

Message from the President

By Ramon Tam

On April 13, we held a farewell gathering for Bonnie Wong, who led Hong Fook as Executive Director for the last 13 years. We are so grateful for Bonnie's leadership over the years and the great care she poured into the community through her work. We also welcomed Andrew Chung as our new Executive Director who started his role on April 17. He has worked with a number of organizations in senior positions, most recently with CAMH. Under Andrew's leadership, we look forward to imagining a bold future where we can further our organization's impact across the lifespan within the Asian communities we serve.

As we continue to plan for the future of how our organization can best serve our clients and communities, we are emboldened by Accreditation Canada's decision to grant our organization "Accreditation with Exemplary Standing"! This outcome is a result of the tireless commitment that Hong Fook staff have consistently made every day to ensure that our programs and services are provided with utmost quality and care.

As usual, I am grateful for the dedication and hard work of the staff, the board members and volunteers. "Able and willing" for the cause!



Blowing our best wishes to Bonnie at her retirement party

Message from the Executive Director

By Andrew Chung

To our beloved Hong Fook community:

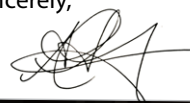
It is an immense honour and privilege to join Hong Fook Mental Health Association as Executive Director. I am grateful for the warm welcome and I am so excited to embark on this next chapter of Hong Fook's story of impact with you.

As our world continues to find its footing on a "new normal", ensuring individuals, families and communities have equitable access to mental health services has never been more important. The pandemic has pushed us to adapt in ways that have fostered new methods of connecting while also giving us reason to reflect and act upon the existing inequities in our healthcare system that were further exacerbated. In short, we are at a critical inflection point and how we step into the future as an organization will matter a great deal.

I am, however, deeply optimistic about the future because of the great impact Hong Fook has made over the last 40 years. Our organization is so deeply cherished and respected by others in our community as a critical partner and pillar of mental healthcare. We are not only closing gaps in care, we are opening new doors for people and families to access the kind of help that fundamentally changes the trajectory of their lives.

Filled with gratitude for all those who comprise our community, I look forward to meeting many of you over the next little while and listen to your stories, feedback and share in some laughs together. As I learned years ago, community is more than a place, it's an essential experience. To that end, my goal is for Hong Fook to always be a safe place for all of you to find belonging and community. Together, we can foster hope and healing through caring and quality mental healthcare.

Sincerely,



Accredited with Exemplary Standing Our quality journey has reached a major milestone!

By **Janice Chu**, Accreditation Leadership Committee



Improving quality and building a safety culture is integral to everything Hong Fook Mental Health Association does at the governance and operational levels. They are embedded in Hong Fook's Mission, Vision, Values and Strategic Priorities. Building on this culture, and with the benefits to the

communities we serve in mind, Hong Fook has decided to integrate accreditation into our on-going quality improvement efforts.

In January 2019, we set sail on our accreditation journey. For a small to medium-sized not-for-profit organization like Hong Fook, it is no small feat to meet the stringent requirements and manage the robust evaluation processes of the Qmentum program of Accreditation Canada (AC), a national health care and social service accreditation body.

Have the demands of accreditation in any way compromised Hong Fook's operations and service delivery? Our response to this most-frequently-asked question is an astounding "No, not at all". Hong Fook's Board of Directors has proactively dedicated financial and human resources to mitigate any risks as we embark on this critical organizational learning and development undertaking. The Accreditation Leadership

Committee (ALC) was established to steer the process. A seasoned accreditation consultant was retained to provide guidance and hands-on support in the areas where needs for improvement in quality and safety are identified and required. As the Chair of ALC, I am honoured and privileged to have worked side by side with a team of tireless, passionate, and committed consultant, volunteers, and professional staff.

Accreditation is a time of tremendous learning and growth for Hong Fook at all levels. Surely and steadily, the Hong Fook crew had sailed through the storms of COVID-19 pandemic, leadership transition and other competing priorities in the past couple of years. The Exemplary Standing – the highest level of accreditation status awarded by AC is indeed a seal of approval, and a validation of the tremendous quality work of Hong Fook. To date, we surely can proudly celebrate our accomplishment at our first port of call as we look forward to the next destination of our quality voyage.

Observations from Surveyor Team



Management Team with Accreditation Consultant Christel Galea (first from the left, front row), Surveyors Deanne Costello (second from the left, front row) and Jake Tran (second from the right, front row) at the debriefing presentation

“ Hong Fook has continued to demonstrate its commitment to quality and safety since completing the Primer survey in 2021. In this, its first full Qmentum on-site survey, Hong Fook's leadership, Board members, staff, community partners, volunteers, peer supporters, and clients and families have all attested to the fact the organization is well established in its quality improvement journey. ”

New Course Introduction Collaborative Collage

Our Culturally Competent Recovery College has launched a fresh course Collaborative Collage in this Spring Term until June. This weekly course is codesigned and facilitated by two Peer Supporters with the program staff support. Every week, a small group of peers experiencing psychotic conditions and social anxiety meet in person at our North York office. With not so much verbal communications, the group put together different artworks with their chosen supplies even including recycled items to showcase one theme, such as exploring their identity, finding connection with their surroundings, etc. One peer who was recently discharged from the hospital shared "this is the space I can find safety and feel motivated to come out."

