

Moving forward with renewed Mission, Vision and Values

Written by Lin Fang, Association President

I have shared with the Hong Fook family that the Board of Hong Fook Mental Health Association (HFMHA) was undergoing strategic planning process to develop our strategic directions for the next three years. In this message, I am very pleased to announce that we have completed the process and achieved two major accomplishments. First, the Board has taken this opportunity to refine and refresh our mission, vision, and values statements. Second, we have finalized our strategic directions from 2018 to 2021.

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Greetings from the Executive Director

You can help someone you care about *Written by Bonnie Wong, Executive Director*

It is with mixed feelings when I am preparing for my message for this quarter's momentum. I am excited to share the great accomplishments of Hong Fook and our celebration of the award winner of Dr. Peter Chang for receiving the Order of Ontario and at the same time I am feeling very sad about the tragic incident at Yonge and Finch on April 23, 2018.

I am sure that many of us are still settling from the shock and sadness and may be on the journey to healing. Hong Fook was established 35 years ago to help the East and Southeast Asian immigrants and refugees who experienced mental illnesses such as depression, anxiety, post-traumatic stress disorder, schizophrenia, and other forms of discrimination, stigmatization, etc. Despite Hong Fook has grown so much in the past few decades, the wait time for comprehensive mental health services is still very long.

In the health sector, the number of trained and experienced language and culturally competent mental health and addiction workers and peer workers (people with lived experience) are still very limited, we have to count on many of you as our health ambassadors to help.

In response to the recent tragedy, Hong Fook has set up a staff task force to work in collaboration with the City and other community agencies and stakeholders to provide information

and referral services and to develop some action plans to support the communities we serve. On another note, it would be helpful for us to promote self-care which can help us cope with the short and long-term effects of trauma.

First of all, physical self-care- it is important for us to keep our body healthy and strong by sleeping well, eating well, doing enjoyable exercise and performing certain routines. Secondly, emotional self-care-it is important to keep balanced and grounded by having fun or leisure activities, writing down your thoughts, doing meditation or relaxation activities, reading inspirational words, spending time with someone or a group of people that you felt safe and supported around. Thirdly, you can reach out for help, to seek support from a mental health care provider or therapist to brain storm ways to stay safe. Fourthly, you can help someone you care about or join Hong Fook as a health ambassador.

Please kindly reach out: ask, assist and support! Hong Fook is here for you. Please call us at 416-493-4242 or visit our website or Facebook at www.hongfook.ca



Hong Fook at Toronto Strong Vigil

PROVIDER'S PERSPECTIVES

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Mission, vision, and values statements are important to any non-profit organizations. Briefly, a mission statement helps communicate the purpose and reason for existence of Hong Fook Mental Health Association (HFMHA) to all stakeholders from staff members, clients and their families, to funders and donors; a vision statement explains what HFMHA aspires to achieve; and a value statement delineates the core principles that guide HFMHA and our organizational culture and decision-making. After a series of consultations and discussions, the Board has approved our renewed mission, vision, and values statements.

Through this strategic planning process, the Board also worked with both internal and external stakeholders to identify strengths, weaknesses, opportunities, and threats faced by HFMHA. After a series of critical exercises, the Board has approved the strategic directions for HFMHA. The new strategic plan focuses on promoting the awareness of HFMHA in the boarder community; positioning HFMHA as the industry's leading expert of culturally competent care; and emphasizing on quality care.

The themes, intended goals and objectives are summarized below:

Theme	Awareness, Perception & Brand	Cultural Competency	Quality Based care
Goal	Promote our brand and increase awareness of HFMHA and its services.	Develop a culturally competent service model to better serve the patients/clients.	Transform the service delivery approach to provide person-centred quality care.
Strategic Result	HFMHA will expand our presence and share information and resources to better serve the communities and individuals within Toronto and surrounding areas.	HFMHA will be identified as the centre of excellence for culturally competent care.	HFMHA will transform the client and family experience through a relentless focus on quality, safety and service supporting person-centred and evidence informed care.

In the next few months, HFMHA will update our publications and website to reflect our refreshed mission, vision, and values statements, and to present our strategic directions. I would like to take the opportunity to thank those of you who have supported us throughout this important organizational exercise, and to invite everyone to continue supporting HFMHA as we move forward to reach our new milestones.

Songs for Hong Fook

Our newsletter invites Hong Fook staff, volunteers, clients and family members to write a short article in their mother tongue. During the holiday celebration season, Alan Lam from the Cantonese Self Help group and volunteers with our Mandarin Volunteer Group wrote two songs for Hong Fook. Their words motivate us to continue with our passion and mission.

