

**康福心理健康協會**

**2008**

**大多市公益金會員機構**

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United Way of Greater Toronto

Asian Clinic

Dr. Sam Law

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Alfred Lam

Jaclyn Law

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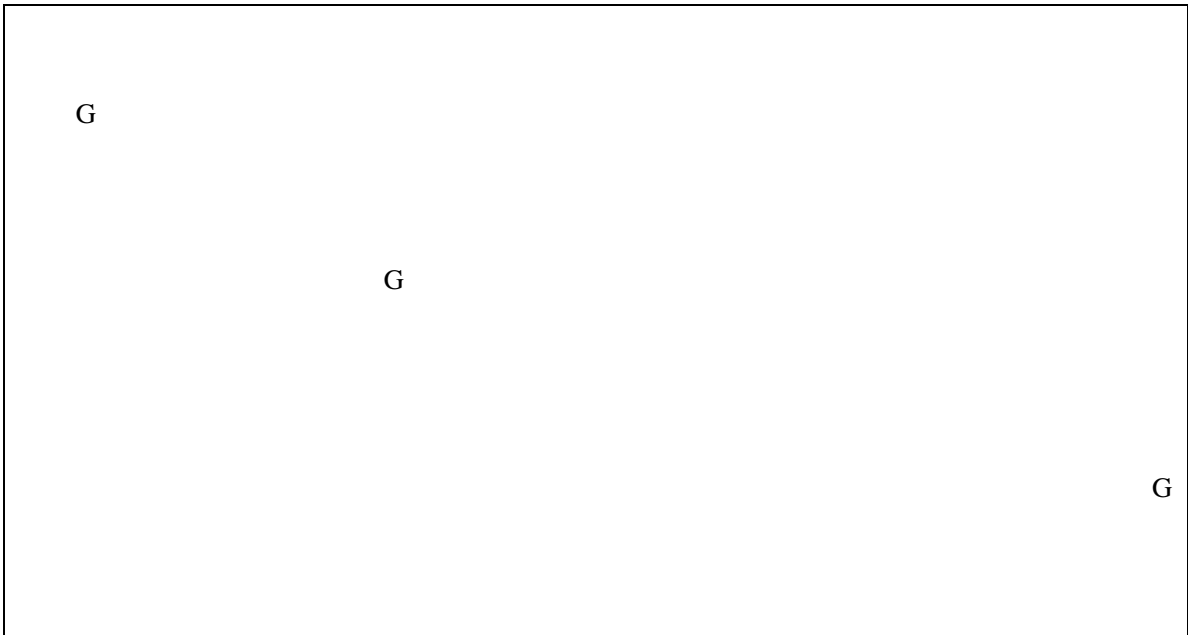
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### The Ottawa Charter\*

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\* In November, 1986, the Canadian Public Health Association, Health and Welfare Canada, and the World Health Organization co-sponsored an international conference on health promotion. The Ottawa Charter was written by the participants of that conference.

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•Journey to Promote Mental Health Training Manual, March 2006, Hong Fook mental Health Association

•Carl D'Arcy "Unemployment and health: Data and Implications", Canadian Journal of Public Health, 77, Supplement (May/June 1996)

Health Canada 2002

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2001

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**(Anxiety Disorders)**

2002

Health Canada,

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## Anxiety Disorders

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disorder (Panic disorder) Obsessive compulsive (Post-traumatic stress disorder)

Obsessive compulsive disorder, OCD

Panic disorder

**Post traumatic stress disorder,**

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**Mood disorders**

depression

Bipolar disorder

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Major

**Major depression**

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65 75%

14-19%

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**Bipolar disorder**

Manic depression

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### Schizophrenia

, Hallucinations

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50%  
10%

40%

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" " Dopamine

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Antipsychotics, neuroleptics,  
Olanzapine (Zyprexa) , Haloperidol (Haldol) , Clozapine (Clozaril) Risperidone (Risperdal)  
Clozapine

Antidepressants,  
Fluoxetine (Prozac) Sertraline (Zoloft) Citalopram (Celexa) Selective Serotonin Reuptake Inhibitors ( SSRI),  
(Effexor) Bupropion (Wellbutrin) Mirtazapine (Remeron). Venlafaxine

Mood Stabilizers  
Lithium Lithane Duralith Divalproex (Epival)

Anti-anxiety Anxiolytics Minor Tranquilizers  
SSRIs Lorazepam (Ativan) Clonazepam (Rivotril)  
Diazepam (Valium)



**Electro-convulsive therapy (ECT)**

ECT

ECT

ECT

**Assertive Community Treatment Teams ( ACTTs)**

ACTT

- **Psychotherapy**

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- A Report on Mental Illnesses in Canada. Health Canada, October 2002.
- Mental health for life. Canadian Mental Health Association brochure, 1993.
- About Mental Illness - "Stigma and Discrimination" (2004), [www.ontario.cmha.ca](http://www.ontario.cmha.ca).
- Mental illnesses. Canadian Mental Health Association brochure, 1993.
- Bipolar Disorder, What's the balance? Canadian Mental Health Association - Alberta Division, 1996.

