



Hong Fook Mental Health Association hosted its Annual General Meeting on September 16, 2017, at North York Civic Centre. The new Board of Directors was elected (photo above).

**President:** Lin Fang

**Vice Presidents:** Grace Kangmeehae Lee, Eric Man

**Treasurer:** Peter Lee

**Secretary:** Charles Xie

**Directors:** David Chen, Chun Hua Gu, Sherman Hui, Alan Ng, John Park, Roy Park, Xin Pi, Katherine Wong, and Lu Zhou

## Exemplifying Work and Resource Management Strategic Plan 2017-2020

*Written by Lin Fang, Association President*

As many of you are aware, Hong Fook Mental Health Association is undergoing a strategic planning process to establish priorities and goals for the organization for the next three years. Strategic planning is a critical organizational exercise. Since this past summer, the Association Board has examined the current external and internal environments where the organization operates; engaged with various stakeholders; assessed the strengths, weaknesses, opportunities, and threats (SWOT) we face. Once this careful process was achieved, the Board set directions and goals that the organization will focus resources on. Below is the list of strategic directions and goals the Association will

target from now to 2020:

### **Strategic Direction #1: Awareness, Perception, and Brand**

**Goal:** Promote the Hong Fook brand and increase the awareness of Hong Fook and its services among internal and external stakeholders.

### **Strategic Direction #2: Cultural Competency**

**Goal:** Focus on building capacity and providing culturally competent services and become a centre of excellence in mental health care for Asian communities.

### **Strategic Direction #3: Quality-Based Care**

**Goal:** Transform service delivery approach through accreditation and continuous quality improvement projects in order to provide client centered quality care.

With the goals in place, the senior management team will begin to develop an operational plan and metrics to ensure that we have a timeline for implementation and a mechanism to monitor our progress. We hope that in the next three years, the Association will continue to expand its reach and impact, strengthen its commitment to quality care, and establish its leadership in cultural competency for the Asian communities and the mental health sector.

# Greetings from the Executive Director

Written by Bonnie Wong, Executive Director

In the past several months, the staff task group led by Dr. Helen Poon (photo below) had finished the major program review: Self-Help, Family Initiatives, Prevention and Promotion, and Youth Programs prior to her official retirement at the end of September 2017.

The task group conducted 20 focus groups with 170 stakeholders, reviewed 9 national guidelines, 17 agency websites and over 20 academic articles, as well as paid visits to 5 agencies. In reviewing the various programs' goals, structure, pathway and implementation strategy, we are very impressed with the recommendations and thankful to receive invaluable input from the various stakeholders, clients, family members, staff, Community Advisory Committee members, Boards and volunteers.

The major recommendations from the program review are



photo taken at Helen Poon's Farewell Party on September 19, 2017

highlighted as below: *Written by Bonnie Wong, Executive Director*

- Investing in leadership in the Integrated Recovery and Community Programs that are recovery-oriented, peer support, youth and family-centred and community resilience-focused
- Involving peers in Recovery-oriented Program Planning, Delivery and Evaluation through the PDSA (Plan, Do, Study, Act) Cycle. Recovery-oriented programs promote healthy practices, peer-led drop in, peer-led recreational, arts and crafts, skill-based trainings, psychotherapy and case management-led groups, and employment readiness
- Aligning the Prevention and Promotion Program to the other three Program Streams: recovery-oriented, peer support, and youth and family-centred
- Co-creating integrated health and wellness programs for Association and Nurse Practitioner-Led Clinic (NPLC) clients
- Facilitating cross-agency Community Program planning: community education, community engagement and community empowerment

Both the Board and the management team have found the synergy to align the 2017-2020 strategy directions and the program review. We are committed to investing in leadership in the Integrated Recovery and Community Programs; to implementing the gradual changes in the program focus and priorities to stay recovery-oriented and resilience-focused; and to strengthening the partnership with the NPLC and other health providers to meet the client's needs.

Your continuous support and feedback to our agency's quality improvement is very important and we value your partnership to take the mental health journey together.

Our newsletter invites Hong Fook staff, volunteers, clients and family members to write a short article in their mother tongue. In this issue we have a program participant, Hye Li Jun, share her play-doh experience with the Korean Self-Help Program.

## Arts and Crafts at Korean Self-Help Program



노란 찰흙을 나눠주시면서 "그동안 고마웠던 것들을 생각하면서 선물을 드리고 싶은 마음으로 만들어 보라"고 하셨다. 회원들은 잠시 생각한 다음, 망설임없이 상대방이 좋아했던 음식, 또는 자기 자신을 위한 선물들을 아주 재미있게 만들기 시작했다.