康福之歌

純真謹記擁有一份純真
護蔭康福為你牽引
同心我們關懷備至
無私為你充滿愛心

不分種族、年齡，沒有界限
一同歌唱，畫畫，跳舞，打球 多姿多彩
身心健康，笑口常開，愉快開朗
無私為你將愛心送 努力常護蔭

康福义工之歌

词：登邑6郎/佚工，曲：佚工

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中速

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3 4 5 6 5 4 3 2 | 3 . 2 1 1 7 | 6 7 6 5 1 2 | 3 - - - | 3 4 5 6 5 4 3 1 |

我们来到外面的世界，有时遭遇风雨冰霜；我们经历文化冲击

3 2 1 6 5 6 | 3 5 3 2 3 1 6 | 2 - - - | 3 4 5 6 5 4 3 2 | 3 . 2 1 1 7 |

和震撼，也曾失落也曾迷茫，人生道路从来不平坦，却总

6 7 6 5 1 2 | 3 - - - | 3 5 5 5 6 6 7 | i - 6 6 7 | i 2 i 6 5 3 |

是充满无限希望，红枫树下我们歌唱，自尊自信自

5 - - - | $\frac{3}{4}$ i i 6 5 | i - 5 6 | i 7 6 5 6 i | 5 - - | 5 i 6 5 | 1 . 2 3 |

强。康福义工架心灵桥梁，我牵着你的手，

6 1 2 3 | 5 2 - | 3 2 3 5 | 1 - - | 1 i 5 3 | 6 - - | 5 6 7 |

你靠着肩膀。我们奉献，我们倾听，我们把

i 6 2 . 2 | 2 i 6 7 | 5 - - ||: i 6 i | 4 . 5 6 | 5 4 3 4 | 5 - 3 |

康福的精神弘扬。相互关爱，敞开心房，

$\frac{1}{2}$ 5 6 1 | 3 5 3 2 6 | 1 - - :|| 5 6 i | 2 2 5 6 | i - - | i - |

共享灿烂阳光。共享灿烂阳光。

(注：副歌也可以2处反复)

Our Journeys on Canvas

Addressing **unheard voices** from **under-served East Asian youth**

Hong Fook Mental Health Association launched a photo-voice project "Our Journeys on Canvas", a mental health awareness campaign led by youth, for youth last December. This March, the group of Youth Ambassadors from Chinese, Korean and Vietnamese communities presented the 119 collected photos and shared stories of the three top themes, isolation and loneliness, academic pressure with Asian parents' expectations, and various coping strategies. They also expressed their wishes to increase public attention, supports and resources to East Asian youth with community service providers, local elected officials and corporate supporters at the launch.

Many photos shared common themes on loneliness and isolation. Charlotte Liang, a youth ambassador said: "I didn't get involved in any school activities in my first year in the university,



From left to right:

Lin Fang (Association President), Manna Wong (TDSB Trustee), Michael Coteau (Minister of Children and Youth Services), with Youth Ambassadors and Shan Qiao (professional photographer) at the media launch



not because I didn't want to make friends, but because I was afraid that my broken English would embarrass me in front of my peers."

With a tendency of internalizing their stressors and challenges, East Asian newcomer youth quietly suffer from exclusion and even racism. Jasmine Choi recalled her first and last time ever racist bullying experience when she just immigrated with her parents as a teenager. "I knew there was nothing my parents could do to fight back the unfairness for me with their broken English... I used to be lazy whenever my parents asked for my interpretation help, but after that experience and till now, I go wherever they go as their daughter, interpreter, and a guardian."

A number of visa students were also involved in the photo collection. Ronald Ng shared: "It was very hard to navigate and find support at the beginning. Even now, I know some of my classmates still don't realize there is a counselling service on campus, some of them are even confused with the concept of counselling, probably because the counselling is not in Chinese and there is no outreach done in Chinese."

Celebrate our Founder and Volunteers

Volunteers are the roots of a strong Hong Fook family. Earlier this year, Dr. Peter Chang, one of Hong Fook's founders, has been appointed to the **Order of Ontario**, the province's highest honour.



Dr. Peter Chang appointed to Order of Ontario

Every year Hong Fook also proudly nominates our volunteers for the **Ontario Volunteer Service Awards** for their continuous years of commitment and dedication to both the Association and the Foundation. This year, we have:

15 Years of Service: Bob Spencer, Eric Man, Helen Cheng

10 Years of Service: Emily Lee, Jong Ae Chong, Maria Pau, Nancy Tsui, Quoc Truong, Samantha Chan, Van Sieu Truong, Wai Wan Vivian Yan, Yong Rye Lee

5 Years of Service: Bora Choi, Chaofan Wang, David Hai Truong, Eduardo Ong, Eugene Jang, Jeannie Yip, Jill Chin, Julia Hee- Ok Lim, Lin Fang, Peter Lee, Shi Chen, Yang Lin

2 Years of Service (Youth Volunteer): Jasmine Choi

Hong Fook will be hosting our bi-annual **Volunteer Appreciation Event** at the AGM on September 15, at Scarborough Civic Centre.