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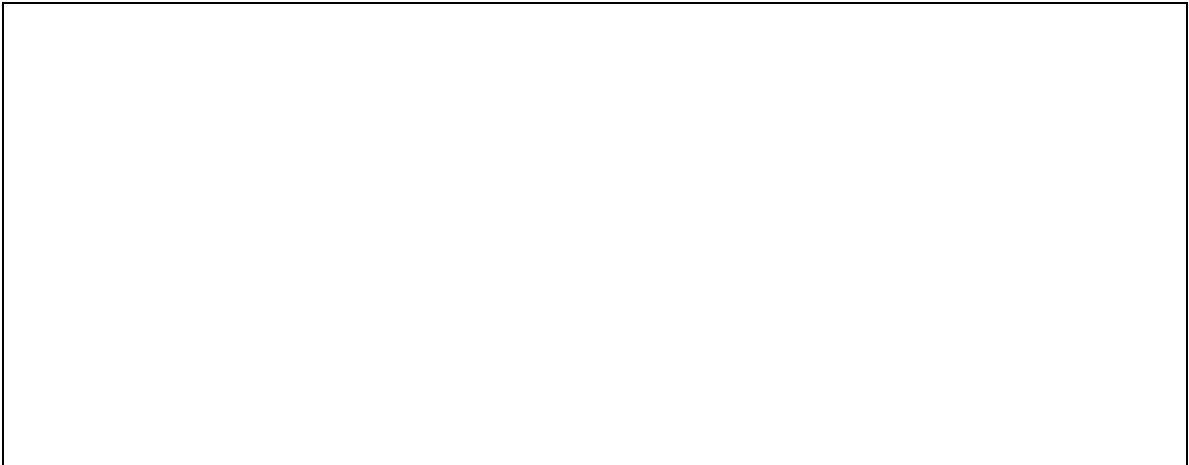
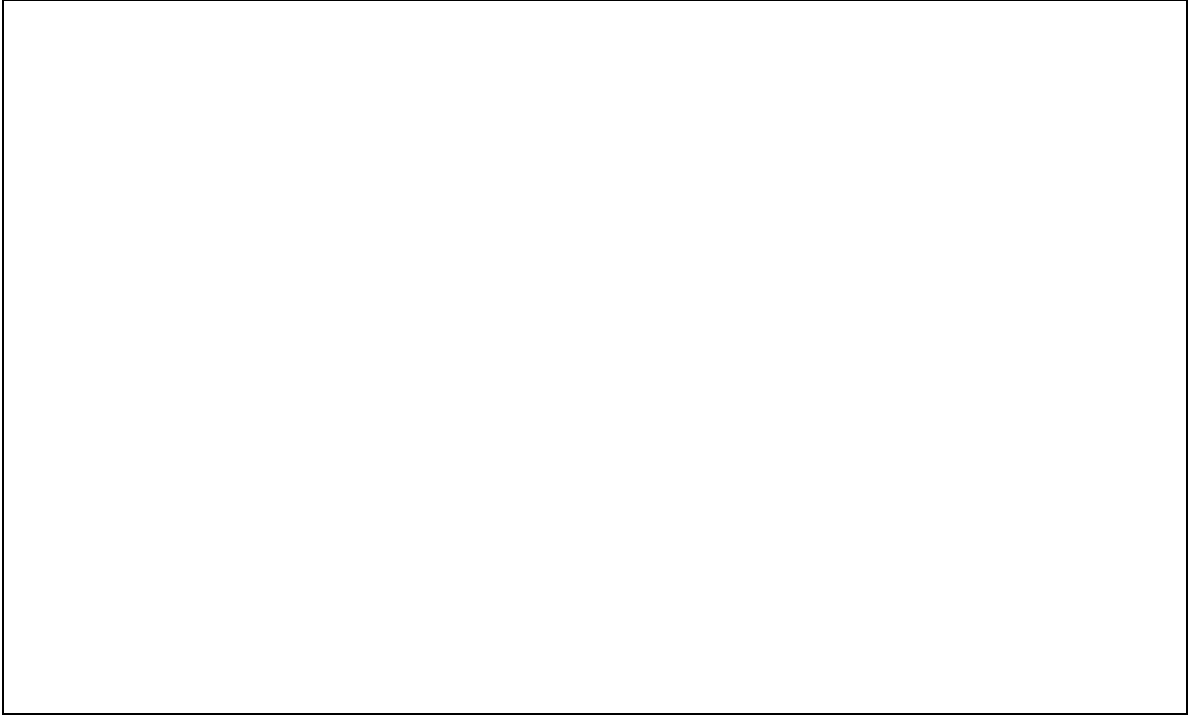
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William Anthony