집중력에 도움이 되는 음악을 들으면서 어릴적 추억에 젖어 노래까지 따라 불렀다. 선생님께서 우리 회원들이 '집중력'과 '발표력'과 '질문'을 너무나 잘한다고 칭찬을 하셨다. 손을 많이 움직일수록 건강해 진다고도 하셨다. 내가 스트레스 풀기 위해서 노래듣기와 부르기를 한다고 발표한 것 대해서 아주 좋은 평을 해주셨다. 찰흙을 만지면서 그동안 쌓인 스트레스를 풀 수 있었다. 각자 만든것은 고마웠던 분들께 선물을 드려도 좋다고 하셔서 난 내게 맞지 않는 약이 있으면 언제든지 바꿔주세요고 함께 생각했던 정신과 담당이신 닥터 브라이언 선생님께 드리고 싶다고 했다. 다음 시간엔 '내가 사람들 만날 때 좋아지는 것들'을 적어 오라는 숙제를 내주셨다. 그동안 고마웠던 사람을 생각하며 무언가를 만들었던 시간이 더없이 행복했다.

# Community Paramedic Led Clinic Piloting a New Service Model

*Written by Roberta Wong, Manager, Clinical Practice & Quality*

In July 2017, Hong Fook received a new funding from Central East Local Health Integration Network to operate a new program named Community Paramedic Led Clinic in Scarborough. This is the first of this kind of service model in Ontario. Together with Toronto Community Paramedics Services, Cota Health

and Toronto Community Housing Corporation, we will provide home visits, on-site paramedic clinic, information and referral services, and outreach programs such as educational workshops and recreational activities to the residents living in the five identified buildings. The team is comprised of a Toronto Paramedic, an Outreach Mental Health & Addiction Worker, and a Geriatric Mental Health Worker.

This pilot program aims to reduce the number of 911 calls and the number of Hospital Emergency Room visits in the identified Toronto Community Housing Corporation buildings, namely, 50 Tuxedo Court, 10 Glen Everest Road, 10 Gordonridge Place, 30 Gordonridge Place, and 40 Gordonridge Place.



## Santa Claus Fund

*Written by Teresa Ng, Coordinator, Clinical Practice and Quality*

Santa Claus is not only a character in tale, but is with us in life. I believe we all heard about stories of Santa Claus. Have you heard about this one?

One day, a young boy Joseph E. Atkinson watched other children skating on the pond. A lady asked him why he wasn't skating. He told this lady that his father was killed in a tragic accident when he was 6 months old. His mother struggled to support and raise him and his seven siblings. This lady surprised little Joseph by buying him his first pair of skates for Christmas. It made this Christmas Day the happiest of his childhood.

Years later, Joseph set up the Santa Claus Fund to share the warmth and generosity. This story happened more than 100 years ago.

As years go by, the Toronto Star keeps this tradition by sending gifts to children from newborn to 12 years old. Last year, 45,000 gift boxes were delivered to their home. The Santa Claus Fund brings warmth to children and families and builds a caring community together.

Hong Fook have referred clients to the Santa Claus Fund for the past many years. The Star interviewed two clients and shared their family stories in the newspaper. Thanks to these clients, more readers have a better understanding of mental health, struggles and challenges throughout their recovery journey.

This year, we have six families receiving holiday gifts from this Fund.

## Hong Fook Clients' Paintings Exhibited Overseas

HF Connecting Health Nurse Practitioner-Led Clinic hosted a delegation visit from the Gwangju Metropolitan Mental Health Center visited this June. The delegation was impressed by the works done by the three entities of Hong Fook and the art pieces created by clients.

In October, the Gwanju invited our clients to exhibit their art pieces at Gwanju's Annual Arts Exhibition.

Three paintings (photo to the right) by two Self Help clients and our Peer Support Worker Hearn Jin were shipped to Korea and joined the exhibition.



