

Happy Lunar New Year!

Ontario signed 2 bilateral agreements with Health Canada for \$4.3 billion over the next 10 years for mental health and addictions and home and community care. In addition, Ontario will receive \$51.1 million through the opioids agreement for addictions and treatment services. We are unclear how much of this is part of the \$3.8 billion Ontario announced investment and unclear how much of this has gotten out the door. Hong Fook is very actively engaging with the mental health and addictions sector to advocate for the better good of the equitable share of resources to support the growing needs of mental health and addictions services.

Hong Fook Housing Crisis are non-stop:

- A fire was occurred on December 18, 2018 evening around 8:30p.m. from the ground floor restaurant at our Midland office. Luckily, no one got injured but our staff and clients have to suffer the strong smoke smell for weeks.
- HF Connecting Health Nurse Practitioner-Led Clinic- Landlord increased the rent by threefold starting March 2019 and we are forced to move to another location despite of numerous negotiations and advocacy work. We have to thank Scarborough Agincourt MPP Aris Babikian and City Councillor Jim Karygiannis's collaborative support to address the crisis. Now, we have secured a new home at the Unit 201, 3660 Midland Avenue, Scarborough at the corner of Midland and McNicoll. The moving date is to be announced.



New site for the NPLC

Joint Greetings from the President and Executive Director



Visit by Vijay Thanigasalam, MPP Scarborough—Rouge Park, on Bell Let's Talk Day



Happy Year of Pig from Hong Fook clients, volunteers and staff



Grand opening for Hong Fook Youth and Family Hub

Diversity and Equity Conference in Mental Health and Addictions:

The biennial conference is scheduled to be held on Friday, April 26, 2019 at the Toronto Marriott Bloor Yorkville Hotel at 90 Bloor Street East, Toronto. This year's conference is a conjoint conference with the Society for the Study of Psychiatry and Culture (SSPC) from the United States of America. The conference theme is: Engagement, Empowerment, and Equity- from Theory to Practice. The Keynote presenter is Dr. Martin Javier La Roche, Associate Professor of Psychology, in the Department of Psychiatry, Boston Children's Hospital. His Keynote Lecture is "Towards a Cultural Psychotherapy of Empowerment". Please kindly contact Jenny Le, Office Coordinator at jle@hongfook.ca for the conference details.

We are very thankful to our donors and delighted to announce:

- Bell Let's Talk supports Hong Fook's Youth Mental Health Care with a \$25,000 grant. Let's Talk about Mental Health and

Holistic Care to Build Youth Resilience and Empower Recovery!

- Toronto District School Board International Education Department supports Hong Fook's Community Programs with a donation of \$49,526.99 to raise mental health awareness to fight stigma.

Hong Fook's newest office for Hong Fook Youth and Family Hub is located at the Dorcas Centre - 2667 Bur Oak Ave., Markham. The grand opening was hosted on February 10. The Youth Team is going to deliver a series of parent workshops in Cantonese and Mandarin, featuring "Supporting youth in developing positive internet use behaviours". One will be hosted at the Dorcas Centre on March 8, 7-9pm. Call our Youth Program Workers at 416-493-4242 for pre-registration, to have a taste of our new program element in the new site.

Wishing you all having an Amazing Year of the PIG. Stay Healthy, Cheerful and Warm!

Accreditation is well under way at Hong Fook

Hong Fook has rolled out the preparation process towards the Accreditation Primer by Accreditation Canada. Starting from this issue, we will include an update from the Accreditation Consultant Wangari Muriki to keep everyone updated on this exciting process towards another significant milestone.

To date, we have held Accreditation orientation meetings with all staff, the Board and the Service Development and Quality Committee. Our first initial surveys have gone out to staff and the Board.

The **Canadian Patient Safety Cultural Survey** and the **Governance Functioning Tool Survey** are currently under way. The results, and yes more surveys will follow. Policies and procedures are being reviewed at the various staff teams and management, Board and committee levels. A Board committee has been established to support the Accreditation process along with the SDQ Committee. At the staff level, all meetings now have an accreditation as a standing item. **Participation! Success! Hong Fook Accreditation!**



Hong Fook launching Youth and Family Hub

Bell Let's Talk Day is January 30. This year, the theme is "Faces of Mental Illness". Mental health affects us all. 70% of mental health problems have their onset during childhood or adolescence. Investment in ensuring healthy emotional and social development in early years lays the foundation for mental health and resilience throughout life, which is critical for individuals playing a productive and contributing role to the community.



Meilin, MC in an event with another volunteer

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 our Mandarin Health Promoter Meilin Ma shared her experience delivering mental health workshops to Mandarin newcomers. Meilin had never done workshops on mental health before. After completing the Health Ambassador Training and with the guidance of Hong Fook staff, Meilin is proud and confident of spreading the mental health knowledge in the Chinese community and help more people deal with their loss and frustrations in their settlement life.

