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Overcoming Mental Health Challenges with Asian Communities

A Series of Mental Health Webinars

JUNE 6 2020



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Hong Fook Vision, Mission, Values



Mission

Hong Fook Mental Health Association is dedicated to improving the lives of Asian and other communities.

Vision

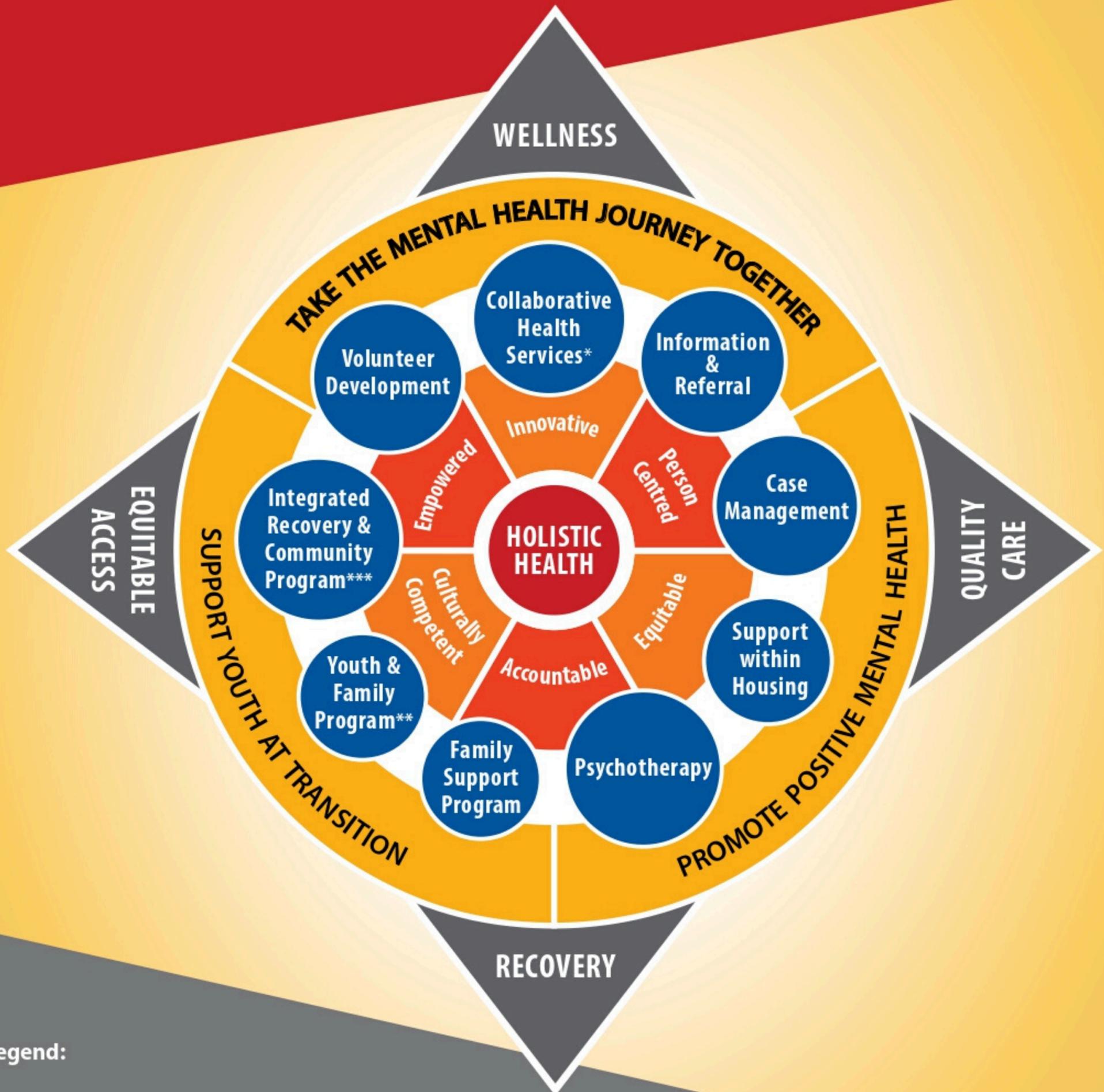
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Values