## Upcoming Events



### An Afternoon of Delightful Music

*A holiday celebration co-hosted by culturally competent Mount Sinai Hospital Assertive Community Treatment Team & Hong Fook*

Monday, December 4, 2017  
2:00pm-4:30pm  
Chinese Gospel Church  
(450 Dundas Street West, Toronto)  
Dinner at 5:00pm  
Dim Sum King Seafood Restaurant  
(421 Dundas Street West, 3rd Floor)  
Ticket: \$10  
Contact: 416-586-9000 ext. 0

### Hong Fook Charity Movie Night

*An awareness campaign caring for those who provide care*

Friday, December 8, 2017  
6:30-9:30pm (VIP reception at 5:30pm)  
Japanese Canadian Cultural Centre  
(6 Garamond Court, North York)  
VIP ticket: \$100  
Regular ticket: \$25  
Contact: 416-493-4242 ext. 2277

### Hong Fook Holiday Gathering

*The final celebration for Hong Fook's 35th anniversary*

Saturday, December 9, 2017  
11:30am-2:00pm (checkin at 11:00am)  
North York Chinese Baptist Church  
(675 Sheppard Avenue, North York)  
Ticket: \$2  
Contact: 416-493-4242

For more events, visit  
[www.hongfook.ca](http://www.hongfook.ca)



Hong Fook Mental Health Foundation hosted its Annual General Meeting on July 12, 2017, at HF Connecting Health Nurse Practitioner-Led Clinic. The new Board of Directors was elected (photo to the right).

**Chair:** Kam Lo

**Vice Chair:** Julia Zhang

**Treasurer:** Michael Ma

**Secretary:** Emily Lee

**Directors:** Dr. Peter Chang (Immediate Past Chair), Sit Foo, Annie Hu, Eui Sook Kim, Yun Back Kim, Dr. Ted Lo, Ramon Tam, Sonia Yoon



## Hong Fook Charity Movie Night

*Written by Kam Lo, Foundation Chair*

Hong Fook Mental Health Foundation will be hosting a Movie Night on Friday, December 8, 2017, at Japanese Canadian Cultural Centre.

The featured movie, Mad World, starred by Hong Kong's top actors and actresses, Eric Tsang Chi-wai, Shawn Yue Man-lok and Elaine Jin,

has won many awards in Asia, including Best New Director, Best Supporting Actor and Best Supporting Actress at Hong Kong Film Awards, Golden Horse Awards, Malaysia Golden Global Awards and Osaka Asian Film Festival. Through filming the recovery journey of a former financial analyst who struggles with bipolar disorder, the movie offers a panorama of family conflicts and social apathy faced by our clients and family members in their daily life.



The movie will be followed by a panel discussion, which is facilitated by Raymond Chung, one of the three Hong Fook Founders, to raise awareness of the invisible mental health needs faced by caregivers. Net proceeds from the Movie Night will be used to further support Hong Fook's Family Support Program, which aims to strengthen the resources, resilience and capacity of caregivers and ultimately to benefit the clients.

To purchase your tickets (VIP \$100, regular \$25), please call at 416-493-2424 ext. 2277 or visit <https://hongfook-madworld.eventbrite.ca>

## Caring for Those Who Provide Care

*Written by a family member with Cantonese Family Support Group*

In early 1990s, I was so thrilled that my family would be immigrating from Hong Kong to Toronto for family reunion with me. My best dream came true, but the story with my youngest brother J started.

J has always been talented in arts, good nature, optimistic, lively, and good looking! Shortly after my family had been approved for landing, J was diagnosed with schizophrenia. At that time, we had no clue about this illness. The entire family entered into "survival mode".

For a long time, I struggled with sharing frankly with others, whether at work or in church, that my brother was suffering from a mental illness. I couldn't understand why – maybe I had already assumed nobody would

truly understand this illness, or maybe I was afraid they would judge J unjustly, or

think he's weird!

Throughout this long journey, I can never forget Hong Fook's Family Support Group. This group has been walking alongside with me and my parents. We cry, laugh, share and enjoy the company of each other throughout the years. (I joined the support group back in around 1996!) I would encourage those who are giving care not to give up hope, come and join our group. You will be amazed that you are not walking this journey alone. The help you could receive and even give to others through your own sharing is tremendous.

*According to Statistics Canada, caregivers have reported significant psychological, health, and financial consequences of providing care for two hours a week or more. Hong Fook's Family Support*

*Program promote mutual learning, sharing and supporting through ethno-cultural family support groups and Wellness Recovery Action Plan (WRAP) trainings. From receiving help to self help to mutual help, family members and caregivers in group settings walk hand in hand through the mental health journey.*

*According to the Mental Health Commission of Canada, in 2012, approximately 560,000 Canadian caregivers provided care to a person living with a mental health problem or illness. In fiscal year 2016, only 130 caregivers had the access to Hong Fook's Family Support Program supported by three part-time staff serving Cantonese, Korean and Mandarin communities. A stronger awareness and increasing resources are urgently needed in our community to care for those who provide care.*

*We truly appreciate your caring for mental well-being. Please visit [www.hongfook.ca](http://www.hongfook.ca) for online donation. Thank You as always.*

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