



2025 HONG FOOK TRAININGS

CULTURAL COMPETENCY TRAINING

For Service Providers and Corporations

DID YOU KNOW?



By 2031, 47% of second-generation Canadians will belong to a visible minority group.

Reports of Anti-Asian racism from South-east Asian people and South Asian people increased by 121% and 318%



OBJECTIVES

For all participants to be able to:

- Explain causes of mental health challenges using social determinants of health framework
- Describe influences of culture, cultural identity, stigma and intergenerational relationships on employee mental health and help seeking behaviours
- Recognize the differences in how people perceive, explain and express mental illness across cultures
- Critically reflect on own cultural values and beliefs and the impacts on professional practices through interactive work
- Create culturally relevant early identification strategies

OUTLINE

- Foundational knowledge of mental health and illness
- Larger context of immigrant and intergenerational trauma
- The relationship between culture, cultural identity, and mental health
- Early Identification of mental health challenges, interventions, cultural assessment and care plans

BENEFITS

- Create a more inclusive and equitable workplace

Developing awareness and skills in cultural competency increases psychological safety in employees and managers

- Increase productivity and morale

Employees that feel safer and more empowered will have enhanced productivity and contribute to positive workplace culture

- Communicate brand values to clients

Constant learning and updating mental health literacy and cultural understanding tells clients you are committed to the work and living the values they connect with



“

They designed this training in alignment with our Agency values with a commitment towards diversity, equity, and inclusion. The feedback from our staff has been both positive and encouraging.

”

-Past Participant

Hong Fook Mental Health Association is the leading ethno-cultural community mental health agency with a consolidated culturally competent team serving Asian and other communities in the Greater Toronto Area.

Championing Culturally Competent Care

Contact Mental Health Education Specialist

Katie Choi
647-920-9017

Further alterations to the outline can be made based on your request

WORKPLACE WELLNESS TRAINING

Essential Wellness Training for Prosperous Workplaces

DID YOU KNOW?



30% of disability claims in Canada are due to mental illness, accounting for 70% of all disability costs.

The cost of disability leave for mental illness is about double the cost of leave due to physical illness



OBJECTIVES

- Increased organizational capacity to promote self-care amongst staff and prevent staff burnout
- Improved ability for staff to deliver quality service (only for service-oriented) to clients through fostering a supportive workplace
- Increased collaboration between staff members which promotes the creation of a welcoming community for staff and clients

OUTLINE

- Understand how holistic health and self-care can be incorporated into workplace culture
- The extent and impact of mental illness and mental health issues at work, including building staff's knowledge and capacity for addressing stigma
- The connection between diversity and inclusivity in staff well-being
- The tools and frameworks that can be used to make organizational change

BENEFITS

- Create a healthier and more supportive workplace
Developing mental health awareness and building mental health literacy increases psychological safety, positive work culture and retention
- Reduce healthcare costs and absenteeism
Decrease costs due to burnout during critical times through low-cost strategies and practical tips
- Communicate values to clients and prospective talent

Constant learning and updating understanding can attract clients and new employees as it shows you are committed to the work and living the values they connect with



“

Taking this workshop really put into perspective the need to be proactive about workplace wellbeing. I liked that there were lots of small actionable things we could do to help ourselves.

”

-Past Participant

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MENTAL HEALTH FIRST AID

Take home a certification and gain tools to face mental health crisis situations

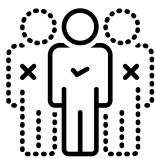


DID YOU KNOW?



70% of employees in Canada are concerned about their workplace's psychological health and safety

The cost of mental health problems on the Canadian economy exceed \$50 billion every year



In 2011, employers lost more than \$6 billion in productivity due to mental health problems

OBJECTIVES

- Increased awareness of signs and symptoms of the most common mental health problems
- Decreased stigma related to mental health
- Increased confidence interacting with individuals experiencing a mental health problem or crisis
- Increased help is actually provided to individuals in crisis or experiencing a mental health problem
- Understand and practice ALGEE - the framework for having a confident conversation about mental health with family, friends, colleagues, and strangers.

Assess the risk of suicide and/or harm

Listen non-judgmentally

Give reassurance

Encourage professional support

Encourage other supports

“

I thought I had a pretty good understanding of mental health and illness, but these two days really opened my eyes to a lot of things.

”

-Past Participant

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Championing Culturally Competent Care

Contact Training Coordinators

Tweety Yuen tyuen@hongfook.ca
Soyeon Kang skang@hongfook.ca

12 Hour Certification - In Person

9 Hour Certification - Online

OUTLINE OF TOPICS COVERED

- Mental Health and Stigma
- Substance-related disorders
- Mood-related disorders
- Anxiety and trauma-related disorders
- Psychotic Disorders

CRISIS FIRST AID INTERVENTION

- Substance overdose
- Suicidal behaviour
- Panic Attack
- Acute Stress Reaction
- Psychotic episodes

MENTAL HEALTH FIRST AID - SENIORS

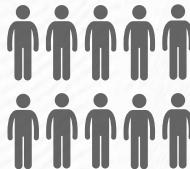
For Caretakers, Friends, & Neighbors

Learn how to respond effectively to crisis situations for seniors until appropriate help and treatment is found

DID YOU KNOW?



