

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

### Happy Lunar New Year!

While we are celebrating the Year of Tiger, we are very proud to announce that we got nominated for the City of Toronto William P. Hubbard Race Relations Award, which recognizes an organization has made a significant contribution to challenge racism and support a more harmonious city. Despite that Hong Fook didn't receive the award, we received the City's honorable mention for that particular equity award at the public event on December 10, 2021. While managing the COVID-19 continuous challenges, we have decided to proceed with the biennial **Diversity and Equity in Mental Health and Addictions Conference** in 2022. The conference theme is Pandemic Recovery for All: Promoting IDEA (inclusion, diversity, equity, anti-racism) and System Transformation through Institutional and Community Collaboration. The conference will consist of two afternoon virtual sessions on **Thursday May 12 and Friday May 13,**

**2022.** More information will be shared closer to the conference dates.

In 2021, Hong Fook has experienced the highest staff turnover among the past five years, which impacts not only the frontline services but also the management and administrative work. Due to the shortage of staff, we have hired new staff and tried to secure contract relief to back up and catch up outstanding work. The management team is also dedicated to developing our multi-year recruitment and retention strategy and introducing the virtual care support by investing in information technology and devices to enhance the service efficiency. We continue to take the health and safety of our staff and clients as our top priority. I would like to take this opportunity to officially introduce our senior leadership and service management team members. (Listed as below.)

The 2022 year of the Tiger promises a year of positive changes. Hong Fook has actively participated not only in the local Ontario Health Teams (Scarborough OHT, North York Toronto Health Partners, and Markham OHT) but also at the Ontario Health East Mental Health Recovery Table, to support the Ontario Health system transformation and COVID-19 recovery. We have also been actively involved in the North Scarborough Cluster and the Markham Cluster co-led by the City and the United Way, to support Scarborough and Markham residents to manage the COVID-19 health risks and social needs. We have been invited to be a partner with the Scarborough Alternative Crisis Response Pilot led by the Taibu Community Health Centre to offer an alternative service for the people who needs 24/7 crisis support. On top of that, Hong Fook is also being selected as one of the Service Delivery Site by the Ministry of Health via the partnership with the Canadian Mental Health Association-York Region and South Simcoe to deliver the language-specific Cognitive Behavioral Therapy (CBT) for individuals from Chinese Communities.

Also in this year, we will celebrate our 40th Anniversary, proceed with our board governance review and 2022-2025 strategic planning, Accreditation Canada's Qmentum survey and the launch of our new Markham office at downtown Markham to better serve Asian communities. We are dedicated to providing culturally competent care and promoting mental wellness and mental recovery.

Finally, we would like to have a word of thanks for the staff who have been committed with us through all these challenges and efforts. In the coming years, we will all need to work together with great love and care.



**Bonnie Wong**  
Executive Director



**Roberta Wong**  
Director,  
Clinical Practice  
and Quality



**Sunny Wang**  
Manager,  
Programs and  
Resources  
Advancement



**Tony Lu**  
Manager,  
Finance (new)



**Cliff Li**  
Manager,  
HR and Administrative  
Services (new)



**Jenny Le**  
Lead,  
Administrative  
Services



**Doris Yang**  
Lead,  
Clinical Services  
and Intake



**Kevin Lai**  
Lead,  
Clinical Services  
and Housing  
(new)



**Kennes Lin**  
Lead,  
Youth and Family  
Services



**Erica Wan**  
Lead,  
Recovery Programs

## Holiday Celebration during the Pandemic in Diverse Ways

While observing a lower number of COVID cases in November and December 2021, different teams facilitated small groups of gathering to reconnect and spread holiday cheer.



The Cantonese Family Support Program hosted a holiday dinner in a restaurant, with over 50 caregivers attending. Many of them finally got a chance to reconnect in person since the first outbreak.



The Vietnamese Younger Adult Wellness Group gathered together in our new Downtown office to make holiday greeting cards and mail to families and friends that cannot meet in person during the pandemic.

Over 100 seniors with the Mandarin senior wellness club enjoyed an online potluck with sharing photos of dishes and videos of performance.



