

Joint Greetings from the President and Executive Director

This year, we celebrate “Journey of Hope” as the theme of the Gala. This is all the more timely given the recent announcement from the provincial government to reform the health care system in Ontario. Under the newly proposed system, health care providers will come together to form Health Care Teams to deliver more client-focused integrated care for individuals. As a mental health service and program delivery organization, Hong Fook is in the position to play an impactful role in the future model of healthcare in Ontario. Already, the important work of positioning the Association has begun. The Association’s leadership team has been holding regular meetings with health care providers and various stakeholders to ensure that culturally competent mental health care (*refer to the updated Hong Fook Service Model*) is accessible to all those who need it under the new system.

Early in March, we received the most exciting news from the American Psychiatric Association Foundation (APAF) that Hong Fook Mental Health Association has been selected to receive an American Psychiatric Association Foundation Award for Advancing Minority Mental Health for 2019. This Award was established to recognize mental health programs that are undertaking special efforts to increase public awareness of and secure quality and comprehensive mental healthcare for underserved minorities. The Award will be presented at the 2019 APA Annual Conference in mid-May in San Francisco, U.S.A. We are very delighted to share this happy news with our clients, family members, staff, board members, volunteers, community partners, funders, supporters and the stakeholders who have supported our mission and work to achieve this recognition both locally and internationally. Excellent and heartfelt thanks to our nominators and each of you!

HONG FOOK SERVICE MODEL

Collaborative Model of Practice through “Continuum of Services”



Legend:

- * **Collaborative Health Services:**
 - Asian Community Psychiatric Clinic
 - Nursing Support: Ontario Telemedicine Network
 - Nurse Practitioner-Led Clinic
 - Community Paramedic-Led Clinic
- ** **Youth & Family Program:**
 - CHOICES
 - Youth Outreach Worker (YOW)
 - Youth and Family Hub

- *** **Integrated Recovery and Community Program:**
 - Integrated Recovery Program:
 - Recovery College
 - Peer Support
 - Integrated Community Program:
 - Prevention and Promotion
 - Training Program

Change of Address Notification

HF Connecting Health Nurse Practitioner-Led Clinic will be moving to a new location. The last day of operation at the current location is Wed. May 22, and will be reopening on **Wed. May 29** at the new location: **3660 Midland Ave, Suite 201, Scarborough, ON M1V 0B8**. The phone and fax numbers remain the same: **Phone: 416-479-7600 Fax: 416-479-7601**

Accreditation Update

To date, the Patient Safety Survey has been completed. Results have been shared with all staff and we continue to address the "red" and "yellow" gap areas at the various team tables meetings.

At the Senior Management Level:

Policies are under review at all levels of the organization, including Personnel Policies, Operational Policies and the Clinical Service Manual.

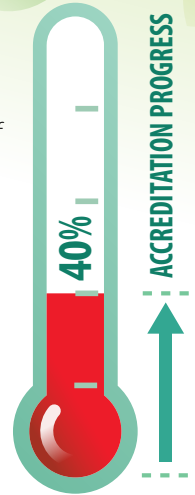
At the Staff Level:

Each team has had an opportunity to participate on at least one review process. Surveys have been completed and findings have been shared with staff at the All Staff

meetings and at the team meetings level. We shall continue to address outstanding and ongoing concerns throughout the year and report on the Action Plan at the various All Staff meetings.

At the Board and Committee Level:

The Client's Bill of Rights has been reviewed and approved. The Service Development and Quality Committee is reviewing the Client Safety Plan. Besides this committee, an Accreditation Board Committee has been established. This committee will work as a liaison between the Senior Management Team and the Accreditation Consultant to review the policies and make policy approval recommendations to the Board of Directors.



Get Loud for Mental Health

Mental health is a state of well-being. No matter having a mental illness or not, you can feel well and have good mental health, as long as you have a sense of purpose, strong relationships, feeling connected to the community, knowing who you are, coping with stress and enjoying life. But it's not just about what you do for yourself, by yourself—everyone needs healthy and supportive places to work, live and learn.