Hong Fook volunteers at the award presentation ceremony in North York

Upcoming Programs & Activities



May 7 -13 is the Mental Health Week.

Join 2018 Vote for Health All Candidates Forum on May 19, 2-4pm, at First Markham Place, to advocate for a healthier diverse Ontario.

Or rally with us at Hong Fook's 2018 Walk for Wellness on May 26, 10am-2:30pm, at L'Amoreaux Park.

Health Ambassador Training 2018 series

English: every other Thur., May 24 – Aug. 30 (mainly to youth aged 20+)

Mandarin: every Tue., May 29 – Jul. 31

Korean: every Tue., Oct. 16 – Dec. 4

Cantonese: every Thur., Mar. 7 – Apr. 25, 2019

Please pre-register and confirm the location and time with Mental Health Workers at 416-493-4242:

English: Emillie Nguyen ext. 5255

Mandarin: Liping Peng ext. 5254

Korean: Soyeon Kang ext. 5270

Cantonese: Tweety Yuen ext. 5238

Thanks for the funding from the Ministry of Citizenship and Immigration, Hong Fook has started mental health counselling services and wellness groups for Chinese and Korean immigrants and refugees.

To schedule one-on-one appointment: Mandarin/Cantonese: Rachel Tam ext. 2262 Korean: Lena Park ext. 5221

To find wellness group schedule: Mandarin: Liping Peng ext. 5254 Korean: Soyeon Kang ext. 5270

It's also time to renew Hong Fook membership!

Kindly refer to the enclosed membership renewal form for further details.

Funding the Mental Health Journey

Written by Kam Lo, Foundation Chair

Hong Fook Gala

Saturday, June 16th, 2018
@ Hilton Suites Hotel & Conference Centre

With the count down to 2018 Hong Fook Gala, we are happy that we have the support of many long-term sponsors and are also excited to see new ones coming on board. The focus of this year's fund raising objective is to support youth mental health. According to Mental Health Commission of 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. The longer they are left untreated, the more debilitating they become and often lead to other costly, long term chronic conditions. Investing in prevention and early intervention services for our youth is critical and can even save lives!

If you have not reserved your tickets to our gala, please contact **Sunny Wang** at **416-493-4242 x 5223** today. You can also contribute by donating through our website **www.hongfook.ca**



Hong Fook Scotiabank Charity Challenge

Sunday, Oct 21st, 2018
@ Toronto Waterfront



Please mark your calendar to join the Hong Fook team in participating at the Scotiabank Charity Challenge at Toronto Waterfront. Whether you want to walk or run the 5K, half marathon or full marathon, you are welcomed to be part of our team to show your support for equal access to mental wellness. Please sign up as a runner or generously donate (link will be coming soon). Regular exercise is a good way to release stress and build up resiliency. You can also raise funds and promote the mental wellness cause through this activity.

With every **\$1** that we raised:

- \$0.47** will be invested in prevention, promotion and training, to eliminate stigma
- \$0.46** will be invested in quality clinical services, to reduce hospitalization and ER visits
- \$0.07** will be invested in recovery support for clients and caregivers, and to facilitate peer support and self care

Building our Endowment Donation of Wills and Bequests

Written by Dr. Peter Chang, Foundation Immediate Past Chair

Following my article on donation of investments such as publicly traded securities, I will describe another strategy, the use of wills and bequests, in this issue.

Preparing a will is a commonly used method of estate planning that bequeaths wealth that one has accumulated over one's lifetime upon death. It is a common practice to distribute such wealth among one's family members, although there is a growing trend to include charities among the beneficiaries under a will. There is a common Chinese saying that expresses the wish to give back to society what one has taken from it. After all, we do not live in a vacuum,

anything we gain during our life time can be attributed to the goodwill of society at large.

It often comes as a surprise to estate trustees that the largest income tax bill comes after death, because all assets belonging to the deceased are deemed "disposed" (i.e., sold) in the view of Canada Revenue Agency, be it real estate or other investments. Donating to eligible charities after death would lighten the estate's tax burden in the year of death by getting a deductible tax receipt for the donation.

In conclusion, making donations in wills is a painless way of giving back to society, benefiting your favourite charities while reducing the tax burden on your estate. What's not to like?

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