Boston University

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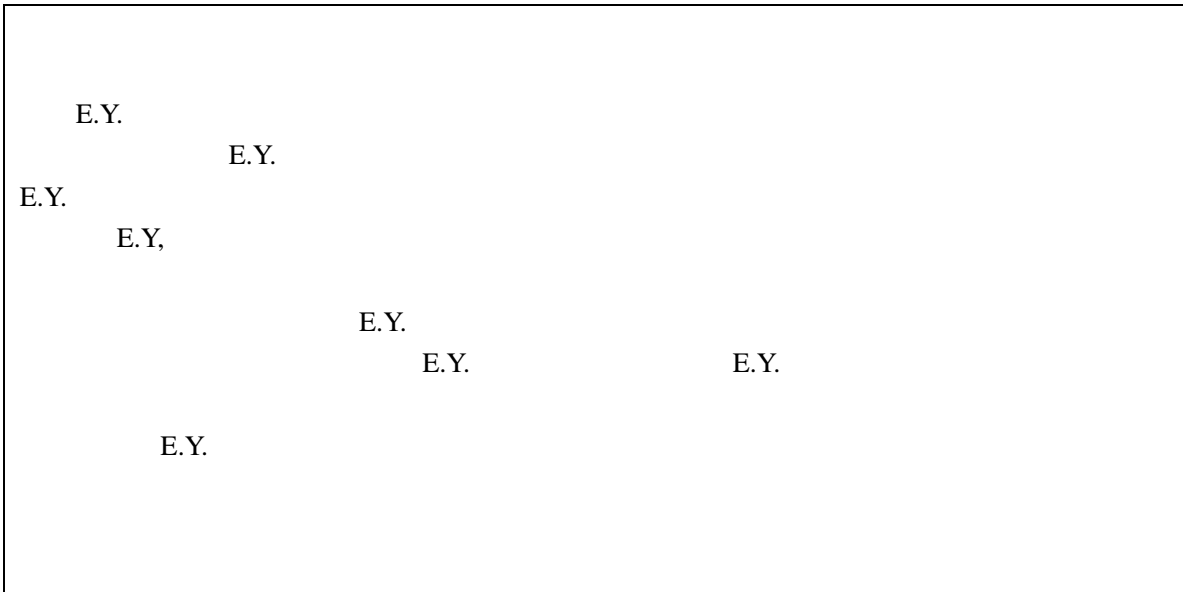
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E.Y.	40	15	70
E.Y.			E.Y.



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- Anthony, W.A. (1993). Recovery from mental illness: The guiding vision of the mental health service system in the 1990s. *Psychosocial Rehabilitation Journal* 16(4), Page 11-23.

- Onken, S., Dumont, J.; Ridgeway, P.; Dornan, D. and Ralph, R. (2002). *Mental Health Recovery: What Helps and What Hinders?* NASMHPD and NTAC.

- Carpenter, J. *Mental Health Recovery Paradigm: Implications for Social Workers, Health & Social Work*; May 2002; 27, 2; ProQuest Nursing Journals, Page 86.

- Our Lives in 2014, A Recovery Vision, June 2004, New Zealand.