Coming from a mixed European and aboriginal backgrounds, 61-year-old Donna, who was on street for over 5 years and now lives in a Scarborough social housing apartment, has suffered from back and head injury due to past physical abuse, diagnosed Post Traumatic Stress Disorder, Chronic Obstructive Pulmonary Disease and alcohol abuse.

According to Donna, it has been difficult to live in a "negative" environment with bad influence of people, resulting in a habit of drinking 7 days a week that made her get very sick. The painful past of losing connection with family especially her daughter (who has no contact with her for a long time) and the physical and emotional abuse from significant males in the past led to her low self-esteem.

Yet, things started to change since Donna first accessed the Community Paramedic-Led Clinic (CPLC) run by paramedics from Toronto Paramedic Services, Hong Fook's Mental Health and Addiction Outreach Worker and COTA's Geriatric Case

Manager in her building in late 2017. With the wraparound support by the inter-professional team, she started to have a true feeling of "life" instead of just "existence".

Donna began to look after her health by taking blood pressure and blood sugar screening at CPLC. For the past month, Donna drank only 3 beers per day. She also cut down from 2-2.5 pack to 10-15 cigarettes daily. Her mood becomes much better through the ongoing counselling. Not only that, she's also been actively accessing various community programs based on referrals and secured a community fund to replace the battery of her scooter so that she can access medical appointments, food bank and nearby places.

Today, Donna has started to receive Case Management service from COTA. She continues working hard on reducing her beer and cigarette consumption as she no longer feels like relying on them. She is getting new hobbies of writing and making pottery. She is planning to pay off all her debts by next month. Donna said all the support around her has motivated her to move on.

One in five Canadians lives with mental health problems, mental illness or addiction. However, the reality is, five in five of us have mental health, just like physical health. As we celebrate the Mental Health Week (May 6-12), please look around "Donna" in your community, your support and care impacts their mental health and changes their life.

Donna (right) talking to Hong Fook Mental Health and Addiction Outreach Worker, Annie Tse



Our newsletter invites Hong Fook staff, volunteers, clients and family members to write a short article in their mother tongue. In April, we celebrated the Family Caregiver Day. In this issue, we have one of the family members from the Mandarin Family Support Group to share how she turned to use positive parenting skills after attending the group.

我的孩子在上大学第一学年时，不太适应大学生活，患上精神疾病，并延续了十几年。在孩子患病初期，我完全不能接受这个现实，非常难过失望，和孩子的关系也很紧张，完全无法沟通交流。通过参加康福的家属小组和义工培训等活动，学习了许多心理健康方面的知识，受益匪浅。我调整了自己的心态以及与孩子的相处方式，增强“同理心”，“降低期望值，提高容忍度”，坚持“爱心，耐心和恒心”。对孩子每一点微小的进步和她尝试提升自己的努力，都给予积极鼓励与支持；对出现的每一次挫折，反复甚至失败，都始终给予包容和理解。不放弃也不push，始终如一地做孩子康复之路上的陪伴者。现在我与孩子的关系像知心朋友，孩子的情况也日趋稳定。虽然几经休学与复学，但始终没有放弃学业，终于从加国最著名的大学毕业，获得了“Honours Bachelor”。

Lifetime Achievement Award Presented to Our Asian Clinic Director

Big congratulations to Dr. Ted Lo, Asian Clinic Director, on receiving the Lifetime Achievement Award presented by the Society for the Study of Psychiatry and Culture (SSPC).



Dr. Ted Lo (in the middle) receiving the award at the SSPC's 40th Anniversary Dinner

Another Year of Success for the Diversity and Equity Conference

The Diversity and Equity in Mental Health and Addictions Conference was hosted on April 26 in Toronto Marriott Bloor Yorkville Hotel. Besides the partners in the mental health sector who have been working with Hong Fook to cohost this conference, the Society for the Study of Psychiatry and Culture from the United States also collaborated with us to put together a conjoint three-day conference. Over 300 participants attended in the three days. Dr. Martin Javier La Roche, Associate Professor



Our ED Bonnie Wong speaking at the conference

of Psychology, in the Department of Psychiatry, Boston Children's Hospital, delivered the keynote speech "Towards a Cultural Psychotherapy of Empowerment" and touched on this year's theme "Engagement, Empowerment, and Equity- from Theory to Practice".