Around 1 in 3 seniors in residential facilities show signs of depression



Every week in Canada 10 seniors (60+) die by suicide



Adults (65+) with mental health challenges or illness can account for up to around 25% of emergency department visits

OBJECTIVES

- Recognize symptoms of mental health issues / crises in seniors
- Give preliminary help to seniors
- Facilitate seniors and caregivers to the relevant professionals for help
- Offer strategies and resources to support seniors and caregivers

Assess safety: suicide risk, serious physical deterioration, harm

Listen non-judgmentally

Information and reassurance

Facilitate the senior getting appropriate professional help

Encourage support for the senior and caregiver

OUTLINE OF TOPICS COVERED

- Seniors
- Mental Health First Aid
- Substance-related disorders
- Anxiety and trauma-related disorders
- Mood-related disorders
- Dementia
- Delirium
- Psychosis

CRISIS FIRST AID INTERVENTION

- Substance overdose
- Suicidal behaviour
- Panic Attack
- Acute Stress Reaction
- Psychotic episodes
- Delirium



“

With aging parents this course was particularly useful to me. More knowledge and skill around how to handle things like delirium is so vital to an aging population.

”

-Past Participant

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Contact Training Coordinators

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Soyeon Kang skang@hongfook.ca

14 Hour Certification - In Person

CRISIS INTERVENTION TRAINING

Take home a certification and learn to recognize and respond to crisis situations

DID YOU KNOW?



Every year nearly 2 million people are victim to workplace violence

In Canada the amount of workers who had to miss work due to an experience of harassment or violence was 70% in 2020



OBJECTIVES

- Identify and know how to respond to various levels of crisis behaviours with the crisis development model
- Recognize how to manage your own consistent, calm behaviour in order to influence a positive outcome in a crisis situation.
- Learn strategies to strengthen nonverbal communication.
- Develop limit-setting strategies when verbally intervening to de-escalate defensive behaviours.
- Learn safety intervention strategies to maximize safety and minimize harm
- Develop a person-centred, culturally sensitive approach to a person displaying crisis behaviour

OUTLINE OF TOPICS COVERED

- Crisis Development Model
- Integrated Experience
- Crisis communication Skills
- Disengagement Skills
- Responding to Defensive Behaviours
- Safety Interventions
- Post-Crisis Strategies

BENEFITS

- Workers learn to proactively and safely respond to workplace violence
- Improve workers' decision-making skills in medium- to high-risk situations that don't require advanced skills
- Minimize physical interventions in the workplace and increase feelings of safety as workers improve deceleration and disengagement techniques



“

I feel more confident to handle high-tension situations. I really think this should be standard knowledge at my workplace like how First Aid training is needed every few years.

”

-Past Participant

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JOURNEY TO PROMOTE MENTAL HEALTH

For Settlement Service Providers

DID YOU KNOW?



Refugees have double the chances of developing a mental health problem

Immigrants report higher rates of loneliness than the Canadian-born



OBJECTIVES

- Increased knowledge of mental health for workers
- Being able to recognize signs and symptoms of trauma
- Increased awareness and skills in early identification of mental health problems among refugees and immigrants
- increased capacity in early prevention of mental health problems for refugees and immigrants
- Increased knowledge of culturally competent approaches in addressing and intervening on mental health issues

OUTLINE

- Foundational knowledge of mental health and illness
- The larger context of immigrant and intergenerational trauma: Life after Migration
- Demystifying Mental Illness and supporting great distre
- Recovery approach in supporting individuals
- Working with Clients and families using a culturally inclusive approach
- Self-care among workers that support refugees and immigrants

BENEFITS

- Create a more inclusive and equitable workplace

Developing awareness and skills in cultural competency increases psychological safety in employees and managers

- Increase productivity and morale

Employees that feel safer and more empowered will have enhanced productivity and contribute to positive workplace culture

- Communicate brand values to clients

Constant learning and updating understanding tells clients you are committed to the work and living the values they connect with



“

Our department found the session with Maria to be very helpful and has already led to some practice changes. We are hoping to have a long-standing relationship with Hong Fook.

”

- Past Participant

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www.hongfook.ca



Immigration, Refugees and Citizenship Canada



Immigration, Réfugiés et Citoyenneté Canada



TO BOOK A MENTAL HEALTH FIRST AID TRAINING CONTACT:

Training Coordinator

Tweety Yuen

Training Coordinator

Soyeon Kang

✉ tyuen@hongfook.ca

📞 (647) 278-5306

✉ skang@hongfook.ca

📞 (437) 333-9376



FOR ALL OTHER TRAININGS CONTACT:

Mental Health Education Specialist

Katie Choi

✉ kchoi@hongfook.ca

📞 (647) 920-9017



Downtown Toronto Office
407 Huron Street, 3rd Floor
Toronto, ON, M5S 2G5
Tel: 416-493-4242
Fax: 416-595-6332

North York Office
1751 Sheppard Avenue East,
Ground Floor
North York, ON, M2J 0A4
Fax: 416-492-0644

Markham Office
3621 Highway 7 East, Suite
301
Markham, ON, L3R 0G6
Fax: 416-493-2214