The Youth and Family Services facilitated a Dumpling of Love event, bringing together both youth and parents to make dumplings and chat about food, culture and family.



HF Connecting Health Nurse Practitioner-Lead Clinic | Ontario | Strides | Helping children, youth and families thrive

### FREE WEBINAR—Growing Healthy Together

免費網上課程 - 讓我們一起健康成長

This program is to create a platform to support pregnant women, mother, father and family through pregnancy, delivery and early years of parenting. This program provides various topics relate to pre and postnatal health, such as healthy pregnancy, stress management, healthy eating, newborn care, exercise and community resources available. There will be exercise demonstration for this program. Please contact our clinic for details.

此課程是為支持孕婦、母親、父親及家庭成員度過懷孕生產及早期育兒階段。此課程提供各類有關產前及產後的資訊，例如，孕婦保健、壓力管理、健康飲食、新生兒護理、適當運動及社區資訊及輔助。有些課程會有運動示範。詳細須知請聯繫本診所。

Every Wednesday

Come join us online, lets learn and know more about pre and post natal health together, and lets all Growing Healthy Together. Both English and Chinese classes available.

每星期三  
參加我們的課程。一齊學習各類產前及產後的訊息。讓我們一起健康成長。有關中文課程詳情，請聯繫本診所。

詳情請洽 Inquiry or registration:  
方怡煒 Joy Fang 聯絡電話 Phone: 647-330-7534 | 電郵 Email: jfang@hfchnplc.ca  
Or Luxmy: Email: lgnanasegaram@stridestoronto.ca

## NPLC Updates

### Safety during Pregnancy

Personal Care Products to avoid:

- Tanning products.
- Nail polish and nail polish remover.
- Hairspray and hair dye.
- Skin products that contain retinol.
- Cosmetics that contain toxic ingredients.
- Insect repellents.
- Natural health products or herbal substances (pills, teas).
- Seatbelt and Airbags

- Use a seatbelt with a lap and shoulder belt.
- Make sure there is no slack at your pelvis and shoulder.

- If the car has airbags keep at least 25 cm (9.75 inches) between you and the steering wheel or dashboard.

- Most women can safely work throughout pregnancy.
- Ensure you're safe and comfortable.
- Pets

- Cats: Avoid handling soiled cat litter to reduce the risk of infection with toxoplasmosis. If you cannot avoid it, wear gloves and wash your hands well afterwards. This is important.

Want to learn more about pre- and post-natal health? Come and join our program, Growing Healthy Together on Wednesday mornings from 10am to 11am. For details, please contact **Joy Fang** at [jfang@hfchnplc.ca](mailto:jfang@hfchnplc.ca).

Our newsletter invites Hong Fook staff, volunteers, clients and family members to write a short article in their mother tongue. In this issue, we would like to share a briefing report from the Korean Community Advisory Committee on the study launch of the Korean Community Mental Health Needs Assessment Study, hosted on October 5, 2021, via zoom. More than 50 people including Korean psychiatrists Dr. Joseph Park, Dr. Sohyoon Min (McMaster University), Dr. Jae-Hon Lee (Western University), Dr. Huntai Kim (Calgary), and the general public attended to share awareness of mental health and show great interest in the results of the study.

The research finds a diversity in mental health needs across age and gender and identifies the significant factors as below. To access the full report, please contact **Soyeon Kang** at [skang@hongfook.ca](mailto:skang@hongfook.ca).

## Different Life Stages and Tasks

- Major issues in youth population, such as experiences of discrimination and racism in the education system, issues related to addictions including substance uses and addiction to internet
- Family situations and caregiving burden, such as responsibilities for the family members with mental illness in the same household

## Social Stigma Associated with Mental Illness

- Familism and family honor: mental illness is viewed as an association with a weak personality and sin; family unity is more emphasized when facing difficulties in settling in a new country.
- Religious beliefs and mental illness: such as attitudes to overcome mental illness by practicing religious activities, such as prayer; reluctance to talk because some believe that mental illness is related to demonization in Christian faith.