Thanks to the Bell Let's Talk Community Fund and an additional three-year funding from York Region, Hong Fook has expanded current youth programs and started to formulate the Youth and Family Hub model in a better-structured way. To improve the resiliency of East Asian in-risk youth and their family caregivers, Hong Fook's Youth and Family Hub is built based on the four strategies:

1. enhancing youth emotional and social competency
2. strengthening families
3. cultivating leadership, social connectedness and mutual aid

4. raising mental health awareness and facilitating service navigation

Besides fitting in the current youth programs under the four strategies, Hong Fook will be introducing new programs focusing on exploring East Asian youth social identity and facilitating inter-generational relationship between youth and parents, to cultivate youth and their family caregivers' social inclusion, which is vital to their health and mental health.

Location wise, the hub model will be rolled out in both the newly launched Markham Dorcas Centre site and Hong Fook's Toronto offices.

作为康福的一名义务宣讲员，我有幸代表康福在社区机构和普通话社区进行“心理健康与身体健康”的讲座。每次讲座结束，在场的新移民朋友都感觉收获很大，纷纷表示他们听了讲座之后，对于将来应该怎么正确处理和对付自己心理压力有了基本的概念和认识，并且向我询问什么时候康福还会再举办这样的讲座，他们一定要再来参加。

能够得到听众的最高评价是一件非常值得欣慰的事情。其实自己本身并没有任何医学和心理学的背景，之前又从来没有做过任何心理学方面的讲座，因此在刚开始出去做讲座的时候心里很是忐忑不安。为了更好地进行每次的讲座，避免出错，我在每次去做讲座之前除了认真备稿，充分熟悉讲座的内容之外，还会事先向负责我们普通话宣讲员的员工俐萍请教。每次都事先通过电话或者当面向她请教相关问题，

而每一次俐萍都会不厌其烦地为我解答所有的疑问，并且毫无保留地向我传授如何成功进行讲座的方法和技巧，让我受益匪浅，再加上这些年来在康福的健康推广大使培训中也学到了很多心理学常识以及如何应对生活中的压力的方法，因此我也越来越胸有成竹，对于如何办好每次的讲座也越来越有信心。

就这样，通过一次次的讲座，每次都能从听众的反馈和实践中积累一些宝贵的经验，在实战中了解到自己哪方面做的还不够好，并思考每次的问题所在，并进行总结，在准备下一次讲座的时候就会尽量避免出现同样的问题，因此讲座的效果也一次比一次好。作为康福心理健康协会的一名义务宣讲员，我希望能够通过我们每次的讲座为大众传播心理学知识，帮助更多人走出心灵的困惑，为华语社区心理健康事业做出更大的贡献！

COMMUNITY NEWS

Asian Clinic Annual Dinner Celebrating 15th Anniversary

In 2018, two of Hong Fook's sister agencies celebrated their milestones. Asian Community Psychiatric Clinic celebrated its 15th anniversary. HF Connecting Health Nurse Practitioner-Led Clinic celebrated its 5th anniversary. 65 guests including Asian Clinic doctors, family physicians, the Association and the NPLC's partners and



From left to right: Dr. Ted Lo (Asian Clinic Director), Bonnie Wong (Hong Fook Executive Director), and Cheuk Fai (NPLC Lead NP)

staff, attended the celebration dinner on November 8, 2018. As keynote speaker from the Asian Clinic, Dr. Alan Fung shared his collaboration with the NPLC. Dr. Ted Lo, the Clinical Director, did the medication update.

Tune in for Hong Fook's Health Talk at Fairchild Radio



From left to right: Maria Lo (Training Coordinator), Fei Fung (Integrated Recovery Program Lead), and Raymond Kwok (Fairchild DJ)

Since late November 2018, Fairchild Radio "Me and You" program has invited Hong Fook to prerecord eight episodes of health talks. Topics include stigma attached to mental illness, demystifying major illness (mood disorders, anxiety disorders, psychosis, schizophrenia), recovery, family support and self care. Hong Fook's experts from different programs went to the studio to share their insights. Tune in to AM1430 on Thursdays after the 1pm news, you probably could still hear some episodes.

Holiday Season in Hong Fook

December is the season of celebration. Mount Sinai Hospital's Culturally Competent Assertive Community Treatment Team & Mental Health Court Support Program, and Hong Fook co-organized the "Afternoon of Delightful Music" and the Annual Dinner on Dec 3, 2018. Over 150 clients and family members attended the two events to celebrate the holiday season. Hong Fook clients, from Recovery Program Singing Group, Korean Dance Group and Korean Family Choir Group, took the stage and brought three memorable performances to the party.



Volunteers helping with turkey distribution

Thanks to the donation from United Way, Hong Fook hosted a turkey distribution party. With the special recipe designed by NPLC's dietitian, and the support from four passionate volunteers, over 40 Hong Fook clients celebrated this Christmas in a healthy, Canadian way.

There have also been different celebration events in cultural communities. We wish everyone health and felicity in the new year!

