more about the trainings, please contact Fei or Moshe.



Hong Fook Youth and Family Hub – Year End Celebration *Written by Cindy Tse, Youth Lead*



On Nov. 22, 2019, the HF Youth Team collaborated with the Youth Advisory Committee (YAC) to hold the first Family Night Event at the HF Youth and Family Hub. The event was developed in close collaboration with YAC members. Members took on roles that included promotions, developing the program, acting as panel speakers and MC at the event, leading activities for children, filming and photography. The event was well attended with 70 participants.

The event featured a Youth Expert Panel Discussion and Joint Youth and Family Panel, a platform for our program participants to lead a discussion about social identity, social justice, youth experiences, and intergenerational

communication. We also screened a video, which is aimed at improving awareness among youth and parents on positive communication and coping strategies. Both parents and youth attending reported feeling grateful to hear the wonderful insights of our program participants, and felt better able to reflect on very meaningful questions about their relationships and their identities. They expanded their knowledge of self-care and wellness, which would help them to improve their relationships with loved ones, and their self-advocacy in mainstream society.

Those interested in learning more about the Youth and Family Program are welcome to connect with the Youth Team: ctse@hongfook.ca



Upcoming Programs & Activities



Hong Fook Income Tax Clinic

Exclusive to Hong Fook Clients
Register with Mental Health Worker

@Midland Office

Sat., March 21, 9:00 – 4:00

@Downtown Office

Sat., March 28, 9:00 – 4:00

Hong Fook Youth and Family Hub Programs

@HF Youth and Family Hub
(2667 Bur Oak Ave, Markam)

Youth Advisory Committee Leadership & Digital Story-Telling

For youth

Cycle 1: Thu., Feb 6 to Mar 5

Cycle 2: Thu., Jul 2 to Jul 30

Cycle 3: Thu., Oct 1 to Oct 26

6:30 pm – 8:30 pm

Register: Joyce 416-493-4242 x 2246

Digital Corner Youth Drop-in

For youth aged 11 – 14

Biweekly Sat., starting Feb 22

1:00 – 4:00 pm

Register: Stacy 647-920-9013

Mental Health First Aid Basic Training

For all community members and services providers

Fee: \$80

Sat. Mar 21 & Mar 28

10:00 am to 5:00 pm

North York Office

(1751 Sheppard Ave East, Ground Floor)

Register: Soyeon x 5270 or Tweety x 5238

IBGT – Mood/Anxiety (Dr.'s referral needed)

Cantonese

Sat. May 16, May 23, May 30 & Aug. 15

North York Office

(1751 Sheppard Ave East, Ground Floor)

More info: Karie 647- 241- 9130

Mandarin

Sat. Apr. 18, Apr. 25, May 2 & Jul. 18

North York Office

(1751 Sheppard Ave East, Ground Floor)

More info: Euphy x 5226

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

Hong Fook Gala

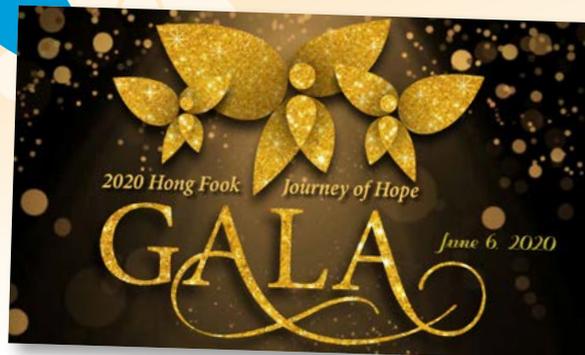
Written by Kam Lo, Foundation Chair

Whether you celebrate the new decade or the Year of the Rat, I wish you and your family a healthy, happy and prosperous 2020! This is going to be a busy year for the Foundation as we continue to expand our brand building and fund raising activities beyond our annual signature Hong Fook Gala.

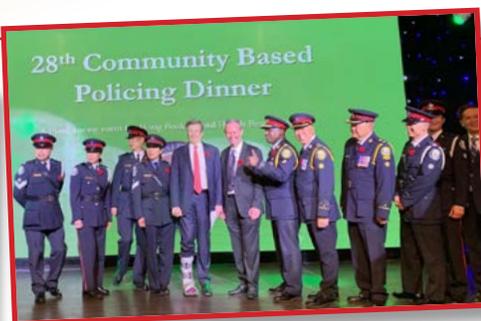
Our signature Hong Fook Gala will be held on June 6, 2020 as we celebrate 38 years of service in GTA. This year, our focus is to raise funds for the family and youth hub as well as for our newly restructured Integrated

Recovery and Community program. We are honoured to have Anne-Marie Hourigan, Vice Chair of Mental Health Commission of Canada as our keynote speaker. For more details, please email Ruiping Chen at rchen@hongfook.ca or 416-493-4242 x 2258.

If you are unable to attend our gala on June 6, please help us to sell our raffle tickets @\$10 each. Top prizes includes a trip to New York for two, two ipads, and more! We are looking for volunteers to help sell raffle



tickets. Please contact Ruiping above if you can help us. Your support is most appreciated!



Police Donation

Thanks to the support of the Toronto Police Service, we have received a donation of \$7,500 from their 28th Community Based Policing Dinner. The event was well attended by over 400 guests. Toronto Mayor John Tory and Police Chief Mark Saunders both addressed the guests at the dinner endorsing the good work of Hong Fook.

Open House

Please mark your calendar for April 18, 2020 and come to join Markham Mayor Frank Scarpitti at our Open House of the Markham Family and Youth Hub. Staff and youth will

be there showing you some of the digital videos of the Digital Corner program as well as welcoming you as part of the community. For more information, please contact Ruiping Chen at rchen@hongfook.ca or 416-493-4242 x 2258.



Sharing from our Service Users

A youth from Hong Fook Youth and Family Hub Program:

"I was really anxious before I joined any of the programs. It was great that the staff at the Hub help me 'ease in' to the activities. Through the activities, I was able to learn more about myself and gained some coping skills. I'm still anxious but I'm able to cope better now."

A parent from Hong Fook Youth and Family Hub Program:

"It was great to share with fellow parents who share my struggles. Not only did I know that I was not alone, but I also gained some tips from other parents. However, we can't do this without the staff at the Hub. It was through their guidance and knowledge, we were able to open up and practice what we learned."

A participant from Integrated Recovery Program:

"I have noticed a great improvement since I joined Active Wednesday last March. Not only sleeping better, the anxiety attack is much less now. Most importantly, we have a lot of fun in class with nice and caring people. Exercise has been part of my daily routine."

Head Office

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Downtown Branch

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Toronto, ON M5G 1C3

North York Branch

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

Youth And Family Hub

2667 Bur Oak Avenue
Markham, ON L6B 1H8