## Barriers to Access to Services

- Social stigma: familism, family honor, and emphasis on strength as immigrants
- Language barrier: difficulties in expressing the emotional issues and mental health challenges
- Systemic issues: including the OHIP coverage of psychotherapy service, lack of mental health awareness of some family practice physicians

## 한인 정신건강 새 지평... 50여명 줌 참여

(10월5일 실태조사 결과 발표회)

정신건강에 대한 한인사회의 인식에 새로운 전기가 마련됐다.

홍폭 정신건강협회는 정신건강 인식개선 주간(10월3일-9일)을 맞아 10월5일(화) 2019년 실시한 <한인 정신건강 실태조사> 결과 발표회를 개최했다. 온라인 줌(오후 4시~5시30분)을 통해 진행된 발표회에는 박태준 정신과전문의를 비롯해 민소운 아동병원 정신과 전문의(맥매스터대 교수), 이재현 런던빅토리아 병원 정신과 전문의(웨스턴대 교수), 캘거리의 김현태 소아정신과전문의, 한인 단체 대표와 일반인 등 50명 이상이 참석해 정신건강의 중요성에 대한 인식을 함께하고, 실태조사 결과 발표에 대해 큰 관심을 보였다.

홍폭 협회 강미혜 이사는 환영사에서 “홍폭 한인커뮤니티가 주도하여 진행한 실태조사가 한인사회 전반에 정신건강을 증진하는데 조금이라도 도움이 되기를 바란다”며 “이번 발표를 계기로 정신건강에 대한 이해와 인식이 더욱 깊어질 것”을 기대했다.

“정신건강이 없는 건강은 있을 수 없다”고 강조한 조성준 온타리오 노년복지부 장관은 “50여년을 캐나다에 살아오면서 이런 연구는 처음 본다”고 특별한 의미를 부여하고 “한인들의 어려움을 인식한 귀중한 자료”라고 말했다.

기조연설을 맡은 정신과전문의 박태준 KCWA회장은 “정신적인 문제와 관련하여 한인들의 공통된 특징은 일자리와 가정의 행복 추구에 따른 스트레스”라고 진단하고, “통제(control)과 건강한 지원관계(healthy relationships)를 통해 정신적인 문제의 어려움을 완화할 수 있을 것”이라고 밝혔다.

홍폭 한인자문위원회 박하이다 위원장의 사회로 진행된 발표회에서, 실태조사의 목적과 진행방법 등에 대해서는 임진아 자문위원(심리치료 전문가)가, 조사 결과와 권고사항 등에서는 이상유 자문위원(사회복지학 박사과정)이 각각 설명했으며, 질의에 대한 응답에는 이들 외에 정정애 이경민 강미혜 자문위원, 강소연 정신건강 복지사 박에이모스 청소년담당자 등이 참여했다.

이날 홍폭의 정신건강 서비스를 자세히 안내한 홍폭 측은 실태조사 보고서의 권고사항을 반영하여 발간한 정신건강 안내서 <마음돌봄>도 소개했다. 약 50쪽에 달하는 안내서는 정신건강의 기본 사항과 한국어 서비스 관련 정보를 담았다. 책자는 주요 한인 기관에 배치할 예정이며 홍폭 웹사이트(hongfook.ca)에서도 볼 수 있다. 조사 결과 발표회는 캐나다한국일보(10월7일자)를 비롯한 미디어에도 소개됐다.



## Upcoming Programs & Activities



### Peer Support Group for LGBTQ+ Asian youth (virtual)

In English

For 18-29 years old LGBTQ+ Asian youth

Last Wednesday of every month, 6:30-8:00pm, starting from Feb 23rd

Contact [msakal@hongfook.ca](mailto:msakal@hongfook.ca)

### LGBTQ+ Parent Support Group (virtual)

In Mandarin

For parents of the LGBTQ+ Asian youth

Last Thursday of every month, 6:30-8:00pm, starting from Feb 24th

Contact [hxu@hongfook.ca](mailto:hxu@hongfook.ca)

### Monthly Wellness Seminars

Monthly Wellness Seminars are hosted in Cantonese (a Saturday morning), Mandarin (a Sunday morning), Korean (a Wednesday morning) and Vietnamese (a Thursday evening) on a range of topics promoting your physical health and mental wellness. Please check our monthly calendars on [www.hongfook.ca/association](http://www.hongfook.ca/association) and find the dates. You can also find all recorded sessions on Hong Fook's YouTube channel <https://www.youtube.com/c/hongfookmha/playlists>.