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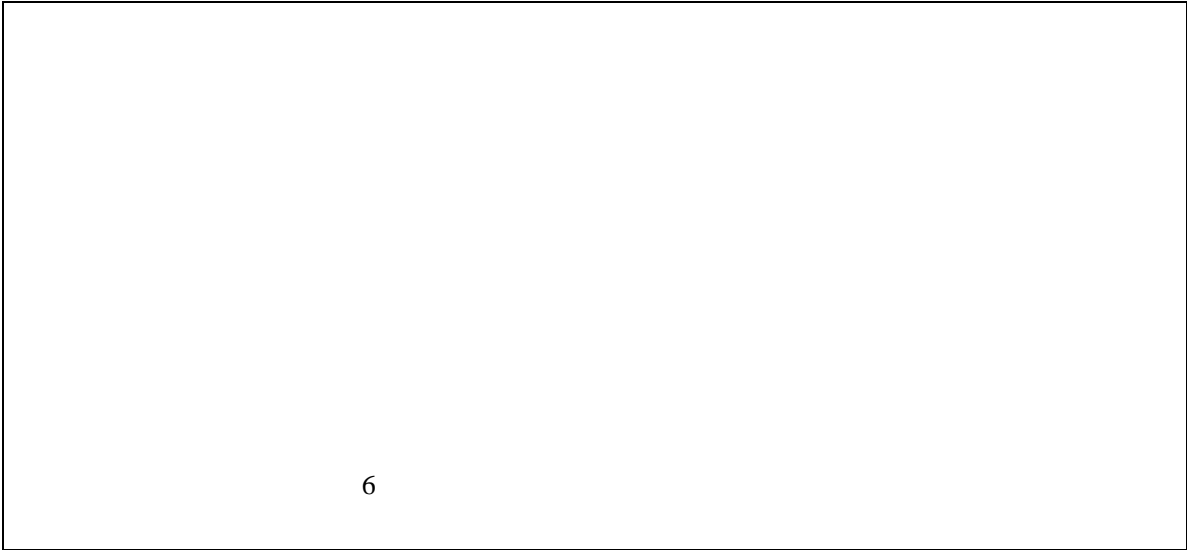
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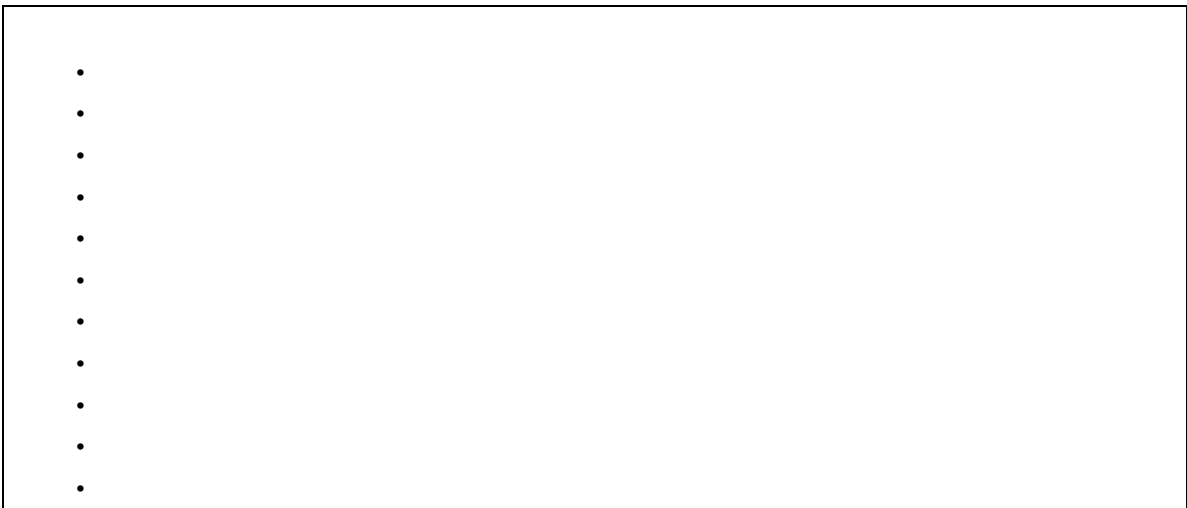
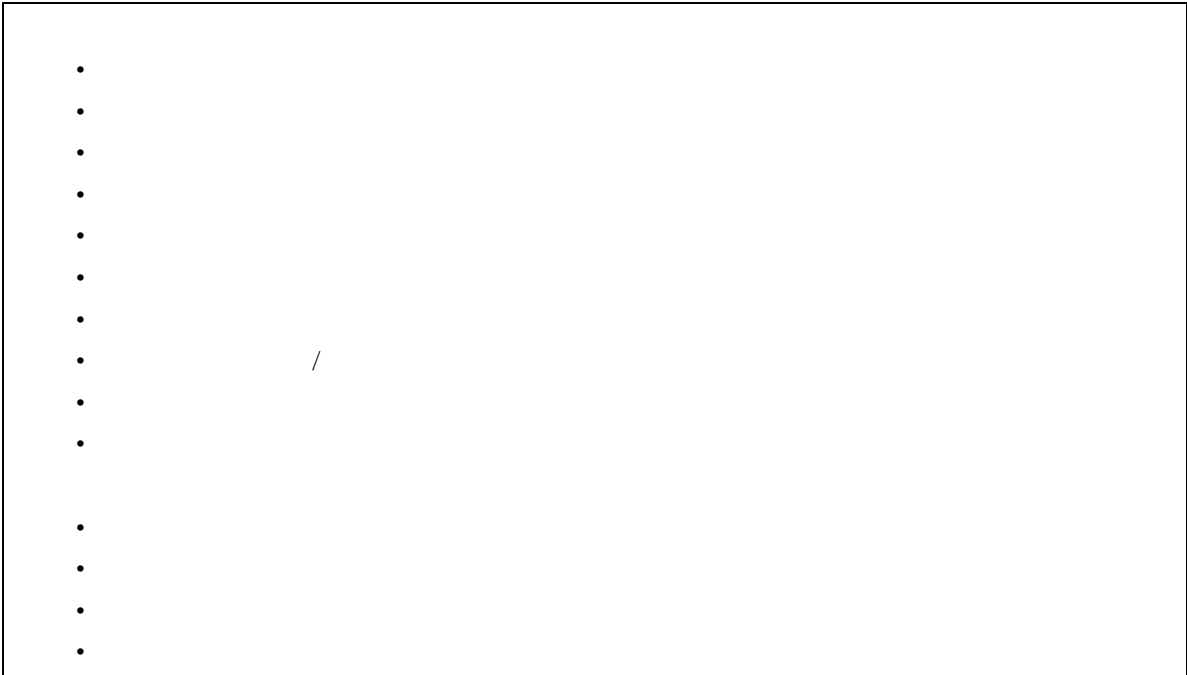
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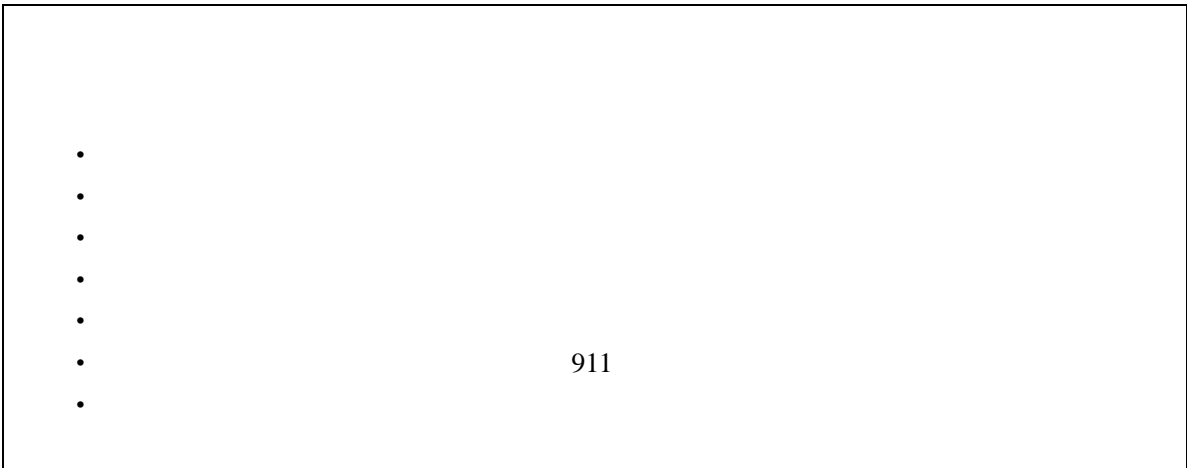
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Involuntary Hospital Admissions