Self Portrait



Welcome Spring



Call Out for Choir Members

Our Music Sharing Group, one of the Leisure Clubs in our Recovery Programs, has been invited to perform at Fort York on Canada Day, July 1, Saturday. If you would like to join us and sing together, please email to programs@hongfook.ca or let your Mental Health Worker know. The admission to this tourist attraction will be free. The group will have at least two rehearsals before the performance.

NPLC Updates

Spring is in the air. It is unusual for all NPLC staff to get together outside office. March 3 is a remarkable fun-filled team building day to cook and paint in an intimate and relaxing atmosphere.

Our team is also so grateful for another year of grant approval from the New Horizons for Seniors Program. Our 55+ FIT with Active Aging Ambassadors program will continue shining in many more Chinese seniors' lives.

Last but not least, this year the NPLC has achieved its 10th anniversary. Stay tuned for our open house and many more celebration activities in the community.



A presentation on Fall Prevention was delivered to the Grace Community Services Seniors Club in person

Upcoming Programs & Activities



Check our monthly calendar for upcoming programs and seminars. Welcome to our in-person programs. Please note starting from April 3, we have removed mandatory temperature check and mandatory mask wearing for individuals entering Hong Fook premises. But we still strongly encourage everyone to wear a mask in public areas. Please visit our website to check the detailed changes to the COVID-19 related procedures at Hong Fook.

Recovery College Weekly Holistic Dropin

Scarborough Office

Mon, 1:00pm-4:30pm, Cantonese/Mandarin

North York Office

Thur, 1:30pm-3:30pm, Korean/Mandarin

Downtown Office

Fri, 12:30pm-4:00pm, All language groups

Connect with Your Roots

Tue, May 9-July 4

10:00am-12:00pm, CICS Community Garden

To register: programs@hongfook.ca

Youth and Family Services

Hot Pot SQUATS

Peer Support Group for LGBTQ+ Asian youth

Zoom, monthly evening

To register: msakal@hongfook.ca

In-person Walk-In Counselling

Downtown Office

1st Sat of every month, 11:00am-3:00pm

Markham Office

Renovation will be done very soon.

Stay tuned for the reopen schedule.

Visit our website www.hongfook.ca/association and check our monthly calendars and Youth and Family seasonal catalogue for more program activities.

Countdown to 2023 Hong Fook Gala

The 2023 Hong Fook Gala is rapidly approaching. This year, we are honoured to have Hon. Michael Tibollo, Associate Minister of Mental Health and Addictions, deliver the Opening Remarks. Our Keynote Speaker, Yollanda Zhang, founder of Panda Mandarin and We Are Girl. Strong., will share her lived experience with bipolar disorder. We are thrilled to have Pauline Chan, CTV News Anchor, as our MC. The evening will showcase a diverse range of cultural performances reflecting the communities Hong Fook has served in the past 40 years. We believe you don't want to miss this evening of inspiration, hope, and giving for Asian mental health.



There are many ways to support this year's Gala, which is the finale celebration of Hong Fook's 40th anniversary. Don't wait!

- **Attend the Gala** as a guest (\$300 per ticket)
- Purchase a **2023 Hong Fook Raffle ticket** (\$10 per ticket)
- **Donate** generously from now until June by cheque, cash, or online
- **Place an advertisement** in the Gala program book
- **Contribute gifts** to the Gala night silent auction
- **Volunteer** for the Gala

Please visit www.hongfook.ca/foundation to find more details. For inquiries, please call 416-493-4242 ext. 5283 or email to foundation@hongfook.ca. Raffle tickets can be purchased at all four Hong Fook locations.



Opening Remarks by Hon. Michael Tibollo, Associate Minister of Mental Health and Addictions



Keynote Speech by Yollanda Zhang, Founder of Panda Mandarin and We Are Girl. Strong.



Host by Pauline Chan, CTV News Anchor



Singing by Angela Zheng, Founder of AZ Vocal Studio



Jang Go Chum Dance by Navillera Korean Performing Arts Development



Ao Dai Fashion Show by Ao Dai Canada



... and CarryOn Band

RAFFLE PRIZES

- 1st Two Round-Trip Air Tickets to New York City plus Three-Night Stay at the Midtown Manhattan Springhill Suites Marriott Hotel. Valued at \$2,595**
Sponsored by Sogo Travel Inc. and Springhill Suites Marriott Hotel
- 2nd Sobey's Gift Card. Valued at \$600**
Sponsored by Scotiabank, Silverland Centre
- 3rd Costco Gift Card. Valued at \$500**
Sponsored by Applaud Realty Inc.
- 4th Petro-Canada Gift Card. Valued at \$500**
Donated by a Hong Fook supporter
- 5th One Apple iPad 10.2" (2021) 64GB, WiFi, Space Grey. Valued at \$449**
Sponsored by Bell Canada
- 6th Costco Gift Card. Valued at \$300**
Donated by a Hong Fook supporter
- 7th Costco Gift Card. Valued at \$200**
Donated by a Hong Fook supporter



Charity Rewards Partner in Asian Heritage Month

Hong Fook is proud of being chosen by Sephora Canada as their Charity Rewards Partner in May, Asian Heritage Month. If you or your contacts are Sephora Canada customers, please visit their website www.sephora.com/ca/en/ and redeem your points for Charity Rewards. 500 points = \$10, \$1,000 points = \$20, \$1,500 points = \$30. All your donation will be double matched by Sephora Canada to support Hong Fook's culturally competent mental health care to Asian communities. Thank you for your support.

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