

participants

community
partners

funders

educators

**OCASI Mental Health Promotion
project ~~~~~ 2018 to 2021**
March 3, 2021

Hong Fook Mental Health Association

Our Mission:

Hong Fook Mental Health Association is dedicated to improving the lives of Asian and other communities

Our Vision:

Championing Culturally Competent Care



Our Involvements With the Project



1. Participated in the Project Advisory Committee

- ♥ Formation of an Advisory Committee - Based on the principle of capacity building and participation, HF joined the Advisory Committee since the inception of the project
- ♥ Help to Identify mental health training needs in the settlement sector
- ♥ Provide input on areas to be covered in the training, training format
- ♥ Advise on outreach and promotion strategies
- ♥ Ensure that the project addresses the different needs of the settlement agencies in the various regions of Ontario

2. Building Capacity: a series of Psychoeducation Workshops:

- Emerging recognition that settlement is a health issue
- A great needs from settlement agency staff to increase their capacity in working with clients facing mental health issues, especially during the pandemic
- Hong Fook in partnership with OCASI, delivered the following 4 webinars
 - Webinar 1: Overview on Mental Health & Demystifying Mental Illness
 - Webinar 2: Mental Health and Stigma
 - Webinar 3: Effective Support – Cultural Competence
 - Webinar 4: Working with Clients with a Traumatic Past

Training Modules: Aligned with the project goals

Training Framework for the Mental Health and Trauma Informed Care Webinar Series

- ✿ Using a Social Justice approach and based on a holistic health framework: mental health as a continuum
- ✿ Interactive format : Use of small group discussion, case studies, invite people with lived experience & field experts as guest speaker
- ✿ Focus on knowledge that can be applied to day-to-day practice in addition to theory.
- ✿ Focus on cultural inclusive practice

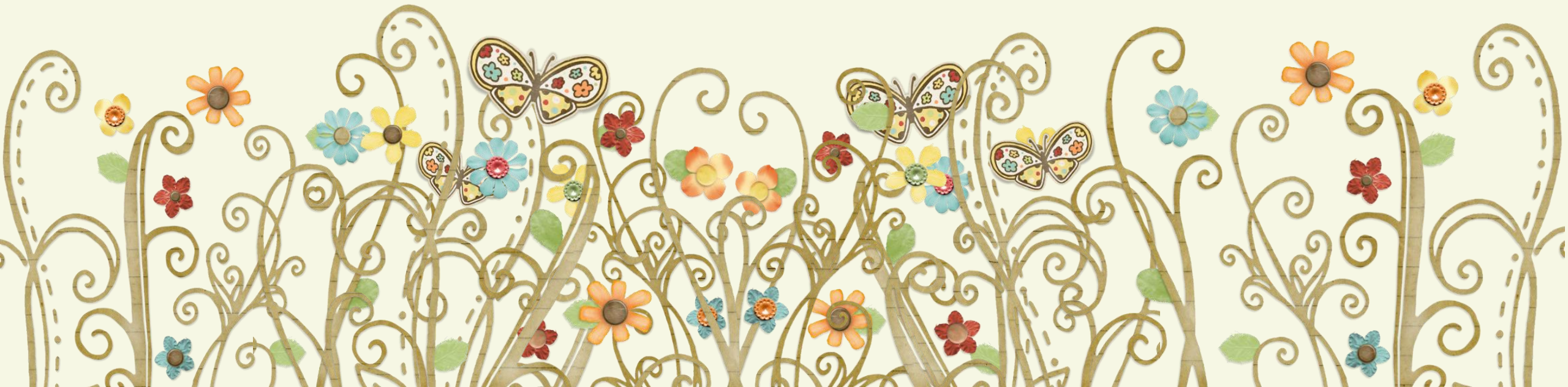
Capacity building as an organizational approach

Building capacity requires enhancing knowledge, developing skills, resources, and organizational systems in which trauma informed care and practice are supported.

- Strength based Approach in Supporting Individuals (not only relevant to mental illness, but also relevant to the migration process)
- Importance of Self Care Among Service Providers & their mental health
- Prevention and & Early Identification of mental health issues
- Misconception of mental illness & impact of stigma.