**(Stigma)**

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- Selected Caregiver Statistics (Fact Sheet), Family Caregiver Alliance. (2001). San Francisco, California.

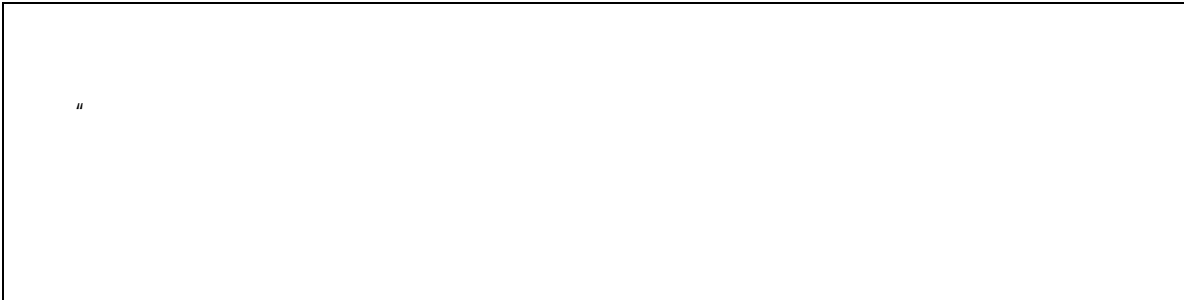
- Care for the Family Caregiver: A place to start. The White House Conference On Aging, December 2005. National Alliance For Caregiving & Health Plan of New York.

- Journey to Promote Mental Health Training Manual, March 2006, Hong Fook Mental Health Association.

Caregiver Alliance

30% 59%

The Family  
2001



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Voit,S.2002

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Cannuscio, Jones, Kawachi, Colditz, Berkman, 2002; National Institute of Mental Health, 2001