Mandarin Mental Wellness Group New Year Celebration



Upcoming Programs & Activities



Hong Fook Income Tax Clinic Exclusive to Hong Fook Clients Register with Mental Health Worker

@ Midland Office
Sat., March 23, 9:00am-4:00pm

@ Downtown Office
Sat., March 30, 9:00am-4:00pm

Health Ambassador Training

@ North York Office
Korean (call to register ext. 5270)
Tue., April 2-May 21, 10:30am-1:00pm

Cantonese (call to register ext. 5238)
Thur., Apr. 4-May 23, 1:30pm-4:30pm

Journey to Healing (doc referral needed) Mandarin (call to register ext. 5226)

@ North York Office
Tue., Feb. 12-Apr. 16, 1:00pm-3:00pm

IBGT-Mood/Anxiety (doc referral needed) Cantonese (call to register 647-241-9130)

@ North York Office
Sat., starting from Feb. 23, 10:00am-5:00pm

@ Toronto Western Hospital
Fri., Apr. 12-July 5, 1:00pm-3:00pm

Mandarin (call to register ext. 5226)
@ North York Office
Sat., starting from Apr. 27, 10:00am-5:00pm

IBGT-Psychosis (doc referral needed)

Cantonese (call to register 647-241-9130)
@ Midland Office

Wed., Apr. 10-July 3, 1:00pm-3:00pm

Mandarin (call to register ext. 5226)

@ North York Office
Early April (to be determined based on registration)

Youth and Family Hub Programs

Stop, Drop & Roll (call to register ext. 2246)
Sky Zone (fee charged)

@ Midland Office
March 11-15, 2:00pm-5:00pm

CHOICES (call to register ext. 2246)

@ Midland Office
March 11 and Wed., March 13-May 8, 6:30pm-8:30pm

Hong Fook has also kicked off the board and committee nomination process and annual volunteer drive. For further details, please visit <http://hongfook.ca/association/join-us/>

Hong Fook's Continuous Commitment to East Asian Youth Mental Health



The Hong Fook Gala returns on **Saturday, June 8, 2019, at Hilton Toronto/Markham Suites, Conference Centre and Spa** in Markham. We are honoured to have Louie Castro, famous Hong Kong singer, to be our featured performer and Noemi Weis, President of Filmbanc as the keynote speaker. Through her experience writing and producing the documentary Connecting the Dot, Noemi will share her insights on youth mental health from a global perspective.

In Canada, 70% of mental health problems have their onset during childhood or adolescence. Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group. Our East Asian youth face a unique dilemma of negotiating and reconciling their identities between traditional Asian familial, collectivism values and western independence, self-exploration cultures. This creates barriers for youth to communicate with their parents, engage with their peers and connect to the community, and affects their helping-seeking behavior, social inclusion and mental wellness.

The 2019 Hong Fook Gala again focuses on youth mental health, to subsidize the current youth programs and to seek new partners supporting the newly launched Hong Fook Youth and Family Hub.

Kindly support the 2019 Hong Fook Gala by the following approaches. Please visit www.hongfook.ca/foundation to find more details.

- Sponsoring the Gala or putting an advertisement in the Gala program book
- Contributing gifts to the Gala night silent auction
- Donating generously from now till June by cheque, in cash, or online

- Attending the Gala as guests (Gala tickets, \$200 per guest, can be purchased at the Hong Fook's Scarborough Head Office.)
- Purchasing 2019 Hong Fook Raffle (\$10 per ticket, available from March in three Hong Fook offices)
- Volunteering for the Gala.

Impressed by our community promotion and prevention work to their students, Toronto District School Board International Education Department has chosen Hong Fook to be the receiver of a donation. This timely donation is essential to put together Hong Fook's Youth and Family Hub.

Through the Hub, 800 East Asian in-risk youth and 400 family members or caregivers in Greater Toronto Area will have improved resiliency by 2023. To achieve this impact, Hong Fook has developed a five-year business proposal seeking Hub sponsors at five levels, which are:

1. Exclusive Hub Superhero funding Hub core programs
2. Exclusive Hub Angel funding the inter-professional health team attached to the Hub

3. Hub Champions providing financial support to seasonal programs/activities/ events, including but not limited to, summer camp, awareness campaign, movie night, field trip, etc.
4. Hub Advocates providing financial support to selected low-income family or youth, including but not limited to, sponsoring a family trip, subsidizing youth on sports programs or interest classes, etc.
5. Hub Friends providing financial support to purchasing capital items of the Hub, including but not limited to, furniture, electronic devices, music instruments, sports gears, etc.

For any inquiries, please contact Sunny Wang, Manager, Resource Advancement and Communications, at swang@hongfook.ca or 416-493-4242 ext. 2258.



Cheque presentation at TDSB



Head Office	Downtown Branch	North York Branch
3320 Midland Avenue, Suite 201 Scarborough, ON M1V 5E6	130 Dundas Street West, 3/F Toronto, ON M5G 1C3	1751 Sheppard Avenue East, G/F North York, ON M2J 0A4