More Mental Health and Addiction Resources Developed for Our Community



Mental Health First Aid Kit

Join our Youth and Family Program or attend the upcoming Hong Fook Gala to get one!



Cannabis Facts and Risks Brochure

Available in five languages (English, Korean, simplified Chinese, traditional Chinese, Vietnamese). The e-copy can be found on www.hongfook.ca under Resource Centre. Hard copies can be ordered over phone at 416-493-4242 ext. 2258.

Upcoming Programs & Activities



Youth and Family Hub Summer Camp

@ Dorcas Centre (call to register ext.5242)

Amazing Youth Summer Camp
July 15-July 19, 9:00am-4:00pm

YOU-THrive Summer Camp
August 26-August 30, 9:00am-4:00pm

Mental Health First Aid Training

@ North York Office (call to register ext.5238)

Sat., June 1 and 8, 10:00am-5:00pm
\$80 per person

Family WRAP Training (Cantonese)

@ Midland Office (call to register ext.2264)

Tue. & Thur., June 4-27, 7:30pm-9:30pm

Health Ambassador Training (Mandarin)

@ North York Office (call to register ext.5254)

Wed., Sep. 4-Oct. 23, evening

Journey to Healing (doc referral needed)

Cantonese (call to register 647-241-9130)

@ Toronto Western Hospital
Fri., Aug. 30-Nov. 1, 1:00pm-3:00pm

Mandarin (call to register ext.5226)

@ Toronto Western Hospital
Thur. Sept. 19-Nov. 21, 2:15pm-4:15pm

IBGT-Mood/Anxiety (doc referral needed)

Mandarin (call to register ext.5226)

@ North York Office
Tue. Sept. 10-Nov. 26, 1:00pm-3:00pm

Cantonese (call to register 647-241-9130)

@ Midland Office
Wed., Sept. 18-Dec. 4, 1:00pm-3:00pm

The newly restructured Recovery College has launched a series of Wellness Seminars and recovery education courses in Cantonese, Korean and Mandarin. Please visit www.hongfook.ca and look for the Integrated Recovery Program Calendar.

It's time to renew your Association Membership! The renewal form can be found at www.hongfook.ca under Join Us - Membership.

Countdown to 2019 Hong Fook Gala

The 2019 Hong Fook Gala is quickly approaching. This year, with the featured performance by Louie Castro, a household name in Hong Kong entertainment industry, and a lineup of youthful performance from Korean and Chinese communities, we will definitely have another exciting evening on June 8 at Hilton Toronto/Markham Suites, Conference Centre & Spa.

It's still not too late to support the Gala in the following ways:

- Attending the Gala as guests (Gala tickets, \$200 per guest, available at the Hong Fook's Scarborough Head Office)
- Purchasing 2019 Hong Fook Raffle (\$10 per ticket, available in three Hong Fook offices)
- Contributing gifts to the Gala night silent auction
- Donating generously from now till June by cheque, in cash, or online

Please visit www.hongfook.ca/foundation to find more details.