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Culturally Competent
Empowered

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



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Message from Co-Chairs

Dear Hong Fook friends and partners,

This is an unusual time, with unusual challenges to all sectors of society across our country, across the world. We are all impacted in so many ways. Aside from the threat to our physical health, our mental health is equally threatened. For those of us already struggling with mental health issues, the challenge is even bigger, particularly in the ethnic minority communities.

This is why Hong Fook Mental Health Foundation and Asian Community Psychiatric Clinic (Asian Clinic) are hosting “Together We Thrive - Overcoming Mental Health Challenges with the Asian Communities.” We are doing this through two ways: free public mental health webinars and fundraising for mental health services at Hong Fook.

Mental health issues won't simply disappear because of the pandemic. To the contrary, it is causing social isolation, fear, anxiety, financial worries and widespread disruptions to our daily lives. Hong Fook continue to offer mental health services during these difficult times through virtual care. In fact, Hong Fook is answering more phone calls than ever. Hong Fook continues to be here for anyone who experiences mental health concerns, whether it is COVID - 19 related or not.

Hong Fook thanks you for your support to make this continue to be possible. We are in this together, and we will overcome this together and emerge as a stronger and more compassionate community.

We owe a debt of gratitude to our team of volunteers, Foundation Board Chair, staff from the Integrated Community Program team, and psychiatrists from Asian Clinic, who worked so hard to make this series of webinars possible in such a short time. We'd also like to thank all our generous sponsors and donors, especially our Champion Sponsor Fogler, Rubinoff LLP. These funds will ensure that Hong Fook can continue its excellent services and continue to promote Mental Health that makes the difference.

Your support means the world of difference to us. Your friendship and partnership will help us continue the Journey of Hope for our communities. Look forward to enjoying the webinars with you on June 6, 2020.

Dr. Ted Lo
Co-Chair

John Chemilian
Co-Chair

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English Webinar 1 pm to 2 pm

About the webinar

The increased stress and anxiety that people experience during the pandemic can greatly impact their sleep quality. The webinar will be a discussion on medication and psychological treatments of common sleep disorders such as insomnia and obstructive sleep apnea.

About the Speaker – Dr. Michael Mak



Dr. Michael Mak is an Assistant Professor of Psychiatry at the University of Toronto and Adjunct Research Professor at Western University. He works at the Centre of Addiction and Mental Health and Hong Fook Asian Mental Health Association. He received his MD from Queen's University in Kingston, and subsequently completed his Psychiatry residency and fellowship in Sleep Medicine at Western University. His research interests include: quality improvement and epidemiology in medical psychiatry; management of insomnia; psychiatric manifestations of sleep disorders; and novel usage of technology in the management of psychiatric and medical disorders. He has most recently published a book chapter on Inflammation and Depression in Patients with Autoimmune Disease, Diabetes, and Obesity.



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Cantonese Webinar
粵語心理健康講座
2 pm to 3 pm

Improving resiliency – during and after the pandemic
面對新型冠狀病毒 - 提升心理健康抗逆力

The COVID -19 epidemic has brought a lot of worry, fear, stigmatization, sadness or uncomfortable emotions to many Chinese Canadians. In this webinar, we will discuss the impact of this pandemic on mental health and focus on how to improve your “resiliency” so that you can enhance your ability to “recover” from difficulties.