### Board and Committee Nomination

Hong Fook has kicked off the board and committee nomination process. Please find the nomination form and further details on <https://hongfook.ca/association/join-us/membership/> or contact [nomination@hongfook.ca](mailto:nomination@hongfook.ca).

### Annual Volunteer Drive

Volunteers are needed to support our online programming, post pandemic recovery and 2022 fundraising activities. Please visit <https://hongfook.ca/association/join-us/volunteers/> to find available positions and send your application to [volunteer@hongfook.ca](mailto:volunteer@hongfook.ca).



Together, we have navigated through the second year of pandemic. Thanks for including Hong Fook in your year end donation in 2021. Your continuous generosity has become extra special to us. 2022 marks the 40th anniversary of our Association. While supporting the Association to move towards the pandemic recovery, we are also looking forward to the launch of the new Markham site, the strategic planning process, and the continuous growth of our culturally competent, quality-based mental health care. We invite you to join the mental health journey, caring and thriving with us together. Stay tuned with the upcoming fundraising activities.

## Your generosity facilitates better care for our youth, grows our FUTURE LEADERS

significantly in Toronto and York region, based on a 4R approach, Resilience-based, Relationship-centered, Resource-oriented, and Raising awareness. The youth leadership building is significant component across all four approaches, through different youth-led initiatives, peer positive Discovery College, and opportunities for volunteering and placement.

With a wide range of supports from government funding, corporate giving and our community, our Youth and Family Services have grown



A community mural project **Piece of Mind** was recently completed, co-created by a group of youth. Besides a signature art work displayed at our current Markham Youth and Family Hub, this co-creation process also facilitated a dialogue on what mental health means to East Asian youth, how they overcome the stigma and normalize their experiences.



A series of reflective writing workshops was facilitated in our Discovery College, which transforms our young peers to talented poets.

**Winsome Adelia Tse**, one of the participants in this course, who is also an artist and designer in Toronto, demonstrates how they find their personal thoughts and immediate response of experiencing the world spilling out onto pages as poetry.

### a safe of my own

it is warm again.  
sigh, exhale, weightless  
in my mind, i return to the sunlit meadow again  
i am glowing, softly.  
i think of none and of calm and of being alight

Sunny windowsill  
the air - oh, it is warm again.  
fingertips pressed against expanse of clear glass  
stillness, but not rigid  
soak in it like a feeling of goodness  
the sky is blue but my eyelids are gold-orange

it is warm; i could stand here all day,  
it is warm; there is nothing waiting on me,  
it is warm - and so it is,  
it is warm again.

**Phyllis Tian**, one of our placement students with the Youth Counselling Service, shared her growth through this opportunity.

“ This placement gives me to the opportunity to apply the theoretical knowledge to hands-on practice. By shadowing a number of experienced staff, I learned about different work styles and approaches to clients’ concerns, which are very beneficial for me to think about mental illness in different ways and explore my own way of practice.

Being an Asian immigrant myself, I found this placement particularly meaningful to me, as I am able to use my own experience and cultural background to help other immigrants who also experiences challenges in the new environment. Despite that we all share the identity as Asians, there are still a lot of differences among us. Working with clients from diverse background makes me rethink about privilege, oppression, and everyone’s social position. I learned that, even though we might be different in some ways, I can still support clients by being mindful of the potential impacts of our similarities and differences, as well as taking a curious and non-judgmental stance. ”

Head Office	Downtown Branch	North York Branch	Youth And Family Hub
3320 Midland Avenue, Suite 201 Scarborough, ON M1V 5E6	407 Huron Street, 3rd Fl Toronto, ON M5S 2G5	1751 Sheppard Avenue East, G/F North York, ON M2J 0A4	2667 Bur Oak Avenue Markham, ON L6B 1H8