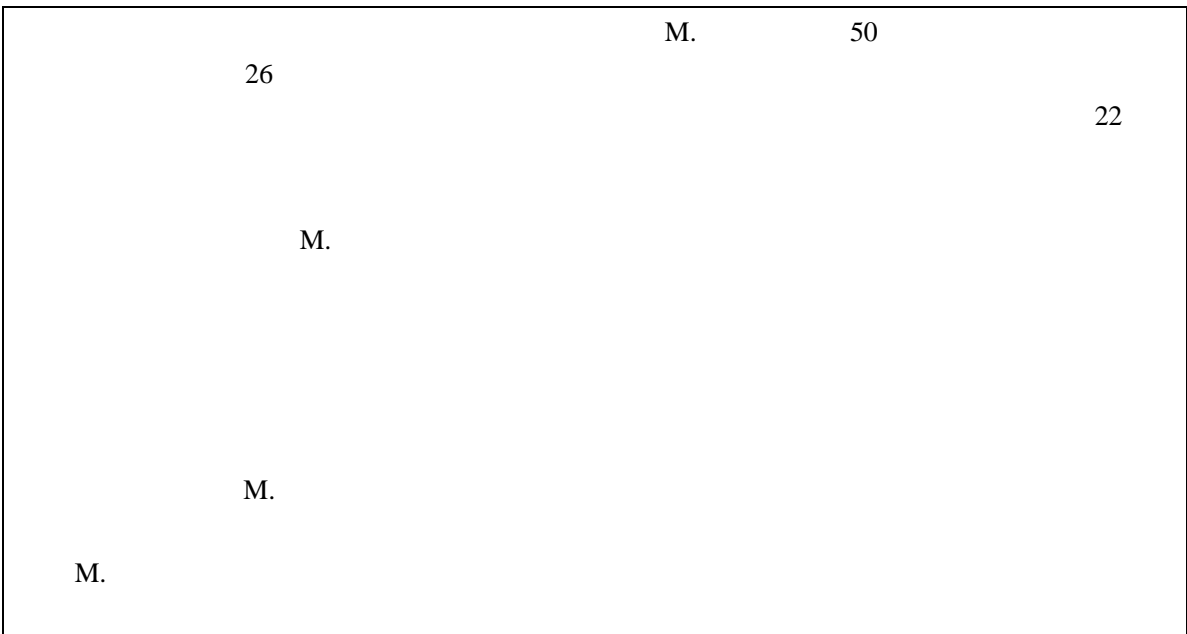
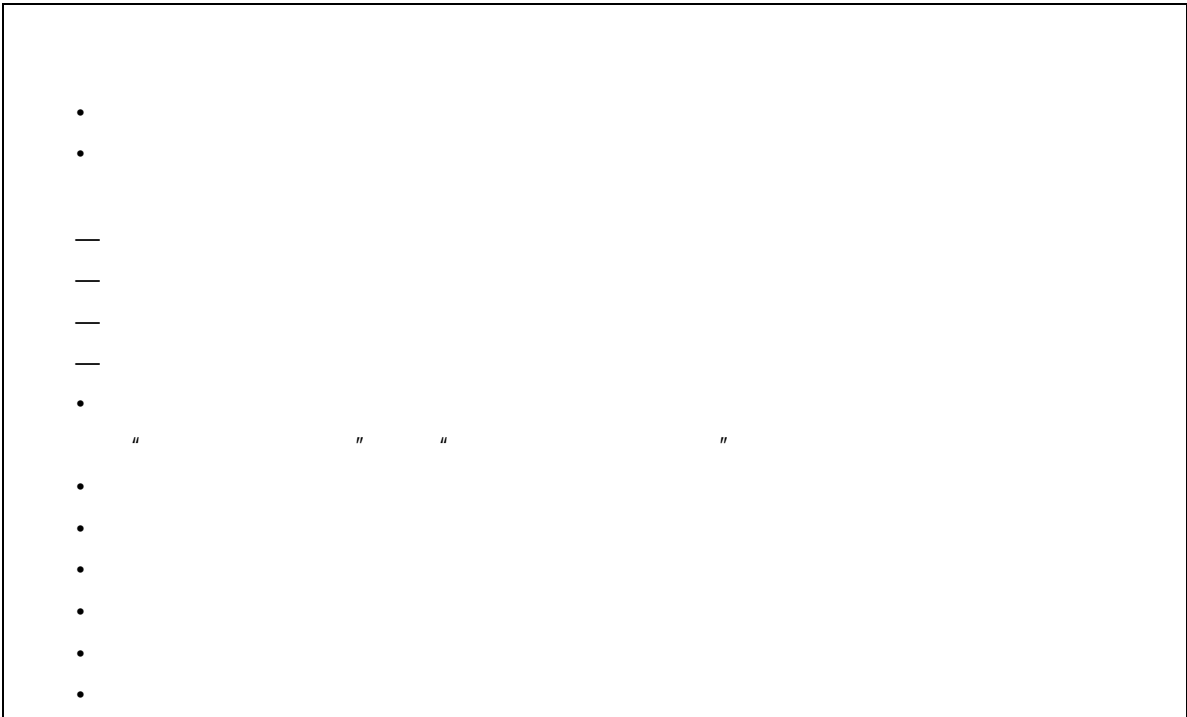


1 Jane

Jane

Jane

2 Michael



M.

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M.

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•Cannuscio, C.C., Jones, C., Kawachi, I., Colditz, G.A., & Berkman, L. (2002). Reverberations of family illness: A longitudinal assessment of informal caregiving and mental health status in the Nurse's Health Study, *American Journal of Public Health*, 92, 1305-13.

•Definition of Wellness. National Wellness Institute.

•Vijai P. Sharma. Watch negative thinking. MIND Publications, 2000.

•Women's Holistic Health Peer Leadership Training Manual, March 2002. Hong Fook Mental Health Association.

•Journey to Promote Mental Health Training Manual, March 2006. Hong Fook Mental Health Association.

•Voit, S. (2002). Seminar Offers Help on Avoiding Caregiver Burnout. *NIH Record*, Vol. LIV, No.4.