新冠狀病毒疫情給很多加拿大華人帶來了不小擔憂，恐懼，污名化，悲傷或難受的情緒。在本網絡研討會中，我們將會探討疫情對心理健康的影響以及如何提高您的「抗逆力」，讓你增強從困境中「復原」的能力。

About the Speaker – Dr. Kenneth Fung
講者 - 精神科醫生, 馮溥倫醫生



Dr. Kenneth Fung is a Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program at the Toronto Western Hospital and Associate Professor, Department of Psychiatry, University of Toronto. He is a psychiatric consultant to Hong Fook Mental Health Association. His primary research, teaching, and clinical interests include both cultural psychiatry and psychotherapy. He is the President of the Society of the Study of Psychiatry and Culture. He has received numerous awards recognizing his contributions, including the 2016 American Psychiatric Association Foundation Award for Advancing Minority Health, the 2017 College of Physicians and Surgeons of Ontario Council Award, and the 2019 Colin Woolf Sustained Excellence in Teaching of CPD.

馮溥倫醫生是多倫多西區醫院患者人士精神健康計劃的精神科醫生和亞洲精神衛生計劃臨床主任，同時還是多倫多大學精神科學系副教授。他也是康福心理健康協會的精神科顧問。他的主要研究，教學和臨床興趣包括文化精神科和心理治療。他是精神科和文化研究學會主席。他獲得了無數獎項，以表彰他的貢獻，包括2016年美國精神科學協會基金會為促進少數族裔健康做出的貢獻，2017年安大略省內科醫生與外科醫生學院獎，以及2019年科林·伍爾夫（Colin Woolf）在CPD教學方面的卓越成就。

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Korean Webinar

한국어

3 pm to 4 pm

Eat Sleep Play 식사, 수면 그리고 놀이

During stressful periods of time, it can be helpful to pay some attention to the basic and fundamental aspects of our daily lives. Much of our daily routines are dictated by factors outside of ourselves, such as work, school, and church. Often we find when these external constraints on our time are lifted for too long, it can become difficult to cope with the lack of structure. Our discussion will focus on the potential benefits and challenges of establishing your own healthy routines, particularly in the areas of sleeping, eating and playing.

요즘처럼 스트레스가 많은 시기에는 일상 생활의 핵심이자 기본에 주의를 기울이는 것이 도움이 될 수 있습니다. 대부분의 경우 직장, 학교, 신앙생활과 같은 외부 요인이 일상을 결정하게 되는데, 요즘과 같은 특수한 상황에서 이런 외부요인 없이 너무 오래동안 일상을 지내게 될때 어려움을 겪을 수 있습니다. 이 세션에서 수면, 식사 그리고 놀이가 적절하기 잘 짜여진 건강한 일과를 만들어 감으로 경험하게 될 잠재적인 이점과 어려움에 대해 함께 이야기를 나누려 합니다.

* 개인정보가 보장되는 세미나입니다*

About the Speaker - Dr. Brian Cho

정신과 전문의 -브라이언 조



Dr, Brian Cho has been in private practice as a psychiatrist for the past 15years.He began working with Hong Fook during his training at the University of Toronto to provide mental health care to the Korean community. Dr. Cho immigrated to Canada with his parents from South Korea when he was a young child. Although his ability to speak Korean remains limited, he continues to work collaboratively with Korean speaking staff at Hong Fook who provide translation and case management services for their clients. Dr. Cho lives in Mississauga, Ontario with his wife, three teenage sons and their dog Jack.

브라이언 조 (Brian Cho)는 지난 15년간 정신의학과 전문의로 개인 클리닉을 운영 해오고 있습니다. 어린 시절 부모님과 함께 캐나다에 이민 온 그는 토론토 대학에서 정신건강 전공의로 훈련하는 동안 홍폭과 협력하여 한인 사회에 정신건강 서비스를 제공하고 있습니다. 한국어 구사에 다소 어려움이 있지만, 번역과 사례관리 서비스를 제공하는 홍폭 한인 직원들과 협력하여 일합니다. 브라이언 조는 아내와 3명의 청소년기 아들 및 애완견 잭과 함께 온타리오주 미시사가에 거주하고 있습니다.

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Vietnamese Webinar
Tiếng Việt
4 pm to 5 pm

This webinar will discuss how COVID-19 illustrates randomness, the impact of rare events, principles of adapting to trauma, and interdependence – and how we might adapt and thrive.