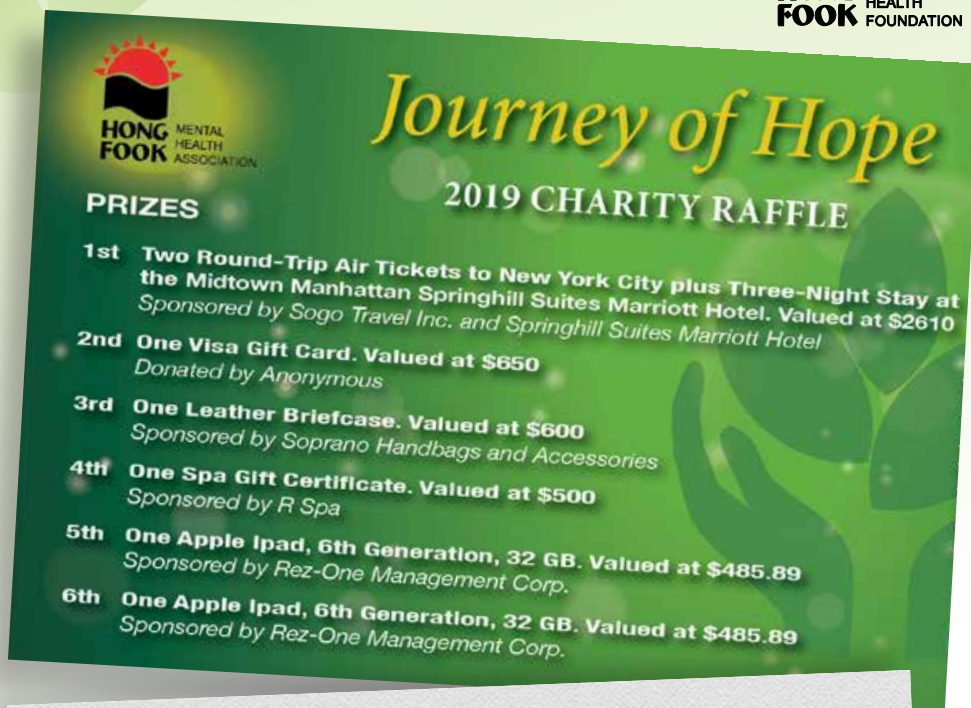
Donor Recognition



Appreciate the continuous support from Canada Chinese Computer Association for donating \$10,000 to Hong Fook.



Big thanks to Kateryna Stytsenko and Dmitry Ilyushenov, event organizers of World of Dance Celebration, who have donated \$1 for every dance competition entries, a total of \$1103, to Hong Fook.



Journey of Hope
2019 CHARITY RAFFLE

PRIZES

- 1st** Two Round-Trip Air Tickets to New York City plus Three-Night Stay at the Midtown Manhattan Springhill Suites Marriott Hotel. Valued at \$2610
Sponsored by Sogo Travel Inc. and Springhill Suites Marriott Hotel
- 2nd** One Visa Gift Card. Valued at \$650
Donated by Anonymous
- 3rd** One Leather Briefcase. Valued at \$600
Sponsored by Soprano Handbags and Accessories
- 4th** One Spa Gift Certificate. Valued at \$500
Sponsored by R Spa
- 5th** One Apple Ipad, 6th Generation, 32 GB. Valued at \$485.89
Sponsored by Rez-One Management Corp.
- 6th** One Apple Ipad, 6th Generation, 32 GB. Valued at \$485.89
Sponsored by Rez-One Management Corp.

Dear Hong Fook family,

It has been my distinct pleasure and honour to co-chair the 2019 Hong Fook Gala "Journey of Hope". This year's gala continues promoting the need of our youth mental health.

Thirty-seven years ago, our forward thinking and passionate founders came together to build the accessible community based ethno-cultural mental health agency. After over three decades since this bold dream was conceived, Hong Fook has invested in and empowered over hundreds in our own communities through our multi leveled services such as Clinical Service, Integrated Recovery and Community Program, Family Support Program and Youth Program in six languages.

To be part of the Hong Fook board, working with our dynamic and dedicated founders, three board chairs, volunteer leaders and staff was indeed to me an experience that owes gratitude.

Your faithful altruistic giving of your time, talents and funds ensure Hong Fook to continue its excellent services to promote Mental Health that makes the difference.

I could not have started or continue this journey without your partnership. I welcome the chance to count you as continued friends and look forward to celebrating the future with you.

Your family member,

Sonia Yoon
Hong Fook Gala Co-Chair

This personal message from one of the Gala Co-Chairs, Sonia Yoon, will definitely affirm your commitment to this year's event.

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