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The Ontario Health Insurance Program

(OHIP)

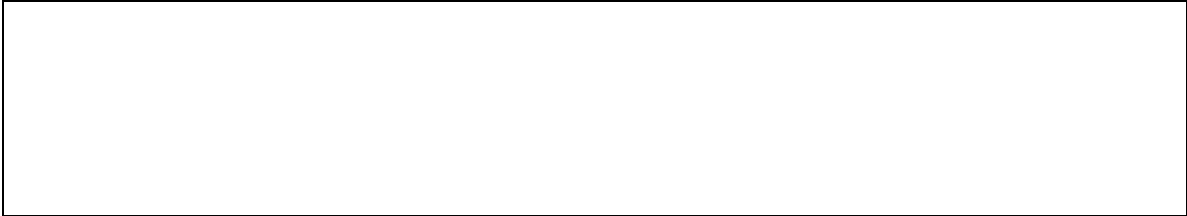
The Ministry of Health and Long Term Care (MOHLTC) 2006  
The Local Health System Integration Act

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2007 4 1

LHINs

The Mental Health Act, Health Care Consent Act,  
Substitute Decisions Act the Personal Health Information Protection Act (PHIPA)



**Psychiatric assessment on an involuntary basis**

the Mental Health Act

- Form 1  
72  
Form 1
- Justice of the Peace Form 2  
Form 1
- the Mental Health Act

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911,

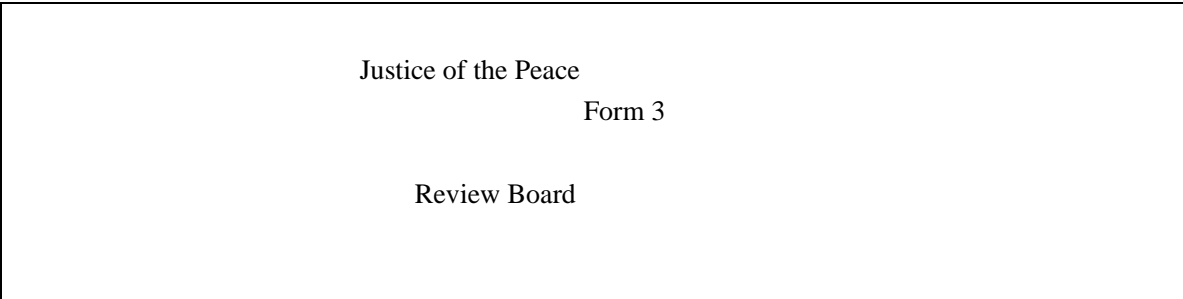
Health Act

the Mental

Form 1  
(Certificate of Involuntary Admission)

Form 3

Form 3



the Mental Health Act

the Review

Board

**Community Treatment Order(CTO)**

CTO the Mental Health Act  
CTO

a.

b.

30

c.

Substitute Decision Maker (SDM)

CTO

CTO

CTO



the Health Care Consent Act

( )

(SDM)

**Substitute Decision Makers (SDMs)**

( )

- Power of Attorney for Personal Care
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The Substitute Decisions Act      SDM      a.  
b.

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- Power of Attorney for Personal Care      Continuing  
Power of Attorney for Property.

the Public Guardian and Trustee	the
Public Trustee	

Public Trustee      The  
of Attorney for Property      Power

The Personal Health Information Protection Act

(PHIPA)

LHIN

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- Psychiatric Patient Advocate Office: [www.ppao.gov.on.ca](http://www.ppao.gov.on.ca)
- Ministry of Health and Long-term Care:  
[www.health.gov.on.ca/english/public/pub/pub\\_menus/pub\\_mental.html](http://www.health.gov.on.ca/english/public/pub/pub_menus/pub_mental.html)
- Consent and Capacity Board: [www.ccboard.on.ca](http://www.ccboard.on.ca)
- Community Legal Education Ontario: [www.cleo.on.ca](http://www.cleo.on.ca)
- Mental Health Service Information Ontario: [www.mhsio.on.ca](http://www.mhsio.on.ca)
- Office of the Public Guardian and Trustee:  
[www.attorneygeneral.jus.gov.on.ca/english/family/pgt](http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt)
- Legal Aid Ontario: [www.legalaid.on.ca](http://www.legalaid.on.ca)

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211 Toronto.ca	416	211
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	416-397-4636	416-392-3778(TTY)
Connex Ontario	1-866-531-2600 (	)
•	1-800-565-8603 (	)
	1-800-230-3505 (	)
	www.connexontario.ca	
Community Information Markham		905-415-7500
Helpmate Community Information and Volunteer Bureau (York Region)	905-884-3000	1-800-363-2412
Distress Centre (GTA)		416-408-4357
•		911
•	" " " "	
Gerstein Centre		416-929-5200
•		
		416-289-2434
Scarborough Hospital Regional Mobile Crisis Program		
•		
St. Elizabeth Health Care		416-498-0043
Integrated Community Mental Health Crisis Response Program		
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Across Boundaries	416-787-3007
Family Association for Mental Health (FAME)	416-207-5032
	416-493-4242
Hong Fook Mental Health Association	
Mood Disorders Association of Toronto	416-486-8046 1-888-486-8236
Schizophrenia Society of Ontario	416-449-6830