COVID-19 một tình trạng xảy ra rất hiếm từ xưa tới nay, tác động bên trong/ngoài của các sự kiện hiếm hoi này, các cách thích ứng với sự kiện hiếm hoi này và những chuyện phụ thuộc lẫn nhau – và cách chúng ta có thể thích nghi trong cuộc sống và tiếp tục phát triển như thế nào.

About the Speaker – Dr. Albert Allen

Albert Nguyễn Hoàng Allen (người Việt)



Dr. Allen works as an outpatient psychiatrist at the Hong Fook Mental Health Association Asian Clinic and for the Sioux Lookout First Nations Health Authority. He is an Assistant Professor at the Northern Ontario School of Medicine in the department of Psychiatry. He completed a residency in psychiatry and a clinical fellowship in Buddhism and Psychiatry at the University of Toronto. His clinical interests include the treatment of trauma-related disorders and the use of mind-body techniques such as meditation and breathing practices in psychiatric work.

Chuyên về khoa tâm thần, Albert Nguyễn Hoàng Allen làm việc ngoại trú tại Phòng khám Châu á của Hiệp hội sức khỏe tâm thần Hồng Phúc và cho cơ quan y tế của thổ dân, Sioux Lookout. BS. Allen là trợ lý giáo sư tại trường y học Northern Ontario ở khoa tâm thần học. BS.Allen đã hoàn thành luận án ra trường chuyên về tâm thần học và về lãnh vực Phật giáo tại trường đại học Toronto. Sở trường của ông bao gồm việc điều trị các rối loạn liên quan đến tâm thần.



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Mandarin Webinar
国语心理健康讲座
5 pm to 6 pm

**Thriving in the face of adversities presented by the COVID-19 pandemic
— a positive resilient approach.**

**在COVID-19疫情所带来的逆境下茁壮成长。
以一种正能量的和柔韧的方式去面对COVID-19疫情**

In this webinar we will discuss some of the mental health issues and challenges faced by all people during the pandemic period and how they are similar to the mental health issues faced by clients of Hong Fook. We will discuss some overall approaches in meeting these challenges and emerge stronger and better from the COVID-19 pandemic, with an emphasis on social connection as a response. Some Mainland specific issues will be discussed. Some take-home pointers people can remember and implement right away are given near the end of the presentation. Q&A follows.

在这次网络讲座里，我们将讨论一些所有人在这次新冠疫情中都要面对的心理健​​康方面的问题与挑战，并且把这些问题、挑战与康福机构的客户日常所面对的问题、挑战进行一个对比。我们将讨论一些关于面对这方面心理健康挑战的总的解决方案、态度、原则，（包括对于保持社交联系的重要性的强调）以期让人们可以从这次新冠疫情中走出来，并且变得更加健康强壮。另外本讲将会专门针对大陆社区进行一些讨论。本讲座的后续部分会给出一些本讲座的关键点让观众带回家。本讲座的最后是问答环节。

About the Speaker - Dr. Alex Xiang
精神科医生：项硕医生

Dr. Xiang completed medical school at the University of Toronto. He then pursued residency training in psychiatry at Queen's University. He subsequently worked as an assistant professor at Queen's University, before returning to Toronto and joining the Hong Fook family. Prior to medicine Dr. Xiang was an engineer by training and studied software engineering at the University of Waterloo, and subsequently completing a Master of Mathematics in Computer Science, Bioinformatics also at the University of Waterloo.

项医师是多伦多大学医学院毕业生，毕业后在皇后大学进行住院医训练。曾任皇后大学任助理教授。而后回到多伦多服务于华人社区并且加入了康福。在从医之前，项医师曾经是一位工程师：他是滑铁卢大学软件工程系学员，毕业以后继续在滑铁卢大学深造了两年的计算机科学下辖的生物信息学，并取得了滑铁卢大学数学系硕士学位。



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