“Putting the knowledge into practice” training

- ♥ diverse forms of mental health and mental illness within a cultural competency framework
- ♥ what to do when clients have traumatic experience and how to talk to clients with a traumatic past
- ♥ in-depth self-care awareness



Lesson learned: Cross-sectoral collaboration experiences

- ✔ It is very rewarding and energizing partnering with others who share the same vision and goals, and most importantly a mutual understanding of how it can benefit all the sectors involved
- ✔ One in five Canadian experiences a mental health problem or illness, and yet mental health care in Ontario is underfunded by about \$1.5 billion.¹ Thus, it is essential and cost effective to utilize the expertise, networks, and resources of all the sectors to promote mental health
- ✔ On any given week, more than **500,000 Canadians** will not go to work because of mental illness. This collaborative partnership is able to raise the awareness of the important of addressing workers' own mental health
- ✔ Facilitates , and nurtures cross-sector mutual support and understanding.

Source: ¹ Data retrieved from <http://www.healthdata.org/data-visualization/gbd-compare>

Reaching beyond the settlement sectors: broadening the network

- ♥ Training attracted participants from non-settlement agencies : - provided an important networking opportunities for a wide spectrum of service providers to share and improve their services for newcomers
 - E.g. As Mental Health Commission of Canada indicated in its first mental health strategy: “We can and must promote mental health in all walks of life,and We all have a part to play in improving mental health in everyday settings and reduce stigma
- ♥ Invite people with lived experience and field experts to co-present: an effective way to connect between settlement sector and the MH agencies as well as to reduce stigma attached with mental illness



Recommendations



Recommendations for the future directions

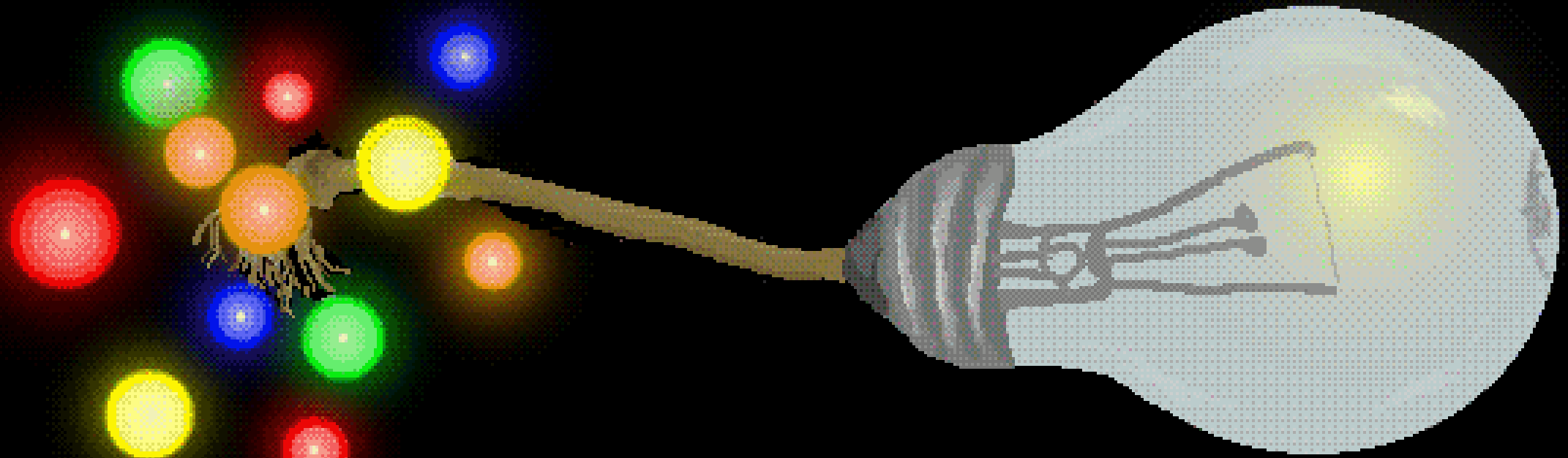
- 🍃 Promote workplace psychological wellness among the management staff within the settlement sector
- 🍃 To continue the essential mental health training for front line community service workers as we have over 100 participants each time and the constant feedbacks were to organize more basic and in-depth mental health training across Ontario.
- 🍃 To conduct needs survey to identify additional training needs of the Settlement front line workers



Recommendations cont'd

- 🍃 Explore partnership with business sector to enhance the employment opportunities for the newcomers with mental health issues
- 🍃 Continue to support a cross sector knowledge exchange which proven to be an effective health promotion approach
- 🍃 Promote the efficacy of the Holistic Health concept and the strength base approach





Feedbacks &

Questions