416-493-4242

	416-493-4242
Hong Fook Mental Health Association	
• :	
Across Boundaries	416-787-3007
Community Resource Connections of Toronto	416-482-4103

Central Toronto Youth Services - New Outlook 416-504-6100  
• 16 24

York Support Services Network 1-888-695-0070

**Assertive Community Treatment Teams (ACTTs)**

ACCTs

Mount Sinai Hospital ACTT 416-586-9900

North York Hospital ACTT 416-632-8708

Scarborough Hospital ACTT 416-431-8230

Canadian Mental Health Association 416-289-6285

• East Metro ACTT New Dimensions ACTT

Drug & Addiction Registry of Treatment (DART) 1-800-565-8603

Metro Addiction Assessment & Referral Service (MAARS) 416-599-1448

Community Care Access Centres (CCACs)

211

**Ontario Works**

1-888-465-4478

Ministry of Community & Social Services  
**Ontario Disability Support Program (ODSP)** 211

Human Resources & Development Canada (HRDC)  
**Employment Insurance (EI) Sickness Benefits** 1-800-206-7218

CPP  
Income Security Program **Canada**  
**Pension Plan (CPP) Disability Benefits** 1-800-277-9914

**Trillium Drug Program** 416-326-1558

Good Shepherd Ministries 416-869-3619

Salvation Army 416-366-2733

Scott Mission 416-923-8872

Food banks 211  
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Assaulted Women's Helpline 416-863-0511  
416 1-866-863-0511  
1-866-863-7868 (TTY )

Living Water Counseling Centre 416-754-0470

Chinese Family Services of Ontario 416-979-8299

KCWA Family & Social Services 416-340-1234

The Lighthouse 416-535-6262

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**Programs in a school environment**

**George Brown College**

• Redirection Through Education - For You 416-415-5000 4570

**Seneca College**

• Redirection Through Education 416-491-5050 2920

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**Vocational programs**

Salvation Army - PLUS Program 416-693-2116

Progress Place - Transitional Employment Program 416-323-0223

Trinity Square Café Incorporated - Training in Food Service 416-599-9315

Goodwill Toronto 416-362-4711

Jewish Vocational Services of Metro Toronto (JVS) 416-787-1151

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**Shelter workshops**

Salvation Army - PLUS Program 416-693-2116

Salvation Army - Booth Industries 416-255-7070

Centre of Opportunities, Respect and Empowerment (CORE) 416-340-7929

**Self-help programs**

Hong Fook Mental Health Association	416-493-4242
Mood Disorders Association of Ontario	416-486-8046
Progress Place	416-323-0223
Self-Help Resource Centre	416-487-4355 (Toronto) 1-888-283-8806 (Ontario)

**Legal Services**

	211
	416-947-3380 1-800-268-8326
	211
Metro Toronto Chinese & Southeast Asian Legal Clinic	416-971-9674
	416-482-8255
ARCH Disability Law Centre	
Justice of the Peace	
	211
Mental Health Court Support Services	
	416-314-2477
Office of the Public Guardian and Trustee	
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**Housing services**

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Housing Connections 416-981-6111

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Hong Fook Mental Health Association 416-493-4242

- Toronto
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Houselink Community Homes 416-539-0690

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Mainstay Housing 416-703-9266

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St. Jude Community Homes 416-359-9241

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Bayview Community Services Inc. 416-495-7778

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Salvation Army - The Dufferin Residence 416-531-3523

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Margaret Frazer House 416-463-1481

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Scarborough Hospital Manse Road Residential Support Services 416-286-0766



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- Journey to Promote Mental Health Training Manual, March 2006. Hong Fook Mental Health Association.

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1997

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Linda

To My Loving Son, My World, My Blessing

When I think about you I'm filled with so much joy  
It fills up my heart and makes me feel as if it would burst  
Through you I see that I can never love too much.  
I was selfish, self-centered, and didn't know  
I was capable of loving so intensely.  
But then you came along and you proved me wrong,  
I'm capable of loving deep  
My love brings tears to my eyes like a beautiful song.  
You're so young, yet smart, and it gives me great satisfaction to know  
I'm responsible for guiding and helping you grow.  
Don't ever feel you are too small or insignificant  
You are a strong man with pride and confidence.  
Don't let anyone fool you, the world is yours to explore,  
Set your goals at a pace you can handle;  
Do remember it doesn't matter what you do,  
As long as you try your best, I will always be proud of you.  
Life is full of obstacles and roadblocks, yes indeed.  
Things will not always go your way.  
I will always be there for you to walk through difficult times  
If you can't come to me, you can turn to your Bible  
And if one day I cannot be with you, our bond will still remain  
I only hope that you will forever  
Keep me in your heart.  
Fill your heart with love and forgiveness  
I personally know you are destined to be great.  
You mean the world to me and  
You mean more to me than all the power, jewelry and wealth.  
You have truly been a blessing in my life  
Take this with you forever, and remember it's true.  
Take these words to heart my son.  
I LOVE YOU!!

- From a Loving Mother of Christian Faith